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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