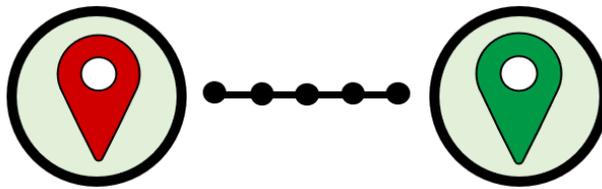

Why Green Dot?

Imagine a map of your school covered with red dots. A red dot represents one moment in time when a person chooses to harm another and is very serious.

A red dot could be the choice to:

- use stereotypes to hurt someone because they look different
- touch a person without consent
- use words that are cruel and humiliating about a person's racial or sexual identity
- post an Instagram or Snapchat picture, video, rumor, or taunt

Too many people experience red dots, and it's time for it to stop.



Now, imagine on the map of your school, the red dots starting to be replaced by green dots.

Each green dot is a small choice to use your words or actions to help stop the next red dot.

A green dot is:

- pulling a friend out of a high-risk situation
- checking in on someone you are worried about
- telling a harasser to back off
- posting a picture of yourself at a Green Dot training
- creating a funny meme that tells people to get involved
- texting your friend a link to an article or YouTube video about bystander intervention
- volunteering a few hours at SARA or other non-profits that help people
- attending an event during Sexual Assault Awareness Month
- learning more about American history and how it impacts everyone currently
- encouraging your teammates to get involved, intervene, or attend a training
- displaying an awareness poster in your room or wearing your Green Dot swag
- getting someone else to step in even if you can't
- striking up a conversation with a friend about how much it matters to you that we become a community that protects each other



A green dot is simply your individual choice at any given moment to make your community safer.

If we each do a few green dots, we can begin to outnumber the red dots and our community becomes safer for everyone.

Helpful Definitions

Sexual Assault is any sexual contact that happens when one person didn't want it to happen.

Sexual Harassment is behavior that makes a person uncomfortable at school, in the workplace, or out in public. It involves sexual content and/or targets a person because of their sex (i.e. because they are female).

Gender-Based Harassment is behavior that targets a person because of their gender identity (i.e. male, female, non-binary, etc.) and makes them feel uncomfortable.

Racial Harassment is behavior that targets a person because of their race, ethnicity, or nationality, and makes them feel uncomfortable and unwelcome at school, in the workplace, or out in public.

Racial Discrimination is when someone is treated differently based on their race, ethnicity, or nationality.

Child Abuse is doing something or failing to do something that either results in harming a child or putting a child at risk for harm.

Bystander is anyone who sees or hears something, especially something that may harm another person.

Direct is when you either tell someone to stop what they are doing because it is causing harm or check-in with someone who you notice is hurt or are worried about.

Delegate is when you ask someone else to help, even when you can't. This could be going to a counselor, calling an agency, or asking another friend to help.

Distract is when you re-focus the attention of the situation to something else. This could be asking if someone can show you where the bathroom is or talking about recent celebrity news.

Barrier is something that everyone experiences. It is a reason or feeling that keeps you from intervening in a situation.

Footprint is when you do something that shows other people that you don't support red dots (i.e. wearing a Green Dot bracelet, sharing a helpful Instagram post, inviting friends to a training, etc.).

Consent means that someone actually wants to do something. Consent looks like a Free, Happy, Clear YES and nothing less.

Sex (in this context) is the biological identity of a person that includes biological male or female characteristics.

Gender is the range of characteristics that include masculinity and/or femininity through personal, cultural, and societal perspectives.

Cisgender (aka cis-woman or cis-man) is when someone identifies their gender with the sex they were assigned to at birth.

Transgender (aka trans-woman or trans-man) is when someone identifies with a different gender than the sex they were assigned to at birth.

LGBTQ+ is an acronym that stands for lesbian, gay, bisexual, transgender, queer/questioning, and other related terms.

Privilege is when a particular person/group has benefits or advantages that others do not have.

Oppression is when there is unequal treatment or use of power, usually towards a specific group of people to discriminate against them.

Intersectionality is when a person experiences a range of privileges and oppressions based on all their different identities and life experiences (i.e. race, class, disability gender, etc.).