**Green dots for those too busy to do green dots**

Send a mass email to your contact list with a simple message, "This issue is important to me and I believe in the goal of reducing violence."

Change your email signature line to include the statement, "Proud to be a GREEN DOT supporter" and include the link to the UNLV Green Dot webpage.

Make a donation to a local rape crisis center or domestic violence shelter and write, "GREEN DOT supporter" in the memo line.

Next time you are walking to class with a friend, have one conversation and tell them that ending violence matters to you.

Add a "Green Dot supporter" statement on your Facebook profile. Make one announcement to one group or organization you are involved in, telling them about GREEN DOT.

Put a green dot on your door so people will know you are a green dot supporter.

Make Green Dot the topic of a paper or speech you have to do for a class.

**Green dots for men**

Tell a woman in your life that power-based personal violence matters to you.

Ask women in your life how power-based personal violence has impacted them.

Ask a man in your life how power-based personal violence has impacted him or someone he cares about.

Have one conversation with one male friend or relative about the GREEN DOT.

Ask a woman in your life what you can do to help take a stand against violence.

Ask one male friend or relative what he thinks about power-based personal violence and what men could do to help stop it.

Visit the Jackson Katz website (http://www.jacksonkatz.com/) and read "10 Things Men Can Do To End Gender Violence."

Have a conversation with a younger man or boy who looks up to you about how important it is for men to help end violence.

Google "men against violence" and read what men around the country are doing.

If you suspect someone you care about is a victim of violence, gently ask if you can help.

Attend an awareness event with three male friends.

Organize a men's event to raise money to support violence prevention.

Text your three best guy friends that you went to the Green Dot training and you want to talk to them about it.
Green dots for those who aren't sure they care

Ask 5 people in your life how power-based personal violence has impacted them (directly or indirectly) and listen to their response.

Think about the women in your life that you care most about, and consider that they have 1 in 3 odds of becoming victims of violence in their lifetime.

Tell one person how you would feel if she did become a victim.

Educate yourself about the impact of violence on victims and those who love them.

Talk to all the other students who do care. Ask them to tell you why they are into it.

Proactive green dots

Wear a green dot t-shirt one day this week and explain to someone what it means.

Talk to a guy friend of yours about the importance of men getting involved in prevention.

Wear a Green Dot button one day this week.

Bring a friend to an awareness event.

Integrate information about power-based personal violence (PBPV) into one class discussion.

Volunteer for one hour, and bring a friend.

Request a presentation from UNLV Green Dot (the link is on the UNLV Green Dot webpage).

Talk to a leader in a student organization that you are involved in and recommend that the membership take the Green Dot Bystander training.

Write a letter to the editor of the Rebel Yell talking about any aspect of PBPV that is most powerful to you (i.e., the importance of everyone getting involved, or anything that you learned at the training).

Discuss with friends a situation portrayed in the media (a movie, TV show, news story, billboard, YouTube, etc.) that might support a culture of PBPV and explain why it upsets you.

Talk to a female friend about the importance of women getting involved in prevention.

Carry a green dot water bottle one day this week.

Integrate information about any form of power-based personal violence into a class assignment (i.e., paper or speech or presentation).

Attend a Green Dot training, then tell 2 friends you attended and ask them to go next time.

Find out how Art and Activism works to end violence. (google it!)

Take a friend to lunch and talk about how this issue is important to you and ask for their help.

Tell someone that you know that way too many students will be victims of violence and that you feel like you need to be a part of reducing it.
Write a paragraph about your connection to power-based personal violence and post it on your Facebook page.

Put "ending power-based personal violence" on your Facebook "what's on your mind" window.

**Reactive and Proactive Green Dots**

If I suspect that my friend has been drugged, I seek professional help.

If I saw someone who was intoxicated left behind by her/his friends, I would tell them to take her/him with them.

If I suspect that my friend is in an abusive relationship, I ask her/him and provide information about resources available.

If I suspect a friend has been sexually assaulted, I let her/him know I am here if they want to talk.

If I hear someone yelling and fighting, I call 911.

If I see someone spike another person's drink, I stop them and call police or get someone else to.

If I see a friend grab, push or insult another person, I say something, go get help or get someone else to.

If I see a stranger grab, push or insult another person, I say something or go get help or get someone else to.

If I see a friend take an intoxicated person up the stairs, I stop and ask what is going on or create a distraction to interrupt the situation.

If someone appears upset, I ask if they are okay.

If I notice someone has a large bruise, I ask how they were hurt.

If I see a person sexually assaulting another person, I intervene.

If my professor explains that women "say 'no' when they really mean 'yes'," I interrupt and make an attempt to educate the professor.

I talk to my friends about consent... and how he or she should wait until their partner verbalizes his/her feelings.

If I choose to leave a party early, I account for the people I came with.

If I see two men dragging a woman into a room, I call for help and intervene.

I will offer to watch my friends' drinks when they leave the table.

If I know or suspect that a friend is in an abusive relationship (physically, sexually, or emotionally), I tell them they can confide in me.

I share statistics with my friends about power-based personal violence.

If someone needs my help and I don't have the answer, I tap my resources and find someone who does.
If I hear that someone is in a bedroom "in training," I call 911.

I work to ensure organizations I am involved in collaborate with prevention efforts on campus.

I take the opportunity to write papers or give speeches in class about the issue of violence.

I write letters to the editor of the Rebel Yell if I see articles that pertain to power-based personal violence, whether they are positive or negative.

I strike up conversations with my friends about the importance of intervening in potentially high-risk situations.

I go investigate if I am awakened at night by someone calling for help.

If I see someone at a party who has had too much to drink, I ask them if they need to be walked home so they can go to sleep.

If a woman is being shoved or yelled at by a man, I ask her if she needs help.

If a man is being shoved or harassed by others, I ask him if he needs help.

If I hear what sounds like yelling and fighting through my dorm walls, I knock on the door to see if everything is ok.

If I see several strangers dragging a passed out woman up to their room, I would get help and try to intervene.

If I hear an acquaintance talking about forcing someone to have sex with them, I speak up against it and express concern for the person who was forced.

I will say something to a person whose drink I saw spiked with a drug even if I didn't know them.

Grab someone else's cup and pour their drink out if I saw that someone slipped something into it.

Call the CARE Line (702.895.0602) for help if a friend, acquaintance or stranger told me they were sexually assaulted.

Confront friends who make excuses for abusive behavior by others.

Speak up if I hear someone say "s/he deserved to be raped."

Educate myself about power-based personal violence and what I can do about it.

Encourage a friend to do the Green Dot training.

I see a couple, whether I know them or not, in a heated argument. One's fist is clenched and the partner looks upset. I ask if everything is ok.

I see a man talking to a woman at a bar. He is sitting very close to her and by the look on her face I can see she is uncomfortable. I ask her if she is ok.
If I know information about an incident of sexual violence, I tell authorities what I know in case it is helpful.

Green Dot opportunities are infinite. You don't have to do them all, but you have to do some. Look for the green dots where your skill, interest, passion and opportunity intersect! That is where you can have the biggest impact. Remember: Everyday, Everyone!