

# I PLEDGE TO



be an active bystander and step up, speak up, and take action when I witness violence and harmful activities.



use my position as a leader to help boys, young men, and friends understand that strength is not defined by violence or domination.

**Above all, I pledge to  
#StandAgainstDV**



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Signature

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### **Practical ways to put your pledge into action!**

- \* **Share your pledge on social media. Tag @HumanOptions for a chance to be featured on our page!**
- \* **Raise awareness about domestic violence by wearing purple on October 20<sup>th</sup>, 2016.**
- \* **Educate others about domestic violence. Invite Human Options to present a free presentation at your place of business, church, or community organization/club.**
- \* **Organize a donation drive for Human Options, providing necessities such as toiletries, personal hygiene products, towels and canned goods.**

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support survivors of domestic violence and reassure them that the violence is not their fault.



never commit, condone, or remain silent about domestic violence or other forms of violence.

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