After Your One Act Training

So you’ve attended a One Act Training and are wondering, what next? Here are several ways that you can continue to work against interpersonal violence.

➢ Get Involved.

  o One Act is more than just a four hour training; it is also a busy student organization! Want to get involved? Come to the next One Act General Body Meeting!

  o Join a committee! To learn more about the different committees within One Act go to the “Student Organization” tab on the right of this page.

  o If that time does not work for your schedule, then come to an Advisory Board Meeting. This group meets once a month to receive community feedback about One Act. We would love to hear your opinion about One Act’s upcoming programs, events, and campaigns.

  o **So you want to be a peer educator?** If you are interested facilitating One Act trainings or just want to learn more about violence prevention through the service-learning model of education, sign up for WMST 290: Leadership in Violence Prevention. More information can be found [here](#).

➢ Educate yourself.

  o To be an informed active bystander, it is important to educate yourself about issues related to interpersonal violence within your community. Explore Student Wellness’s [website](#) or the SAFE@UNC [website](#) to learn more about interpersonal violence at UNC and the university’s policies around the issue.

  o Attend a HAVEN training to learn skills about how to be an ally for survivors of interpersonal violence. Sign up [here](#).

  o Attend a Safe Zone training to learn how to act as an ally to individuals within the LGBTQ community. Sign up [here](#).

➢ ACT.

  o Now that you know how to recognize early signs of interpersonal violence and have the skills you need to safely intervene, you can act out when you see a risky situation.

  o Remember that you can always **Ask for Help**, **Create a Distraction**, or **Talk Directly**.

  o Share your ‘One Act’s by emailing [us](#). You may see your story on the One Act Tumblr, Twitter, or Facebook pages.
If you have a question about a situation, you can anonymously submit your question here to receive advice from One Act Peer Educators. Answers will be posted on the One Act Tumblr.

➢ Raise awareness.

- Display your placard visibly to show that you are a trained active bystander against interpersonal violence.
- Wear your One Act t-shirt and button around campus. Be prepared to answer questions you may receive about the organization and training.
- Follow and promote the One Act Facebook, Twitter, and Tumblr pages.
- Sign up for the Trained Tar Heels list serv to get updates about One Act events and campaigns.

➢ Engage your friends.

- Talk to your friends about your One Act training and encourage your friends to get trained.
- Have discussions with your friends about consent and healthy relationships.
- Coordinate a plan with your friends before you go out. Decide how each person will get home safely ahead of time.