

BYSTANDER PLEDGE

I pledge to

- ◆ Express my outrage about rape and all forms of sexual violence.
- ◆ Talk to other community members about sexual violence.
- ◆ Interrupt sexist jokes that objectify women and girls.
- ◆ Seek information about why sexual violence is so prevalent in our society and how I can help prevent it.
- ◆ Change anything I may be doing that contributes to sexual violence.
- ◆ Support and encourage men and women to take responsibility for ending sexual violence.
- ◆ Listen to your friends' and partners' fears and concerns for safety.
- ◆ Pay attention to cries for help and take action.
- ◆ Challenge images of violence against women in advertising and entertainment.
- ◆ Support women and men working together to end sexual violence.
- ◆ Nurture myself and be aware of my personal safety.
- ◆ Believe and support women, children, and men who have experienced any form of sexual violence.

Name and Date

Witness and Date

Originally developed by Bringing in the Bystander™. www.unh.edu/preventioninnovations

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