

Sexual Violence

Be a change agent



Sexual violence happens in every community. How you understand and talk about it matters. Become an agent for change by using your voice.

What to know

What is sexual violence?

- Sexual violence is any type of unwanted sexual contact – including words and actions like catcalling, nonconsensual sharing of private images, assault, and rape.

Sexual violence affects everyone.

- Anyone can experience sexual violence, including men, women, children, teens, adults, and seniors.
- Nearly 1 in 5 women and 1 in 67 men have experienced attempted rape or rape in their lives.

What to do

Practice consent.

- Ask for consent before hugging, tickling, or other kinds of touch.
- Everyone has boundaries. Ask for permission before sharing or tagging photos of others on social media. Make it a habit to ask for consent in all situations.

Support victims.

- Believe victims of harassment and assault. Sexual violence thrives when it is not taken seriously and victim blaming goes unchecked.
- Embrace your voice. Survivors are listening. How you talk about sexual violence can help survivors feel safe and supported.

Support your community.

- Ask your schools how they are creating a culture of safety and respect.
- Talk to your employer about how they prevent sexual harassment.

For more information

- **Minnesota Department of Health**
<http://www.mn.health.gov/svp>



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