

Everyday Actions to Prevent Gender-Based Violence

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▶▶▶ Believe Survivors ◀◀◀
Change the Culture

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)

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umn.edu/aurora

University Safety & Security

umn.edu/prepared

University Police

911

612-624-9255

umn.edu/police