As a man, what can you do?!

- Commit to non-violence in your own relationships
- Talk to other men about the benefits of non-violent relationships
- Be a role model
- Share family responsibilities with your partner
- Respect your partner as you wish to be respected
- Treat boys and girls equally
- Foster in boys and young men a respect for girls and young women

Speak out. reach out. stand out.

As a woman, what can you do?!

- Talk to family members about benefits of non-violent relationships
- Foster in boys and young men a respect for girls and young women
- Support other women experiencing violence
- Treat boys and girls equally
- Be open, honest and direct with young people when they ask about sex and relationships

Speak out. reach out. stand out.

As a community member, what can you do?!

- Believe women when they tell you they are experiencing violence
- Encourage equality and respect between women and men
- Model healthy relationships in your family and workplace
- Speak out when you know violence is happening
- Advocate for zero-tolerance policies for sexual violence in your schools
- As a police, health worker or other professional, be supportive and encouraging to women who report violence

Speak out. reach out. stand out.

As a young person, what can you do?!

- Encourage equality and respect between women and men
- Model healthy relationships in your family and workplace
- Believe women when they tell you they are experiencing violence
- Speak out when you know violence is happening
- Advocate for zero-tolerance policies for sexual violence in your schools
- As a police, health worker or other professional, be supportive and encouraging to women who report violence

Speak out. reach out. stand out.

As a community member, what can you do?!

- Be non-violent in all your words and actions
- Talk to your friends about healthy relationships
- Respect that no means no
- Offer support to friends experiencing violence
- Join or start youth groups to talk about issues important to you
- Respect each other as equals
- Stay in school
I've committed to preventing violence against women...what about you?!

We've committed to preventing violence against women...what about you?!