

# It's Time.

## PLEDGE INSTRUCTIONS

### Step 1

#### Personalize your pledge!

Change comes through action. What action are you willing to take to create a culture free from domestic violence?

It's Time to \_\_\_\_\_!

**Examples:** It's Time to believe survivors. It's Time to talk to young people about healthy relationships. It's Time to call out victim blaming and stop judging survivors. It's Time to ask my workplace about policies that support survivors. It's Time to stop allowing excuses for abuse.

For more ideas on what you can do, visit [ItsTimeLexington.org/pledge](https://ItsTimeLexington.org/pledge).

### Step 2

#### Record!

Tell us the commitment you are making to help prevent domestic violence in Lexington. Sharing your commitment Your action will encourage others to act.

### Step 3

#### Share!

Share your recorded pledge on your social media and tag us @ItsTimeLexington.



Send your pledge to [info@itstimelexington.org](mailto:info@itstimelexington.org)

### Who can take the pledge?

**Anyone!!**

Pledges will be approved before posting or sharing to official channels. If there are any issues, a team member will contact you.

### Tips for success

- Find a well-lit, quiet spot to record.
- Record your pledge vertically **and** horizontally.
- Speak slowly and directly to the camera.



**LEXINGTON**



domestic & sexual violence  
Prevention Coalition

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## PLEDGE IDEAS

- It's time to believe survivors. / It's time to believe her when she says he is controlling/abusive.
- It's time to call out victim blaming. / It's time to stop blaming her for his abuse.
- It's time to post resource information for domestic violence victims at locations I frequent.
- It's time to let lawmakers know domestic violence is an important issue to me.
- It's time to respect boundaries.
- It's time to challenge demeaning statements/jokes. (That wasn't funny. That stereotype isn't true. What you said is actually harmful.)
- It's time to learn more about domestic violence and what does and doesn't cause it.
- It's time to stop saying boys will be boys. People of all genders are accountable for their behavior.
- It's time to stop saying she was asking for it.
- It's time to be a visible advocate for survivors of domestic violence.
- It's time to talk to my children/young people about healthy relationships.
- It's time to talk to young people about how they can help their friends stay safe from dating violence.
- It's time for my workplace to have a policy that supports survivors.
- It's time to report abusive behavior.
- It's time to ask my faith leader to speak about strong female leaders in their faith.
- It's time to schedule a Green Dot training for my church/work/friends.
- It's time to acknowledge that my words matter.
- It's time to challenge sexist language - even when women aren't in the room.
- It's time to stop saying my/their ex-girlfriend is crazy.
- Its time to stop saying she is a drama queen.
- It's time to speak up again sexist, racist, homophobic, or transphobic messages.
- It's time to check in with my friends when I am concerned about their safety.
- It's time to stop using violence in relationships.
- It's time to realize people you love can say and do abusive things.
- It's time for me to speak up when I witness abusive behavior.
- It's time to challenge attitudes that condone disrespectful/abusive behavior.

# It's Time.

## PLEDGE IDEAS CONTINUED

- It's time to be courageous and promote non-violence as the norm.
- It's time for me to ask how I can help my co-workers who might be experiencing domestic violence.
- It's time to examine my own beliefs/attitudes about violence, power, control, and entitlement.
- It's time to talk to boys and young men about healthy and equitable relationships.
- It's time to stop trying to change someone who is abusive. It's their work to do!
- It's time for men to hold ourselves and each other accountable.
- It's time to see domestic violence/gender equality as an issue that requires my participation.
- It's time to teach our sons that strength is not defined by violence or domination.
- It's time to stop judging survivors.
- It's time to advocate for gun laws that protect victims.
- It's time to stop excusing domestic violence/abusive behavior.
- It's time to make domestic violence our business.
- It's time for women to take on more roles in leadership.
- It's time to stop letting people who cause harm to continue in leadership roles.
- It's time to normalize discussions about domestic violence.
- It's time to support and listen to women, not protect them as if they are property.
- It's time for me to be more aware of my friends' and neighbors' relationships.
- It's time for me to be aware of my children's social media activity.
- It's time to discourage my kids from objectifying themselves and their friends.
- It's time to model healthy behaviors and relationships.
- It's time to talk to my friends/coworkers/family about domestic violence.
- It's time to learn about local resources.

**This list is just a starting point for ideas.**

**Make your own pledge! Speak your truth! Be heard!**