



You Can Be an Upstanding Bystander:

Do for others what you would want others to do for you:

- 1) Speak up on and off campus (at comments, jokes, and behavior)
- 2) Look out for someone who may be/is being targeted
- 3) Create a distraction (individually or with others)
- 4) Refuse to participate in victim shaming or blaming in person or on social media
- 5) You do *not* need to put yourself at risk or in any danger in order to help someone else remain safe.
- 6) You can always ask for help from an adult you trust such as a parent or family member, teacher, counselor, coach, adult, or family friend.
- 7) **Remember:** Saying nothing is the same thing as helping the perpetrator. Don't be silent, stand up, speak up....**Be an Upstanding Bystander!**

Student Handout

Phone hotline support:

- RAINN National Sexual Assault Hotline for Women & Men: 800-656-HOPE (4673), <https://hotline.rainn.org>
- Rape Hotline: 408-287-3000 or 650-493-7273
- BRAVE hotline for bullied youth: 212-709-3222
- SAFE (self-abuse finally ends): 800-273-8255
- YWCA Sexual Assault Hotline: 800-572-2783
- Santa Clara County Suicide and Crisis Hotline: 855-278-4204
- LGBTQI Youth Hotline: 800-246-7743
- National Suicide Hotline: 800-784-2433
- Bay Area Women Against Rape (bawar): 510-845-7273, <https://www.bawar.org/>
- Planned Parenthood: 29 Baywood Ave, San Mateo, CA 94402, 650-235-7940
- One Love Foundation: www.joinonelove.org

Sharing Stories: Read about other survivors and share your own story:

- <http://whenyoureready.org/>
- <http://www.pandys.org/index.html>
- <https://www.nsvrc.org/survivors>

Enthusiastic Consent:

An informed and conscious decision by each participant to enthusiastically engage in mutually agreed-upon sexual activity....THROUGHOUT the activity.