

Be a Part of the Solution!

Ways That You Can Help:

Speak Out

You probably will never see a rape in progress, but you will hear attitudes and see behaviors that degrade women and promote a culture of violence. Speak up!

When your friend tells a joke about rape or domestic assault or belittles women say you **don't** find it funny. Use your voice.

If you see a woman or man in what you believe to be a dangerous or violent situation say something and do what you can to help.

Find your own additional ways to get involved!

Define Your Own Manhood

Consider whether messages about manhood like "don't take no for an answer" play a role in creating unhealthy and unsafe relationships.

Consider how your own choices, words, and actions define who you are as a man.

Choose what kind of man you want to be. Be a positive role model!

Find more ways you can take a stand here:

<http://whiteribbonday.janedoe.org/take-action/>

http://www.janedoe.org/how_you_can_help





MASSACHUSETTS

White Ribbon Day Campaign

“From this day forward, **I promise to be part of the solution** in ending violence against women and all gender-based violence.”

Massachusetts' White Ribbon Day Pledge



If you or anyone else needs help:

You are not alone

There is a wide range of normal feelings, experiences, and questions for victims and survivors of sexual and domestic violence. No matter what you've been told to the contrary, no one deserves to be abused or assaulted. We know that these concerns can feel overwhelming. And we want you to know that you are not alone.

There are resources across Massachusetts and the country designed specifically for victims and survivors and those who care about them. Research has proven time and again that trained local advocates are a major factor in both protection from and healing after abuse.

You don't have to be in crisis to call.

- Call anytime, 24 hours a day, 7 days a week.
- All services are confidential and free.
- No one will force you to leave or take legal action.
- Someone is always here to listen.

In Massachusetts: Domestic Violence Safelink
(a 24 hour multilingual statewide hotline) **1-877-785-2020**
TTY: 1-877-521-2601

For support outside of Massachusetts: National Domestic Violence Hotline
at **800-799-SAFE (800-799-7233)**.