

Responding to Sexual Violence

I pledge to “Start by Believing” by taking the following steps if someone I know experiences sexual violence:

I will listen

- by being open to what people tell me.
- by compassionately understanding, without judgment or blame.

I will believe

- by acknowledging their experiences and accepting what I am told.
- by expressing concern and affirming their feelings.

I will help

- by offering to help them get support to address their immediate safety, and physical and mental well-being,
- by respecting an adult’s right to decide what to do next. If they are children, I will contact the authorities immediately.

Ramsey County: A Start by Believing Community

www.ramseycountybelievesyou.us



Start by Believing is a program of End Violence Against Women International



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