

# 20 Ways UI Students Can Live *free*

1. **Ask** 3 people in your life how sexual violence, dating/domestic violence, or harassment has impacted them.
2. **Intervene or get help** in any potentially dangerous situation you see. You could save someone from being hurt.
3. **Think** about the women in your life, and reflect on the fact that they have 1 in 3 chance of becoming victims of violence.
4. **Educate** yourself about the impact of violence on victims and our on our community.
5. **Change** your Facebook status to include the statement “I support LIVE FREE...a life on campus free from violence.”
6. **Have** one conversation with a friend and discuss how living a life on campus free from violence matters to you.
7. **Talk** to a male friend about the importance of men getting involved in living a life on campus free from violence.
8. **Intervene or get help** if you see someone dragging a drunk person out of the bar or to a room. You could save someone from getting hurt.
9. **Make** one announcement to one group/organization you are involved in, telling them about LIVE FREE.
10. **Bring** a friend to a violence prevention awareness event.
11. **Ask** a male friend how personal violence has impacted him or someone he cares about.
12. **Visit** one of the following websites:  
[www.rvap.org](http://www.rvap.org)  
<http://mensantiviolencecouncil.com/>  
[www.uiowa.edu/~wrac/](http://www.uiowa.edu/~wrac/)  
[www.dvpiowa.org/](http://www.dvpiowa.org/)
13. **Volunteer** for one hour for the cause. Bring a friend.
14. **Talk** to other students who care about living a life on campus free from violence. Ask them to tell you why they care.
15. **Knock** on your neighbor’s door and see if everything is ok if you hear yelling or fighting.
16. **Ask** a man if he needs help when you see him being shoved or harassed by others. You could save him from getting hurt.
17. **Talk** to an LGBTQ friend about the importance of getting involved in living a life on campus free from violence.
18. **Use** your LIVE FREE water bottle or sunglasses on campus one day this week.
19. **Integrate** information about personal violence into one class discussion or project.
20. **Talk** to your friends about consent. Remind them to wait until their partner says “YES” to sex.