



INDIVIDUAL INVOLVEMENT

www.kasap.org
24-Hour Hotline
1-800-656-HOPE

What YOU
CAN DO for
Sexual
Assault
Awareness
Month:

Listen
Read
Write
Volunteer
Donate
Organize
Reach
Research
Understand
Respond
Educate
Help
Confront
Talk
BELIEVE

Contact Organizers of Events

- Contact local Rape Crisis Center for names and/or organizers of publicized events
- Contact KASAP at 502-226-2704 for referrals of events in your area or to volunteer in state-wide activities

Show teal ribbon support

- Tie a teal ribbon to your car, your head, your clothing, etc.
- Place teal ribbons throughout your community along with information on significance of teal ribbon and sexual assault

Host a workshop for other professionals, friends or neighbors

Write

- Letters to the editor
- Articles to educate your local community and submit them to the local paper
- If businesses, publications, or others, act in ways that promote sexual violence, write, call, or e-mail them to voice your displeasure and get friends to do the same

Plant trees in public spaces and dedicate to sexual violence survivors

Volunteer

- With your local rape crisis center or KASAP
- With sexuality/health educators from schools and community clinics (i.e. Planned Parenthood, local health department, etc.) to focus on healthy sexuality as a positive approach to prevention

Become aware of the sexual violence prevention education at your child's school

- Reinforce positive teaching
- Work to change inadequate information, or request that it be provided if none exists

Become active in local politics

- Support candidates who work to eradicate sexual violence
- Ask candidates to strengthen their support so they know it is important to voters
- Learn more about how laws related to sexual violence are changing
- Contact state and federal officials expressing concerns about laws and pending sexual violence legislation
- You can leave a message for any state legislator at 1-800-372-7181

Talk with your own children about safety and healthy relationships

- Explain the difference between good-touch and bad-touch, and the importance of the "Uh-oh" feelings
- Talk to older kids about respectful, healthy relationships with emphasis on the importance of consent for any physical act.

Organize a walk or run group

Donate your time, skills, or money, to the local Rape Crisis Center

