"Disrupting the Cycle of Violence" delves deeper into the roots of violence, discussing how microaggressions, jokes, and other covert instances of violence support the ongoing cycle of all violence.

**STRATEGIES FOR CALLING IN:**

- **SHARE IMPACT:** Say things like "that hurt" or "I don’t think that is okay."
- **LEVERAGE RELATIONSHIP:** Tell your friends their actions matter to you and impact you.
- **EDUCATE:** "I recently learned that word is hurtful. I suggest using _____ instead."
- **IMPACT OVER INTENT:** Try not to get defensive; listen to how you impacted them, even if you didn’t mean to.
- **APOLOGIZE:** Don’t just say it, do it! No “ifs” or “buts.”
- **MOVE FORWARD:** Don’t wallow; commit to doing better & keep learning.

**WHEN YOU'RE CALLED IN:**

**Prevention, Advocacy & Resource Center**

24/7 Hotline: 781-736-3370
brandeis.edu/parc