



IT'S TIME TO NOTICE, SPEAK AND ACT

**BE ON THE LOOK-OUT FOR
GENDER-BASED VIOLENCE.**

Watch for hurtful language and actions

Notice:

- When people are being teased or harassed
- Jokes that make fun of people's gender

Notice if your friends and family:

- Say 'boys will be boys' as an excuse for something
- Put another person down because of their gender



Notice if the news, online shows or movies:

- Show women being treated like they are owned by someone
- Show men being aggressive or violent
- Tell men they should 'be a man' and not show their feelings
- Spread myths about rape like 'it was her fault'

Notice when people close to you:

- Always check-up or control where someone else goes
- Keep someone from being with their family or friends
- Act nervous, anxious, scared or afraid of their partner

Think about what you do.

- Do you keep quiet when your friends say mean and hurtful things?
- Do you say and do things that are mean and hurt other people?

Here are some things to do if someone you know wants to talk about gender-based violence.

- Listen
- Let them talk
- Don't stop them to ask for details

Tell them it is not their fault and that you believe them

- Say you are concerned about them
- Ask how you can help
- Help them figure out what to do next but let them make up their own mind about what they want to do
- Help them after they have decided what they want to do
- Help them connect with experts to get help
- Take care of yourself

JOIN THE CONVERSATION!

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