



# How to get involved

## Here are some ways to engage your community!

### Be a Respectful Person:

- Choose Respect. Be a role model in action and words. Lead by example.
- Report child abuse to the Office of Children's Services (800-478-4444).
- Report elder abuse to Adult Protective Services (800-478-9996).
- If you are concerned that a friend might be a victim of violence, gently ask if you can help.
- Be a knowledgeable resource for victims. Know your local, statewide, and national resources.
- If a brother, friend, classmate, or teammate is abusing his female partner – or is disrespectful or abusive to girls and women in general – don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
- If you see someone being harmed, call the police.
- If you are emotionally, psychologically, physically, or sexually abusive to your intimate partner, family member, or children, or have been in the past, seek professional help NOW.
- Treat youth with respect, and show them that they are valued and loved.
- Take the pledge to "never commit, condone, or remain silent about violence against women and girls," and promote the "White Ribbon Pledge" in your community. Visit [www.whiteribbon.ca](http://www.whiteribbon.ca) for more information.
- Look out for friends at parties, or other places where alcohol is involved, to ensure everyone comes and goes together.
- Support a senior or elder in need.
- Support and promote programs in your community that bring youth and elders together.
- Ask five women in your life how sexual violence in dating or domestic violence has impacted them (directly or indirectly) and listen to their response.

### Share the Choose Respect Message:

- Spread the word! Update your Facebook or Twitter status to let everyone know about the Choose Respect marches on the last Thursday in March at noon. Let everyone know that April is both Sexual Assault Awareness Month and Child Abuse Prevention and Awareness Month.

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- Display a Choose Respect poster in your business window or workplace.
- Promote awareness by wearing a ribbon honoring victims or by placing a Choose Respect decal in your car.
- Show your support on Facebook by sharing or “liking” websites and events on DV/SA.
- Include a Choose Respect tagline on your email signature.
- Print information on child safety for your local daycares and preschools. Visit [www.D21.org](http://www.D21.org) for ideas.
- Volunteer your expertise to programs that support victims and survivors.

### Inspire a Culture of Respect:

- Silence condones violence. Start an open and honest dialogue, and remove the stigma of shame from victims. End the societal culture of blaming victims and survivors for the horrendous experiences they have suffered at the hands of another.
- Demand offender accountability by writing your local legislators to show your support of new legislation. Go to this website to learn who your legislators are: [www.akleg.gov](http://www.akleg.gov).
- Talk with children and youth about healthy behaviors and healthy relationships.
- Men - talk to boys about confronting violence against women. Have a conversation with younger men or boys who look up to you about how important it is for men to help end violence.
- Talk to girls about trusting their instincts.
- Do not tolerate disrespect and violence within your community. Speak out when you hear sexist or racist jokes.
- Ask your school district to implement evidence-based prevention programs.
- Talk to your coaches about their influence and ability to educate youth on respect.
- Become a mentor for a youth or become a tutor.
- Write a letter to the editor against domestic violence, sexual assault, or child sexual abuse.
- Have a fundraiser to support a program that provides services for victims and survivors.
- Ask your clergy member to give a sermon on domestic violence, sexual assault, or child sexual abuse.
- Sponsor an essay contest for youth on what it means to “choose respect.”