

NO MEANS NO PLEDGE

I, _____, understand all people have the right to be treated with dignity and respect, to maintain control over their own body and to live without fear of sexual harassment or assault. I pledge to refrain from using language that objectifies or denigrates others. I pledge to have the courage to speak out against anyone who uses such language and to support anyone who is being sexually harassed.

I pledge never to use physical force or shaming as a means to coerce someone into having sexual contact with me. I pledge to intervene and defend anyone in danger of being sexually assaulted or to contact the proper authorities if I cannot intervene in a safe manner. I further pledge to believe and not judge anyone who tells me they have been sexually harassed or assaulted.

I pledge to personally honor the fact no means no and silence does not mean consent and pledge to challenge my family and friends to do the same.

Signature

Date