



- #1. Ask 3 people in your life how sexual violence, dating/domestic violence, or harassment has impacted them.
- #2. Intervene or get help in any potentially dangerous situation you see. You could save someone from being hurt.
- #3. Think about the women in your life, and reflect on the fact that they have 1 in 3 chance of becoming victims of violence.

#4. Educate yourself about the impact of violence on victims and our on our community.

#5. Change your Facebook status to include the statement "I support LIVE FREE...a life on campus free from violence."

#6. Have one conversation with a friend and discuss how living a life on campus free from violence matters to you.

#7. Talk to a male friend about the importance of men getting involved in living a life on campus free from violence.

#8. Intervene or get help if you see someone dragging a drunk person out of the bar or to a room. You could save someone from getting hurt.

#9. Make one announcement to one group/organization you are involved in, telling them about LIVE FREE.

#10. Bring a friend to a violence prevention awareness event.

#11. Ask a male friend how personal violence has impacted him or someone he cares about.

#12. Visit one of the following websites:

www.rvap.org

<http://mensantiviolencecouncil.com/>

www.uiowa.edu/~wracl/

www.dvipiowa.org/

#19. Integrate information about personal violence into one class discussion or project.

#20. Talk to your friends about consent. Remind them to wait until their partner says "YES" to sex.

#13. Volunteer for one hour for the cause. Bring a friend.

#14. Talk to other students who care about living a life on campus free from violence. Ask them to tell you why they care.

#15. Knock on your neighbor's door and see if everything is ok if you hear yelling or fighting.

- #16. Ask a man if he needs help when you see him being shoved or harassed by others. You could save him from getting hurt.
- #17. Talk to an LGBTQ friend about the importance of getting involved in living a life on campus free from violence.
- #18. Use your LIVE FREE water bottle or sunglasses on campus one day this week.