

End Rape Culture Today!

1. Recognize that people neither ask for nor deserve to be abused, harassed, assaulted or raped—ever.
2. Support and believe survivors of sexual violence.
3. Bring awareness and challenge victim-blaming statements.
4. Give constructive input about why comments or jokes that perpetuate rape culture or sexism are not okay.
5. Get help or take action by directly intervening when you see someone taking advantage of a person who is not capable of giving consent.
6. Consent is mandatory and every sexual interaction you have must be consensual--no excuse. Educate yourself on what it means to get and give consent.
7. Build and engage in healthy, respectful relationships.
8. Pledge to never commit or condone any acts of violence.
9. Think critically about how the media depicts sexuality.
10. Take a self-defense class. Your mind, your voice and your body are powerful tools for prevention.
11. Teach your children, friends, parents and peers about the myths and realities of sexual assault.
12. Donate your time or money to your local rape crisis center.
13. Find out what your local K-12 school board's policy is on anti-rape and violence prevention education and get involved. If it is not proactive, change it!
14. Lobby your local, state and federal legislators for funding for anti-sexual assault programs.
15. If you witness sexual harassment at the workplace or in public places, expose the behavior. Don't tolerate it.