

SEXUAL
violence
IS PERVASIVE
in our society.

EVERY
COMMUNITY
IS AFFECTED BY
SEXUAL VIOLENCE.

You Can
MAKE A
DIFFERENCE.

it only takes
ONE

Additional Resources

Maryland Coalition Against Sexual Assault (MCASA)
www.mcasa.org/prevention

Men Can Stop Rape
www.mcsr.org

A Call to Men
www.acalltomen.org

CDC Sexual Violence Prevention
www.cdc.gov/violenceprevention/sexualviolence

Green Dot Bystander Intervention
www.alteristic.com/services/green-dot

National Sexual Violence Resource Center
www.nsvrc.org

Prevent Connect
www.preventconnect.org



Maryland Coalition Against Sexual Assault
mcasa.org | 301-328-7023 | info@mcasa.org
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ask for help
BE DIRECT
stop the hurting
HELP A FRIEND
start change
one can
you can
SAY NO
get involved
take a stand
take action
make a difference
you can help
stop the violence
hope
community
HELP A FRIEND FOR HELP
stop wrong behavior
ACT NOW
distract
make a phone call
SPEAK UP
strength
HELP A VICTIM
ASK A FRIEND FOR HELP
the power of one

it only takes
ONE

PERSON
to make a difference
against sexual
VIOLENCE

create a system buddy
LEARN HOW to do something
SPEAK UP you can help
SPEAK UP
OUT
MCASA
Maryland Coalition Against Sexual Assault
working to end sexual violence in Maryland

SAY NO
HELP
get involved
only one
power
involved
prevent
stand
say something
act
GET HELP
stop wrong behavior
1 person
do the right thing
YOU CAN DELEGATE
intervene
TALK
CHANGE
be strong
ACT NOW
speak out against violence
HOPE FOR CHANGE

Sexual violence is an umbrella term for a wide range of non-consensual sexual behaviors. This includes acts such as rape, sexual assault, incest, and exploitation.

Sexual violence also includes behaviors like:

- Sexist and homophobic language
- Catcalling
- Sexual harassment in person, over the phone, or online
- Nonconsensual touching, groping, or fondling
- Flashing or unsolicited nude photos
- Coercing or manipulating someone to have sex
- Reproductive coercion- threats or acts of threats against a partner's reproductive health or reproductive decision-making
- Stealthing- condom removal during sex

The Spectrum of Sexual Violence



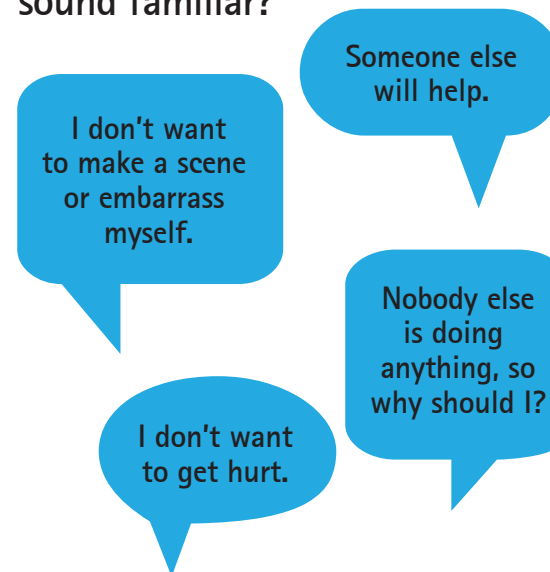
what can just
ONE
PERSON DO

YOU HAVE OPTIONS WHEN IT COMES TO STOPPING SEXUAL VIOLENCE.

It's important to remember that even when it is hard, there is always something you can do.

What goes through your mind when you see something that you know is wrong but you're not sure what to do to stop it?

Do some of these thoughts sound familiar?



Stepping in can be hard for anyone. The important thing to remember is that no matter what, there are options that can help make your community safer. If everyone does their small part, we can help prevent sexual violence of any kind.

By taking a stand, you can help stop sexual violence in your community.

Try using the **Three D's**:

You can be **DIRECT**.

Approach the situation and intervene. Ask the person causing harm to stop their behavior, or offer the victim a safe ride home or to call a friend for them.

You can **DELEGATE**.

If intervening directly is not safe, use the buddy system or ask someone else, like a bouncer, to step in. Call 911 or local authorities if needed.

You can **DISTRACT**.

Use a diversion to stop the behavior. Insert yourself into the conversation and make up an excuse to get the person away from danger.

Most important, safety first. If you ever feel that there is immediate physical danger to yourself or the victim, you should dial 911 or contact local authorities to get help.