I PROMISE TO

Treat women with respect.
Talk, and more importantly listen.
Stop laughing at sexist jokes.
Respect your desires.
Stop buying & supporting pornography.
Support your decisions about sex.
Understand that rape changes your life forever.
Get involved and take action today.

For help or for more information about sexual violence, contact your local rape crisis center at 1-800-656-HOPE

I BELIEVE YOU

When you tell me you’ve been raped;
When you tell me it wasn’t your fault;
When you tell me rape is an act of violence, not sex;
When you tell me so many things seem different now;
When you tell me you did the right thing to survive;
When you tell me you just need me to be there.

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