







NEWS & EVENTS

It's Time," is the 2011 national sexual assault awareness campaign. Maine's sexual assault public awareness committee enhanced the message by developing the following steps..."If you have"... Join the REACH "team" and help raise awareness about sexual violence. You can "begin by believing."

-  **30 seconds**
 - respond thoughtfully to a sexist comment directed at you or someone else
 - refuse to support companies that glamorize violence
 - post a sexual violence statistic on your Facebook or Twitter feed
 - hang an informational poster about sexual violence in your workplace or school
 - pledge to never condone acts of violence
-  **5 minutes**
 - make a donation to your local sexual assault crisis and support center
 - contact your legislators and ask them to support violence prevention funding
 - stop others from taking advantage of someone who is too intoxicated to consent
 - call for help if you witness an act of violence
 - invite a sexual violence prevention educator to talk with your business, community organization, or school
 - listen and begin by believing
-  **15 minutes**
 - educate yourself on issues of sexual violence, and the social and gender norms which support it
 - speak out against the media's positive portrayal and sexualization of violence
 - write a Public Service Announcement to read over your school announcement system
-  **30 minutes**
 - listen to a presentation from your local sexual assault crisis and support center
 - talk to your family and friends about sexual violence
 - write an article for your school paper or workplace or organization newsletter
 - write a letter to the editor educating the community on the role that bystanders can play in ending sexual violence
-  **45 minutes**
 - start your own teal ribbon campaign
 - meet with your work or school administrators to talk about policies relating to sexual harassment
-  **1 hour or more**
 - volunteer at your local sexual assault crisis and support center
 - help produce a public service announcement for your local TV/radio station
 - participate in a Speak Out or other events sponsored by your local sexual assault crisis and support center
 - Attend this years performance of Vagina Monologues