Anyone is welcome to join the campaign to end violence against women and girls. There are countless ways to take action.

- Sign the White Ribbon Pledge and Petition
- Sign the global call for action to tell governments around the world that you want them to make ending violence against women and girls a top priority (http://www.saynotoviolence.org)
- Publicize the White Ribbon Campaign on your Facebook or other social network page
- Raise the profile of the issue by blogging, tweeting, and chatting about it
- Ask three people to sign the White Ribbon Pledge and Petition
- Attend White Ribbon Awareness Events held at Queens College
- Donate or raise funds

INDIVIDUALS MAY ALSO
- Engage faith-based leaders in your community to help end violence against women and girls
- Host a “house party” where you screen a relevant film
- Take the two-hour Women & Work training class to become a White Ribbon Presenter

STUDENTS MAY ALSO
- Partner with the White Ribbon Campaign by organizing a White Ribbon chapter
- Place information tables around campus
- Hold a poster contest
- Organize a walk to raise awareness
- Host a film series on issues of violence against women and girls
- Take the two-hour Women & Work training class to become a White Ribbon Presenter

TEACHERS MAY ALSO
- Incorporate relevant themes, class sessions, and discussions in your curriculum
- Offer students a credit-bearing component, such as a report or paper, for attending White Ribbon Awareness Events
- Encourage other teachers to take part in the White Ribbon Campaign
- Encourage your students to attend and participate in White Ribbon Campaign events

Everyone Should Get Involved – Break the Silence!

- Challenge sexist language and jokes that degrade women and girls
- Learn to identify and oppose sexual harassment and violence in school, the workplace, the family, and wherever it occurs
- Examine how your own behavior might contribute to the problem