

WHAT IS RAPE CULTURE?

WHAT CAN YOU DO ABOUT RAPE CULTURE?

- FIND OUT WHAT RAPE AND SEXUAL ASSAULT IS. KNOW WHAT TO DO IF IT HAPPENS TO YOU. KNOW WHAT THE CRITICAL FIRST STEPS ARE TO GET HELP.
- REMEMBER THAT ONLY “YES” MEANS “YES”. BE HEALTHY, BE RESPONSIBLE – GET CONSENT.
- ALCOHOL AND DRUGS IMPACT YOUR ABILITY TO CONSENT. BEING DRUNK OR ON DRUGS IS NOT AN INVITATION FOR SEX. IT IS NOT AN EXCUSE FOR FORCING SOMEONE TO HAVE SEX.
- YOUR ACTIONS IMPACT OTHERS: BE AWARE OF HOW YOU MAKE OTHERS FEEL, ESPECIALLY IN RELATIONSHIPS AND DURING SEXUAL DECISION-MAKING.
- DON'T TRIVIALISE RAPE. DON'T USE THE WORD 'RAPE' TO DESCRIBE SPORTS LOSSES, DIFFICULT EXAMS OR BAD WORK SITUATIONS. ONLY USE THE WORD 'RAPE' TO REFER TO RAPE.
- SPEAK OUT! SAY SOMETHING WHEN OTHERS EXCUSE OR IGNORE SEXUAL VIOLENCE, MAKE SEXUALLY DEROGATORY REMARKS, OBJECTIFY MEMBERS OF THE OPPOSITE SEX OR HARASS SOMEONE ON THE STREET.
- CHALLENGE THE DOUBLE STANDARD FOR MEN AND WOMEN IN YOUR SEXUAL AND DATING RELATIONSHIPS. BE HONEST ABOUT YOUR EXPECTATIONS, WHAT IS NEGOTIABLE AND WHAT IS NOT. DON'T ASSUME ANYTHING BECAUSE OF YOUR PARTNER'S GENDER.
- STOP SLUT-SHAMING. NEVER MAKE WOMEN FEEL BAD ABOUT HOW THEY DRESS, ACT OR TALK ABOUT SEX, OR FOR WANTING INFORMATION ABOUT SEX. SPEAK OUT IF OTHERS ARE BEING DISRESPECTFUL OR SEXIST.
- STOP VICTIM-BLAMING. NO-ONE SHOULD BE BLAMED FOR BEING RAPED. RAPE IS ALWAYS THE FAULT OF THE RAPIST.

RAPE CULTURE IS A SOCIETAL ENVIRONMENT THAT MAKES RAPE SEEM NORMAL AND PART OF THE 'WAY THINGS ARE'.

WE ARE SURROUNDED BY IMAGES, LANGUAGE, AND MEDIA THAT MAKE RAPE SEEM UNPROBLEMATIC: SLANG, JOKES, TV SHOWS, MUSIC, ADVERTISING AND LAWS MAKE IT SEEM LESS SERIOUS THAN IT IS, ACCEPTABLE, OR EVEN FUN AND COOL.

RAPE IS MADE OUT TO BE SOMETHING SILLY, OR 'NO BIG DEAL'.

THINK ABOUT HOW THAT FEELS TO SOMEONE WHO HAS BEEN RAPED. WHAT IF IT HAPPENED TO YOU? WOULD THE JOKES STILL BE FUNNY?

TALK TO YOUR FRIENDS, TEACHERS AND PARENTS ABOUT SEX, CONSENT AND SEXUAL VIOLENCE. FIND INFORMATION IF YOU NEED IT.

CHANGE BEGINS WITH EACH PERSON. WE CAN ALL BE PART OF CHANGING SOUTH AFRICA'S RAPE CULTURE.