









PROJECT SoundCheck

You Can **Check In**
& Prevent Sexual Violence

-  **Watch what's going on: is everyone having fun?**
-  **Seem like things #JustGotWeird? Yes? Time to check in!**
-  **Stick around: say hi, ask what's up, ask the person who may be at risk "Do you need help?"**
-  **Interrupt Uncool Behaviour: distract him, tell him to stop.**
-  **Need Support to Intervene? Involve staff and volunteers.**
-  **Help: Bring her to a safe space, find her friends, talk to a paramedic.**



Sexual violence can happen to people of any race, age, ethnicity, or gender. Current research tells us that women are at particularly high risk for sexual assault at festivals and large gatherings. You can be an active bystander and intervene to make events safer for everyone. Use the check-in tips to help.

If someone tells you they have experienced sexual violence, the most important thing you can do in that moment is believe them.

Here are some resources for them to get help:

Ottawa Rape Crisis Centre *24 hour crisis line*

613.562.2333

CALACS francophone d'Ottawa

613.789.8096

Sexual Assault Support Centre

613.234.2266

octevaw-cocvff.ca

sanottawa.com