

5 EVERYDAY THINGS YOU CAN DO TO

HELP STOP SEXUAL AND GENDER BASED VIOLENCE

1

Learn about what it REALLY is (recognize its many forms).

Sexual and gender-based violence takes many forms, and shows up in attitudes and beliefs, in language, and in actions. It isn't just what headlines and stereotypes might lead us to believe.

Grow your learning further by checking out this [comprehensive glossary](#) of related terms.

2

Start talking about it early (with littles) and later (with elders).

Healthy sexuality and sexual and gender-based violence shouldn't be discussed only once or a few times. Instead of "the big talk," **engage in a number of ongoing conversations.**

If you're not sure what the little/older you are talking with knows, ask questions like, "what have you heard about that?"

It's also never too early to **teach about and model consent** with children in age appropriate ways (e.g., ask how they'd like to greet and part with friends and family... a wave, a fist bump, a hug?).

Take a peek at this [accessible book filled with practical strategies](#).

3

Use the media.

Practice applying what you know and what you're learning by spotting it and naming harm doing, prevention, intervention, and supportive responses that you see in the media. Do this alone, and with others (especially littles and elders!).

Challenge yourself by watching something by and/or by following an educator and/or expert.

Explore these educators at their respective websites/Instagram:

Consent Wizardry ([Web](#) | [Instagram](#)) & Comprehensive Consent ([Web](#) | [Instagram](#))

4

Notice. Shift. Try.

Notice sexual and gender-based violence when it shows up in others' words and/or actions.

Shift your ideas and responses based on what you are noticing.

Try doing something about what you're noticing.

Check out how to [see, name, and spot sexism](#), and [how to do something](#) to help stop harm.

5

Engage in activist spaces (even if you're not an activist).

Activist spaces are great places to learn more about sexual and gender-based violence.

Engage with others involved in this work, **ask questions**, learn from them, and take action against sexual and gender-based violence. Volunteer at your local sexual assault or domestic violence centre, or volunteer on campus!

Connect with the [Sexual and Gender-Based Violence Prevention and Support Office](#).