

**Emergency or Police 911**  
**National Hotlines**  
**1-800-656-HOPE Sexual Assault**  
**1-800-799-SAFE Domestic Violence**

**TRUST YOUR INSTINCTS.**  
**CHECK-IN**  
**WITH FRIENDS.**

**You Can Take ACTION Against Violence.**

This project is supported by Grant No. 2012-WA-AX-0005 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions and recommendations expressed in this publication are those of the authors and do not necessarily reflect the views of the U.S. Department of Justice, Office on Violence Against Women.

## **ASSUME RESPONSIBILITY**

- ✓ Do you recognize someone needs help?
- ✓ How can you be part of the solution?

## **CONSIDER YOUR OPTIONS**

- ✓ Is it safe to intervene?
- ✓ What are your available options?
- ✓ Are there others you may call upon for help?

## **TAKE ACTION**

- ✓ Ask others for help (e.g., friend, RA, police).
- ✓ Create a distraction (e.g., "Your car is being towed!").
- ✓ Check in with the person to see if he/she is okay.

**Your One ACTION Can Help**  
**Prevent Sexual Assault, Dating**  
**Violence Or Stalking.**