

Sexual Assault *Awareness* MONTH

BE AN ACTIVE BYSTANDER

There are actions we can all take to step in and help prevent an assault.

[Check out these bystander intervention tips](#) for intervening safely and successfully.

CONSENT

Do you know what consent is?

Are you sure?

What about enthusiastic consent?

[Get informed about what consent looks like.](#)

More than **1in3** women experienced sexual violence involving physical contact during her lifetime.



BELIEVE SURVIVORS

When someone tells you they were raped or assaulted, knowing how to respond is really important.

Survivors need support. We can all start by believing them.

[Take the pledge to believe survivors.](#)

RESOURCES

If you are in need of resources or support, you can talk to an Anoka-Ramsey Community College counselor or utilize community resources.

[Many resources are available for victims.](#)

Nearly **1in4** men experienced sexual violence involving physical contact during his lifetime.



EVENT

Guest Speakers from Alexandra House

Thursday, April 29 at 11:00AM Zoom

Join us to learn about:

Healthy/Unhealthy Relationships,
Consent, Boundaries and
Communication in Relationships.



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