Everyday Actions to Prevent Gender-Based Violence

What to Say:
- Do not blame survivors for what someone else chose to do to them; it is never the survivor’s fault
- Avoid language that perpetuates sexism and rape culture
- Challenge harmful or unhealthy cultural expectations of gender
- Interrupt sexist, harassing, and degrading comments
- Talk about the issue with people you know
- Gently ask someone who may be experiencing violence how you can help
- Avoid talking about sexual experiences in a way that objectifies or dehumanizes other people
- Ask your partner how they feel about sex and what they are comfortable doing

What to Do:
- Believe and listen to survivors of gender-based violence
- Listen to your values and consume media that challenges rape culture
- Learn how to and practice supporting survivors
- Learn about the root causes and systemic influences of sexual violence
- Question your own attitudes about sexual violence and consent
- Develop your own style of challenging people to think differently
- Give people the dignity we all deserve
- Work to end racism and other systems of oppression
- Role model healthy and respectful attitudes about women and gender-queer folks; do the same to challenge narrow definitions of masculinity
- Promote campus resources like the Aurora Center, SafeWalk, and counseling
- Volunteer for The Aurora Volunteer in one of our three roles

RESOURCES
The Aurora Center
117 Appleby Hall
Office:
612-626-2929
24-Hour Helpline:
612-626-9111
Text:
Text the word “TALK” to 612-615-8911 (M-F, 8-4:30)
aurora@umn.edu
umn.edu/aurora

University Safety & Security
umn.edu/prepared

University Police
911
612-624-9255
umn.edu/police