

# Purple Ribbon Campaign



## Ten Easy Tips to Prevent Violence Against Women

### 1. Educate Yourself

Take the time to educate yourself about violence. Learning about the various types of violence experienced by women will help you recognize violence if it happens to you or someone close to you. Learn what resources are available within your community for victims of violence.

### 2. Name the Behaviour

Do not be afraid to call the behaviour what it actually is—violence.

### 3. Be There for Your Friends

Pay attention to the relationships of those close to you. Let those close to you know that you are available if they need you.

### 4. Examine Yourself

Have the courage to look inward and examine your own behaviours, attitudes and biases regarding violence against women.

### 5. Teach Your Children

From an early age, teach your children how to solve problems and express anger without harming others. Teach your children that violence in ALL relationships is unacceptable.

### 6. Set an Example

Show the young people in your life, through words and actions, how to treat women with fairness, equality and respect.

### 7. Stop Blaming Women

Women are NOT to blame for violence committed against them. Blaming women only allows violence to continue.

### 8. Publicly Commit

Do not laugh the next time someone tells a joke that degrades or exploits women. Not going along with the joke sends the message that degrading and exploiting women is unacceptable.

### 9. Get Involved

Join an organization dedicated to preventing violence against women. Become an activist!

### 10. Reach Out. Take Action Against Violence!

Stand up and take action when you witness violence or suspect violence is taking place. Get help for yourself if you use violence to control someone in your life. You can help stop violence against women!

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