

15 WAYS TO END RAPE



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.