

TAKE ACTION!

Think about the women in your life. Reflect on the fact they have a 1 in 3 chance of becoming sexual violence victims.

Ask 3 people in your life how sexual violence has impacted them or someone they care about. Discuss how living a life on campus free from violence matters to you.

Knock on your neighbor's door if you hear yelling or fighting. Make sure everything is okay.

Educate yourself about violence's impact on victims/survivors and your community. Integrate what you've learned into a class discussion or project. Talk to an organization you are involved with about Live Free.

Attend a violence prevention event or volunteer activity. Ask a friend to go with you.

Change your Facebook status to read, "I support Live Free – a life on campus free from violence." Use your Live Free sunglasses or water bottle on campus this week.

Talk to a male acquaintance or LGBTQ friend about his/her importance to the anti-violence movement. Encourage him/her to get involved.

Intervene or get help if you see someone dragging a drunken person from a bar or into a room. You could save them from harm.

Open up a conversation about consent. Remind friends to wait until their partner says "YES" to sex.

Notice your surroundings. If you see a man or woman being shoved or harassed, ask if he/she needs help.

For more information on creating communities free from violence, visit www.rvap.org, <http://mensantiviolencecouncil.com>, www.uiowa.edu/~wrac/, and www.dvpiowa.org/