

PREVENTING SEXUAL VIOLENCE

starts with all of us



We're a statewide coalition committed to ending sexual violence – in all its forms – against teens in New Mexico. **And we want you and your community to join us . . .** because this is an issue that affects all of us. Since we're all committed to the well-being of young people in New Mexico, who better than us?



CAN YOU? **TALK ABOUT IT**

Talking with teens about sexual violence and healthy relationships isn't reserved just for health teachers and parents. It doesn't have to be a formal, lengthy, and uncomfortable lecture, either.

Make teen time count: Share some solid advice. Have a conversation, small or big. **Help teens understand and practice healthy relationships.** If you're not sure what to say or how to say it — and, don't worry, you're not alone — we've got you covered with our tools and tips.



CAN YOU? **ROLE-MODEL WHAT'S HEALTHY**

If you're around teens a lot (if you're reading this, we're guessing you are), you already know that they notice what you do and how you act. They take cues from you. **So, when you role model healthy social norms, teens observe and learn how to interact in healthy ways.** These are things like stating you don't tolerate sexual violence, responding quickly to other violence and bullying, avoiding negative stereotypes about gender, and using gender neutral language.



WE ALL HAVE A ROLE TO PLAY
IN PREVENTING SEXUAL VIOLENCE.

ARE YOU WITH US?



We're communities from ACROSS THE STATE
that work together to end sexual violence.

Be a part of the movement!



itstartswithusNM.org

*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)*