



# ROLE MODEL

**THEY NOTICE.** As a mentor, you already know your actions – pretty much all of them – are observed by the teens you work with. So, how can you be the role model who actively works to prevent sexual violence?

## HERE'S WHAT TO DO

- ✓ Encourage open discussion and critical thinking about sexual violence.
- ✓ Clearly state you don't tolerate any kind of sexual violence and that it's an issue you take very seriously.
- ✓ Quickly respond to violence of any type, including bullying, sexual harassment, and dating violence.
- ✓ Try to use gender neutral language (e.g. "they" instead of "her" or "him"; "folks" instead of "guys").
- ✓ Be respectful to others around you (like your co-workers).
- ✓ Address offensive language when it comes up by explaining why it's hurtful.
- ✓ Promote gender equality among all members of the community.
- ✓ When listening, note your body language. Face the person and make eye contact. Give them your full attention.
- ✓ Let teens know it's ok to say no, even in everyday situations. For example: "Jason, it's ok to say 'no', but could you go to the copier and grab some copies for me?".
- ✓ Don't make or laugh at sexist jokes.
- ✓ Don't perpetuate negative stereotypes (e.g. "You throw like a girl!").
- ✓ Embrace emotions. Let all genders know it's ok to cry. Validate their feelings.
- ✓ Show it's ok to embrace friendships from other genders. Share examples of this from your own life.
- ✓ Call out victim blaming when you see it.

*Sexual violence is a broad term and includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism.  
(National Sexual Violence Resource Center)*

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Some content adapted from A Call to Men, Love is Respect, and Break the Cycle.