



Prevention is possible. Your simple acts can make a difference.

Prevention Tips for Everyone



Support Survivors in Your Life

Chances are you already know at least one survivor of domestic or sexual violence. A great way to show support for a survivor is by believing them and listening to their story. Ask them about their support system and share resources. Another way you can aid survivors is by volunteering or donating to your local domestic violence/sexual assault advocacy center. Visit the North Dakota Domestic & Sexual Violence Coalition website to find the advocacy center closest to you.

Talk About It

Talking about interpersonal violence can be difficult. Talk about it anyway! From the discomfort comes social change and space for learning and furthering understanding. Try having conversations with family members and those you trust. Use this resource as a starting point!



Show Support for Prevention

Show visible support for prevention by hanging posters, wearing clothing, putting stickers on your belongings, or participating in prevention events. You can also show support by sharing prevention tips on social media and following violence prevention organizations. These behaviors help to show others that violence is not tolerated in our communities and can be a great way to get the conversation started.

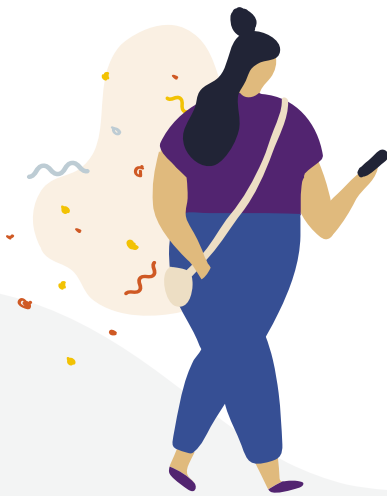
Pick What You Watch and Consume

Media can be a powerful tool. There are many movies, TV shows, and music videos that romanticize domestic and sexual violence and other unhealthy behaviors. Be mindful of choosing media that matches your values and sends healthy messages. When violence or abuse is portrayed in media, use it as an opportunity to start conversations about healthy behaviors.



Be an Active Bystander

Look out for those around you and take action if you see a potentially unsafe situation. This may include interrupting a situation that appears to be escalating or offering direct support to those affected. In North Dakota, communities are implementing Green Dot or Be A Good Relative to equip community members with the skills needed to be an active bystander and challenge social norms that tolerate violence.



Support Businesses that are Involved in Prevention

Support local bars and restaurants that are involved in prevention and emphasize safety for staff and patrons. As a consumer, you can look for companies with advertising content, relationships with clients and consumers, and policies that promote community safety and that violence is not tolerated.



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