

# What You Can Do

## Support

- **Support** survivors of sexual assault by never putting the blame on the person(s) who were assaulted. Never voice, believe, or support the idea that a victim ?wanted it.? No one owes their date or partner sex, under any circumstances. Not sure how to help? Consider attending [HAVEN](#) [1] training to learn more.
- **Support** individuals and agencies who are on the forefront in working to end all forms of interpersonal violence. Collaborate to amplify our collective voices!

## Learn

- **Familiarize** yourself with the [warning signs](#) [2] of unhealthy or abusive relationships.
- **Complete** the [EverFi Sexual Assault Prevention online module](#) [3].
- **Attend or host** a program on violence prevention or healthy relationships by contacting our peer educators: Healthy Heel Ambassadors (hha!) or Student Wellness staff
- **Understand** how your own attitudes and actions might enable heterosexism, sexism and violence, and work toward changing them.
- **Read** articles, essays, books about qualities of health relationships and the root causes of sexual violence. Educate yourself and others about the connections between larger social forces and the conflicts within relationships.
- Be an **informed and engaged** citizen. Research and make informed choices in your support of policies, legislation, and political candidates. Local, state, and national policies and legislation can create conditions that enable, make possible, or reduce relationship violence and sexual assault.
- Be a **mindful** consumer of media. Promote discussion among peers about how consumption of media can influence ideas about gender roles, dynamics of interpersonal relationships, consent, sexual behavior, and characteristics of people of various social identities.

## Prevent

- **Ask for help** from our Peer Educators (hha!) if you are unsure about the situation

you are dealing with or you have dealt with in the past.

- **Confront** heteronormative, sexist, racist, and all other remarks, language, and jokes that support or enable the marginalization of any category of people. Commit yourself to ending oppression in all its forms.
- **Interrupt** any friend or acquaintance who you see violating, verbally or physically, someone's space.
- **Offer** to watch your friend's drinks when they leave the table.
- **Offer** to be your friend's safe call when they meet up with someone they met online. Talk with your friend about safety guidelines for online dating.
- **Decide** with your friends in advance each person's plan for staying safe, getting home, and whether or not you will leave with anyone other than the person/people with whom you arrived. Account for all people in the group throughout the evening and when you leave.
- **Share** statistics with your friends about interpersonal violence.

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**Source URL:** <https://studentwellness.unc.edu/programs/share/violence-prevention/what-you-can-do>

### Links

[1] <http://safe.unc.edu/haven>

[2] <http://safe.unc.edu/learn-more/prohibited-behaviors/>

[3] <https://studentwellness.unc.edu/programs/share/sexual-assault-prevention/everfi-sapu-online-module-required>