



As a community member, what can you do?!

SPEAK OUT. REACH OUT. STAND OUT.

place stamp here

● Believe women when they tell you they are experiencing violence

● Encourage equality and respect between women and men

● Model healthy relationships in your family and work place

● Speak out when you know violence is happening

● Advocate for zero-tolerance policies for sexual violence in your schools

● As police, health workers or other professionals, be supportive and encouraging to women who report violence

www.preventgbvafrica.org



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As a man, what can you do?!

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● Talk to other men about the benefits of non-violent relationships

● Be a role model

● Share family responsibilities with your partner

● Commit to non-violence in your own relationships

● Foster in boys and young men a respect for girls and young women

● Treat boys and girls equally

● Respect your partner as you wish to be respected

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As a woman, what can you do?!

SPEAK OUT. REACH OUT. STAND OUT.

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● Talk about violence with other women- break the silence

● Talk to family members about benefits of non-violent relationships

● Foster in boys and young men a respect for girls and young women

● Support other women experiencing violence

● Treat boys and girls equally

● Be open, honest and direct with young people when they ask about sex and relationships

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As a young person, what can you do?!

SPEAK OUT. REACH OUT. STAND OUT.

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● Be non-violent in all your words and actions

● Talk to your friends about healthy relationships

● Respect that no means no

● Offer support to friends experiencing violence

● Join or start youth groups to talk about issues important to you

● Respect each other as equals

● Stay in school

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I've committed to
preventing violence
against women
...what about you?!



We've committed to
preventing violence
against women
...what about you?!



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