



### As a community member, what can you do?!

**SPEAK OUT. REACH OUT. STAND OUT.**

place stamp here

- 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 work place

- Speak out when you know violence is happening

- Advocate for zero-tolerance policies for sexual violence in your schools

- As police, health workers or other professionals, be supportive and encouraging to women who report violence

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### As a man, what can you do?!

**SPEAK OUT. REACH OUT. STAND OUT.**

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- Talk to other men about the benefits of non-violent relationships

- Be a role model

- Share family responsibilities with your partner

- Commit to non-violence in your own relationships

- Foster in boys and young men a respect for girls and young women

- Treat boys and girls equally

- Respect your partner as you wish to be respected

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### As a woman, what can you do?!

**SPEAK OUT. REACH OUT. STAND OUT.**

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- Talk about violence with other women- break the silence

- 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

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### As a young person, what can you do?!

**SPEAK OUT. REACH OUT. STAND OUT.**

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- 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

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



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



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



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