Reducing your risk of experiencing _or perpetrating_ sexual misconduct and relationship violence

See ACM’s brochures on safety and prevention.

From No More – Together We Can End Domestic Violence & Sexual Assault


To learn how to help someone in an abusive relationship or to get help for yourself, call [The National Domestic Violence Hotline](https://www.thehotline.org/) at 1-800-799-SAFE (7233) or visit [domesticshelters.org](http://www.domesticshelters.org), the largest searchable directory of domestic violence service providers in the United States. Visit [the Safe Havens Mapping Project](http://www.safeshelters.org/) to find a shelter that allows you to bring pets. For teens and youth, call 1-866-331-9474 or text “loveis” to 22522 or live chat at [www.loveisrespect.org](http://www.loveisrespect.org).

For more information on rape and sexual violence services, contact [RAINN](https://www.rainn.org/)—the Rape Abuse Incest National Network at 1-800-656-4673 (HOPE) or by secure, online private chat [HERE](http://www.rainn.org/messaging). Men who may have had unwanted or abusive sexual experience in childhood, family members, friends and partners of men who may have had those experiences can also use the [1in6 Online SupportLine](http://www.mencanstoprape.org/1in6) – a free, confidential, and secure service – to get help.

**Additional domestic violence resources to help you determine if your friend or family member is in danger and help you offer your support:**

- 10 Warning Signs of an Unhealthy Relationship by [Break the Cycle](http://www.breaktheconnection.org)
- Tips for Supporting a Survivor of Sexual Assault by [Know Your IX](http://www.knowyourix.org)
- Help A Stranger by [Loveisrespect.org](http://www.loveisrespect.org)
- Help Your Child by [Loveisrespect.org](http://www.loveisrespect.org)
- Please see Men Can Stop Rape’s Resources for Male Survivors of DV & SA
- Resources for Family & Friends of Male Survivors of Childhood Sexual Abuse by [1in6](http://www.mencanstoprape.org/1in6)
- Men Can Be Victims of Abuse, Too by [The National Domestic Violence Hotline](https://www.thehotline.org/)

From Family Crisis Resource Center (ACM counseling partner)


From Men Can Stop Rape – Creating Cultures Free from Violence


From Joyful Heart Foundation

[http://www.joyfulheartfoundation.org/learn/domestic-violence/about-issue?gclid=CK3RqpxC9sUJCFYYUHwod76gAtQ](http://www.joyfulheartfoundation.org/learn/domestic-violence/about-issue?gclid=CK3RqpxC9sUJCFYYUHwod76gAtQ)


From RAINN: Rape, Abuse, and Incest National Network
https://www.rainn.org/get-information/sexual-assault-prevention
https://www.rainn.org/get-information/sexual-assault-prevention/safety-plan
https://www.rainn.org/get-information/sexual-assault-prevention/protecting-your-friends
https://www.rainn.org/get-information/computer-safety
https://www.rainn.org/get-information/sexual-assault-prevention/avoiding-pressure
https://rainn.org/get-information/sexual-assault-prevention/alcohol-safety
https://rainn.org/get-information/sexual-assault-prevention/what-is-consent
https://www.rainn.org/get-information/sexual-assault-prevention/bystanders-can-help

From The National Domestic Violence Hotline
http://www.thehotline.org/
http://www.thehotline.org/is-this-abuse/abuse-defined/