

Building
A Better
World

SACHA
SEXUAL
ASSAULT
CENTRE

8 WAYS

You Can Help Prevent Sexual Violence

#SVPM2022



01

Use Consent Always

Know when and how to ask for consent! Not only in the physical and sexual stuff but anytime you impact another person's body or their choices about themselves! And know what a 100% enthusiastic yes sounds like and respect that answers that are not 100% yes are always a no! The biggest way you can stop sexual violence is by not being a perpetrator!

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02

Call In and Educate

Talk about sexual violence and consent!
Destigmatize these conversations. Our society is full of victim-blaming myths and tons of misconceptions about sexual violence, so when you hear them from your loved ones or coworkers or even see them online say something. Share the truth and realities of sexual violence and let people know that these harmful narratives cannot be allowed to continue.

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Advocate for Systemic Change

Change in interpersonal relationships is important, but so is change at the systemic level. Vote for and support people who put #SurvivorsFirst and who do the work every day to end sexual violence. Advocate for policies that support survivors and to bring in experts (like SACHA) to work with your school, workplace, or other institution.

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04

Engage with your Littles and Loved Ones

Consent education is important for all ages! Model what it looks like to ask for consent and to accept a no when you are at home or around the children in your life. Talk about boundaries and healthy relationship and get other adults who can have an impact involved in having these conversations and being a role model!

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05

Keep Learning and Unlearning

Seek out media from survivors and advocates and people with diverse lived experiences of violence and oppression. Attend workshops like the ones SACHA offers to the public or invite us in to come to your workplace, school, club, or group. Education is always ongoing and allyship is an action not an identity.

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06

Amplify the Work

Share the work that is being done! Bring more people into conversations about sexual violence! Use your voice and platforms to uplift survivors who are not being heard. And give credit to the people who have impacted your education and understanding of sexual violence and anti-racism and anti-oppression work.

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Donate to Prevention Education Initiatives

Show your support for the organizations (like SACHA) working in prevention education in your community. You can donate to our program by selecting "Public Education" when you donate at www.sacha.ca/donate to help us continue to offer free public education for schools and youth in the Hamilton area.

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Believe Survivors Always

The title says it all! Believe survivors always. Survivors often don't come forward because of the valid fear that they won't be believed or that they will face harsh criticism, scrutiny, and victim blaming. But we can't end sexual violence if we can't acknowledge that it's happening. And all survivors deserve support and to be believed.

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prevention content

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