

# HOW WOMEN CAN SUPPORT GIRLS

---

Women aren't the only ones facing harassment. 7 in 10 girls are sexually harassed in high school. Young people are speaking out about this - are you listening? Here are 5 ways for adults to support young people.

## LISTEN

Encourage girls to talk openly, and listen to them instead of trying to solve their problems for them. Be non-judgmental and validate their feelings.

---

## BELIEVE

If a girl chooses to confide in you: tell her you believe her, she is not alone, and what happened is not her fault. Your role is not to investigate or prove what happened, but to support her.

---

## RELATE

Be honest with girls about growing up. Were there times you felt uncomfortable or unsafe? How did this affect you as you grew older? Girls need to know they are not alone and it gets better.

---

## MODEL

Girls are always watching to see if your actions line up with your words. The key to being a role model is to lead by example.

---

## SPEAK UP

When advocating for women's issues, don't forget girls. Bring girls to the table and involve them in advocacy. Use your position and influence to also bring boys and men into the conversation.