

## Active bystanders help keep others from behaving badly.

- If you see a person trying to touch, kiss or have sex with someone that is too drunk or high, say something! You can say, "You need to back off. That person can't give consent." Or, step in and say, "Let's go before this gets out of hand."



## Set a good example.

- Sexual assaults are less likely to happen when everyone is treated with respect.
- Don't laugh at or make offensive sexual remarks or jokes about assault. Speak up when you hear others talk this way.
- Always get consent from a partner before any sexual activity.

**Active bystanders make a difference.  
If you see something – do something!**

**Many sexual assaults could be prevented if more people knew how to step in and do something.**

**Look inside for tips on what you can do to be an active bystander and help prevent sexual assault.**

This pamphlet is not a substitute for medical care.  
If you have questions or concerns, please talk with a health care provider.

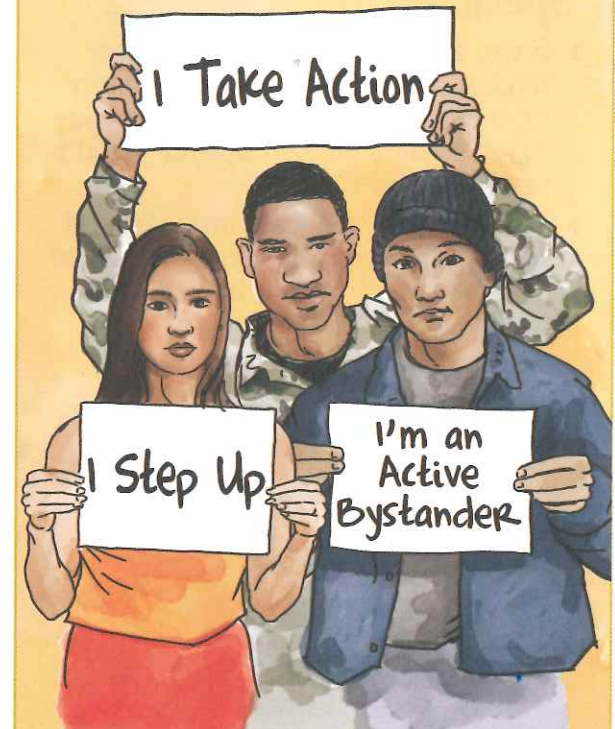
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# Stop Sexual Assault

**If You See Something – Do Something!**





Sexual assault is a serious crime. It can happen anywhere, anytime and to anyone. But did you know there are things you can do to help stop an assault? Knowing what to do and taking action makes you an active bystander. Here are some simple and safe ways to take action and help prevent sexual assault.

## What is sexual assault?

From kissing to touching to having sexual intercourse – sexual contact of any kind with someone who has not given their consent is sexual assault.

## Speak up.

- › If you hear someone talking about forcing or tricking a person into any type of sexual contact, speak up! Say “That sounds messed up!” or “That is sexual assault!”
- › Talk to your friends, teammates and peers. Tell them that it is never OK to get someone drunk or high in order to have sex with them.

## If you see something – do something!

- › Most assaults are committed by someone known to the victim. Many times alcohol or other drugs are involved.
- › If a person is drunk or high, they may be at risk. It can make it harder for the victim to fight off an assault.
- › Don’t wait for others to act. You can safely do or say things that may help stop a sexual assault.

## Take action.

- › If you see someone who looks like they are in trouble – act.
  - ✓ Ask the person if they are OK.
  - ✓ Start a conversation that might pull the offender away from the person.
  - ✓ Use distraction: Turn on the lights. Turn off the music. Spill a drink.
  - ✓ Stay with the person.
  - ✓ Make an excuse for why the person needs to leave with you.

## Stay safe.

- › Ask others to help.
- › Outnumber the offender.
- › Avoid violence – don’t hit or push.
- › Call 911 if you or someone else is in danger.



## If an assault has happened – offer help.

If someone tells you about a sexual assault – listen.

Offer to help them report the assault.

Find out where they can get help and support. Look online for campus or community sexual assault support services. Or, call the National Sexual Assault Hotline: 1-800-656-HOPE (4673).

