Sexual Assault Prevention

How you can get involved

**Individual Impact**

Here are different ways to make an impact at an individual level.

- **Educate yourself and others about sexual assault and consent!**
- **Call out rape culture and victim-blaming behavior.**
- **Practice consent in sexual and non-sexual situations!**
- **Volunteer at your local sexual assault crisis center**
- **Advocate for clear consent laws**
- **Believe and support survivors. If you are a survivor take care of yourself.**

**Community Impact**

- **Hold awareness campaigns and events in your community about sexual assault and consent**
- **Volunteer at your local sexual assault crisis center**
- **Such as movie screenings, speakouts, and social media campaigns**
- **Support legislation to hold perpetrators accountable**

**Institutional Impact**

- **Contact your lawmakers and institutions about the following issues**
- **Advocate for clear consent laws**
- **Make sure your school educates students on title IX rights**
- **Support sex education that teaches about consent**

**Resources**

- Michigan Organization on Adolescent Sexual Health
  [moss.org](http://moss.org)
  [myconsentday.org](http://myconsentday.org)
- No More
  [http://nomore.org/saam/](http://nomore.org/saam/)
- Michigan Coalition to End Domestic and Sexual Violence
- Only with Consent
  [http://onlywithconsent.org/](http://onlywithconsent.org/)
- National Sexual Assault Hotline
  1-800-656-4673
- Crisis Text Line
  TEXT “CONNECT” TO 741741
- Know Your IX
  [http://knowyourix.org/](http://knowyourix.org/)
- Rape, Abuse & Incest National Network
  [https://www.rainn.org/](https://www.rainn.org/)
- End Rape on Campus
- Stop Sexual Assault in Schools
- Michigan Coalition to End Domestic and Sexual Violence
- National Sexual Assault Hotline
  1-800-656-4673
- Crisis Text Line
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