



Lead by example.

Make a difference.

Take ACTION to prevent violence against women and HIV.

Leaders like you—
police officers, teachers,
 health care providers,
religious and cultural leaders,
 government officials & others—

play a significant role in preventing violence against women and its connection to HIV/AIDS. You are role models within the community. Your beliefs and behaviors influence others. By taking action to prevent violence against women and HIV, and by becoming an activist in your own life, you will inspire others to do the same.

Why take action?

By taking action to prevent violence against women and HIV infection, you will send the message to all others in your community that they have the power to create change. You will show community members that the dangerous connection between violence and HIV/AIDS cannot be tolerated and can be broken. By taking action against violence against women and HIV/AIDS, you can positively influence your community.

How can you take action?

Start with yourself. Make change in your own life and in your community. In your home, live day-to-day in a way that respects and balances power with your partner. In your workplace, create policies against violence and for respect, and hold information sessions about the connection between violence against women and HIV/AIDS. In your community, work with prevention efforts already in place—or start your own. By being a role model for respect and non-violence, you can create change.

Be an activist!

An activist is a person who is committed to creating positive change. An activist lives their beliefs by taking action against injustice. As a leader you can be an especially effective activist. You can use your leadership position and role in the community to carry prevention efforts into grassroots activities as well as into the minds of other community leaders, particularly those defining community priorities, practices and procedures. This is a big responsibility—and a big opportunity! You can be a leader in the prevention of violence against women and HIV in your community!

Everyone everywhere can take action

You can take action in your personal life, by choosing to balance power in your relationship and committing to never using violence. Be a role model to your children, friends, family and neighbors. Then work with others to take action to prevent violence and HIV at work, with your colleagues, clients and community members.

Ideas you can do right now

to take action against violence against women and HIV/AIDS:

- Make a rule in your family, your workplace and your community that **violence is not acceptable** and won't be tolerated.
- Go for **HIV testing**, either alone or with your partner. Tell others what you're doing and why.
- Take a **leadership role** in community prevention events. Tell people what you're doing to prevent violence against women and HIV/AIDS and why. **Persuade them to join you!**
- Notice men who are **using their power negatively** against girls and women. Make it clear to them that this behavior is **not acceptable** in your community.
- Notice men around you who are **choosing non-violence**. Help them explore the benefits of non-violence and show others that non-violence is **the right choice** for happier and healthier relationships and homes.
- Work with other leaders and community members to **spread the word** that violence against women and HIV/AIDS are connected and need to be addressed together.
- Create a **community bylaw** that rejects violence against women and holds those who choose violence accountable.
- **Role model respect, dignity and responsible use of power.**
- Make special effort to **prevent transactional sex**. Confront men with young girls and women. Hold them accountable.
- **Organize events** in your community where community members can talk about violence and HIV and how to prevent them.

www.raisingvoices.org/sasa.php

SASA!
Preventing Violence Against Women and HIV