

Resisting Rape Culture

Ways to challenge rape culture that are not legally required:

- Understand that what someone is wearing (or not wearing) is not a message about consent.
- Understand that no one wants to be sexually assaulted.
- Avoid using language that objectifies or degrades people.
- Speak out if you hear someone make an offensive joke or trivialize rape.
- If a friend says they have been raped, take your friend seriously and be supportive.
- Do not laugh at rape or rape jokes.
- Think critically about the media's messages about gender norms, relationships, and violence.
- Be respectful of others' physical space even in casual situations.
- Challenge victim blaming and let survivors know that you believe them and that it is not their fault.
- Do not make excuses for sexual violence (like alcohol or drugs).
- Do not let expectations and assumptions about masculinity and femininity dictate your actions.

Ways to challenge rape culture that are legally required in order to follow consent laws and treat someone else with basic human respect and dignity:

- Make it your business to understand and practise consent.
- Do not put drugs in drinks.
- Do not buy or make drinks for someone with the intent of incapacitating them.
- Do not take advantage of drunk people.
- Do not think you can have sex with someone just because you made out with them (or have been sexual with them in any other way).
- Understand that someone walking alone at night is not “asking for it.”
- Understand that someone who accepts a ride from you is not “asking for it.”
- Always communicate with sexual partners and never assume you have consent.
- Always remember that no means no and that consent cannot be partially given—consent must be fully, enthusiastically, and freely given.
- Understand that consent is an ongoing process (e.g., just because you consent to one thing or at one time, does not mean you will continue to consent).
- Always ask and never assume that any kind of physical, intimate, and/or sexual contact is okay.