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.

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!

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