



A is for autonomy

Sexual violence is 100% preventable—and everyone can play a role in that prevention.

Social norms that recognize and respect boundaries are a *protective factor* against sexual violence – that is, something that makes sexual violence less likely to happen. Autonomy means that people can make their own decisions without outside pressure and have those decisions respected by others. As individuals, there are many ways we can help support and respect others' autonomy – at home, in the office, at school, and anywhere in-between!

autonomy means being able to make decisions about yourself & your body without feeling pressured

what you can do...



AT WORK

Have you ever had a coworker immediately hover over your shoulder to look at your computer or phone screen? Before you look at someone's screen, you can give them a little space. Ask if it's okay to sit closer, take a look, or show them something.



AT SCHOOL

Many people love taking pictures with their friends – it's a way to share fun memories with the people we care about! But people may not want certain pictures of themselves posted – because they don't like how they look in the photo, or because they are private, or any reason at all! Before posting a picture on social media, first ask your friends if they are okay with you sharing.



AT HOME

It's normal to want to show your loved ones you care, and sometimes that means you want to give them a hug! Some people may not always want a hug – and that's okay! It doesn't mean they care about you any less. Saying, “Can I hug you?” or “Want a hug?” invites loved ones to set their own boundaries.