

The MDH Sexual Violence Prevention Program is coordinating this work.

For more information on the sexual violence prevention plan, or how you can help or get help, contact any of the following organizations:

Minnesota Department of Health
www.health.state.mn.us/injury
651-201-5484
TTY: 651-201-5797

Minnesota Coalition Against Sexual Assault
www.mncasa.org
651-209-9993

Minnesota Indian Women's Sexual Assault Coalition
www.miwsac.org
651-646-4800

Minnesota Coalition for Battered Women
www.mcbw.org
651-646-6177



*Imagine ... a world without sexual violence.
We all can do something to prevent it.*

It is time to act!

Printed on recycled paper

Imagine

*... our lives without
sexual violence or exploitation.*

We would have more ...

Trust

Freedom

Equality

Respect

*Caring, respectful
relationships*

Dignity

Confidence

Safety

We can stop
sexual violence and exploitation
in Minnesota.

Prevention works!



IC# 141-2584

What do we mean by sexual violence and exploitation?

Sexual violence is the use of sexual actions and words that are unwanted by and/or harmful to another person. Sexual exploitation is a practice by which a person achieves sexual gratification, financial gain or advancement through the abuse of a person's sexuality.

Sexual violence affects everyone.

Someone you know -- you, your mother, your sister, your son or daughter, your spouse or friend -- has experienced it. In Minnesota, we know the costs (more than \$8 billion a year) and the extent of sexual violence. We know its long term impact on victims, their families, and the community. We know what makes someone likely to become a victim or a perpetrator.

We are helping victims/survivors and have taken action against perpetrators. We have educated children, young people, and adults about avoiding harm ... and not harming others. We need to work harder to get to the root cause of sexual violence. We must change the environment that contributes to sexually-toxic attitudes and behaviors.

The Minnesota Department of Health (MDH) and many partner organizations have a plan to prevent sexual violence.

The plan identifies goals to:

1. Strengthen social norms that encourage healthy and respectful relationships.
2. Identify and train leaders across the state to educate people about prevention.
3. Ensure that all voices are heard in order to prevent sexual violence.
4. Increase the ability of individuals, groups, and communities to prevent sexual violence.
5. Seek action by local and state public policy entities.
6. Implement and evaluate data and best practices for preventing sexual violence.

Who will implement the plan?

The plan recommends actions to be taken at many levels, by:

- individuals
- businesses and organizations
- victim advocates
- offender treatment programs
- groups representing people who are at special risk for sexual violence
- public health agencies
- local and state public policy bodies

You can make a difference!

Five things you can do:

- Speak out about sexual violence prevention, to:
 - Children
 - Friends and relatives
 - Co-workers
 - Faith communities
 - Neighborhood or community groups
- Write a letter to the editor or contact the sponsors of sexually violent messaging and marketing.
- Attend or arrange a presentation on sexual violence prevention to a group to which you belong.
- Ask about sexual harassment policies of schools or youth groups, or become a mentor to a young person.
- Act on "action alert" requests and contact a school board member, county commissioner, or state representative on issues or funding needs.

Five things you can say:

"What did you think of [commercial, movie, or TV show that had a harmful message]?" "How do you suppose children and youth were affected by that?" "Let's contact the sponsor or write a letter to the editor."

"How can we teach boys to act more respectfully to girls?" and "How can we teach girls to respect themselves and their own bodies, and to expect respect?"

"Did you know that sexual violence costs more than \$8 billion a year in Minnesota? That's three times more than the costs associated with alcohol-impaired driving. We need to invest money to prevent sexual violence."

"Let's invite a speaker on sexual violence prevention to our church group [or other group]."

"It bothered me when you said that [did that] to her [to him]."

