

MEN CAN

CREATING CULTURES FREE FROM VIOLENCE

STOP RAPE INC

What Young Men Can Do

INFORMATION SHEET

www.MenCanStopRape.org

Most guys don't commit rape, but every guy can play a vital role in ending sexual & dating violence

Read the list below to learn what you and your friends can do every day. It can be something small or large. Whatever you do, you're making a difference. **Don't stand on the sidelines!**

BE BOLD

Define your own manhood

Consider how common messages like *"don't take no for an answer"* play a role in creating unhealthy and unsafe relationships. Choose what kind of man you want to be.

Understand from a female's perspective

Ask a young woman you know - how often and in what situations has she feared being sexually assaulted? How has this affected her daily life? Does she know someone who has been assaulted? How has it affected her? Listen and learn!

Get a guy's perspective

Ask a friend - how would it feel to be viewed as a potential rapist? How would he react if a woman or girl in his life - his mother, a sister, a girlfriend, or a friend - was sexually assaulted?

Take note of pop culture's messages

Daily, we're surrounded by movies, TV shows, music, magazines, and video games that sometimes communicate harmful messages about masculinity and relationships. Don't let images in popular culture dictate your behavior.

Pledge to be a man of strength

Don't ever have sex with anyone against their will. Pledge to be a man whose strength is used for **respect**, and not for hurting others.

**To take further action, go to
www.MenCanStopRape.org**

BE STRONG

Talk it over first

Create a space to speak honestly about sex: listen to your partner, state your desires openly, and ask questions if a situation seems unclear.

If drunk or high, wait for consent

If your partner is drunk or high and can't give consent, back off and **wait** until you both are ready to enthusiastically say yes!

TAKE ACTION!

Choose your words carefully

When you put down women, you support the belief that they are less than human. It is easier to ignore a woman's decisions or wellbeing if she is seen as inferior. Choose respectful language.

Stand up

You probably will never see a rape in progress, but you will hear attitudes and see behaviors that degrade women and promote a culture of violence. When your friend tells a rape joke, let him know it's not funny.

Get involved!

Contact MCSR to start a high school Men of Strength (MOST) Club or a Campus Strength affiliate group at your college. Go to www.MenCanStopRape.org now!

