

CHANGE BEGINS WITH YOU

You can make a difference! One of the most powerful tools to change the culture and realities of sexual violence is a commitment from individuals to change. Change can happen individually, it can be influenced by others, and it can be shared throughout a community.

5 WAYS YOU CAN HELP

2. BELIEVE & SUPPORT

Believe people when they tell you they have experienced sexual violence. Recognize how difficult it is for people to disclose to their friends or family members. Support people by providing respectful, safe and non-judgmental responses.

4. CHALLENGE HARMFUL ATTITUDES & BELIEFS

Sexual violence thrives in cultures with oppressive beliefs - believing that one group is better than another. Examine and challenge your own biases and stereotypes that influence your actions.

1. UNDERSTAND CONSENT

Consent is an agreement to engage in any sexual activities. Consent involves learning and respecting the boundaries of all partners. It can be given both verbally and non-verbally and only when individuals are capable of making decisions (e.g. consent cannot be given while incapacitated).

3. VOLUNTEER

Volunteers are an invaluable source of support and strength in providing supportive sexual abuse and sexual assault services. CCASA is always welcoming new volunteers to our team!

5. START CONVERSATIONS

Call people **IN**. Calling-in acts as a compassionate way to teach others about harmful behaviors without shame. Everyone makes mistakes and are more likely to grow in a supportive environment.