

# Every Action Matters



April is Sexual Assault Awareness Month, a time to mobilize as a community to prevent sexual violence at Dartmouth. To create a culture where we prevent sexual violence and support survivors, each of us needs to take action.

**Every action, big or small, contributes to positively shifting our culture. You can start right NOW!**

## Here's how YOU can take action now:

Attend an event during the Week of Action.  
Check your campus emails for details.

Check-in or step-in when you see a moment of potential harm and support others who do.

Schedule a facilitated discussion on relevant topics like supporting a friend, healthy sexuality, and men's involvement with your friends/team/Greek house/student group etc. Contact Ben Bradley @ Benjamin.a.bradley@dartmouth.edu

Talk to someone or post on social media about why preventing sexual violence and supporting survivors matters to you.

## Supporting a friend:



### BELIEVE

**Even if you don't have all the details, your friend is hurting, and your support means a lot.**

### LISTEN

**Give your friend your full attention. Resist the urge to ask for details and allow your friend the space they need.**

### HELPFUL WORDS

**Let them know you care about them and that they are not alone. Remind them that experiencing violence is not their fault. Allow your friend to make their own decisions. Make sure to reach out for support for yourself too.**

### ASK

**Ask how you can be helpful & supportive. Ask if you can check-in with them again. Ask if you can help connect them to resources (see below).**

## For Survivors:

**Experiencing violence is never your fault. There are people here for you when you are ready:**

**Sexual Assault Peer Alliance (SAPA)** - for peer support, an empathic listener, and advice on where to start when looking for resources <http://www.dartmouth.edu/sexualrespect/get-involved/sapa.html>

**WISE Campus Advocate** - a confidential, professional survivor advocate. 37 Dewey, Room 452 | 866-348-9473

**Tucker Center** - for spiritual guidance, or to talk with a supportive, caring, & confidential listener who can help with personal reflection regardless of your faith. - South Fairbanks Hall

**Counseling Center** - for confidential counseling with trained staff. - Dick's House

**Title IX** - For accommodations and options for reporting and college processes. -TitleIX@Dartmouth.edu

\* For more information and/or to schedule an appointment with the above resources, please visit <http://www.dartmouth.edu/sexualrespect/resources/confidential-resources.html>

