

Men Can Stop Rape

Men are so severely affected by rape that they need to take steps to stop it. Men are sometimes the victims of sexual assault, both as children and as adults. Men are also the husbands, boyfriends, fathers, brothers, uncles, neighbors and friends of victims of sexual assault, and surviving rape affects their relationships.

Men are in the unique position to help stop rape because men are most often the perpetrators of rape. 99% of rapists are men. (Let's be clear, the reverse is NOT TRUE. 99% of men are NOT rapists.) Men can change the standards by which they treat women and the ways that they interact with male peers. We often assume that women are supposed to stop sexual assault. People are asking what men can do to help; there are some ideas for men who want to stop sexual assault.

- Listen to your partner. Believe that “no” means “no”.
- Be sensitive to others. Do not use force or manipulation to get what you want.
- Know your sexual desires and limits and state them clearly with your partner. Understand that being turned down for sex is not a rejection of who you are as a person—it just means that your partner does not want sex with you at that time.
- Don't always assume that you have to initiate sexual activity. Don't initiate sex if you don't want it.
- Stop offensive jokes against women. Be clear that you do not tolerate or support sexual harassment or any other form of sexual violence. Spread the message that violence against women is not okay.
- Help stop behaviors that may lead to acquaintance rape. For example, don't use drugs and alcohol at parties. Watch out for your peers if they appear to be trying to take advantage of someone or if someone you know is acting more intoxicated or “out of it” than the amount they have drunk would indicate.
- Participate in activities to build awareness and take a stand against violence against women.
- Volunteer at your area rape crisis center.