

What is Rape Culture?

PAPER CRANE



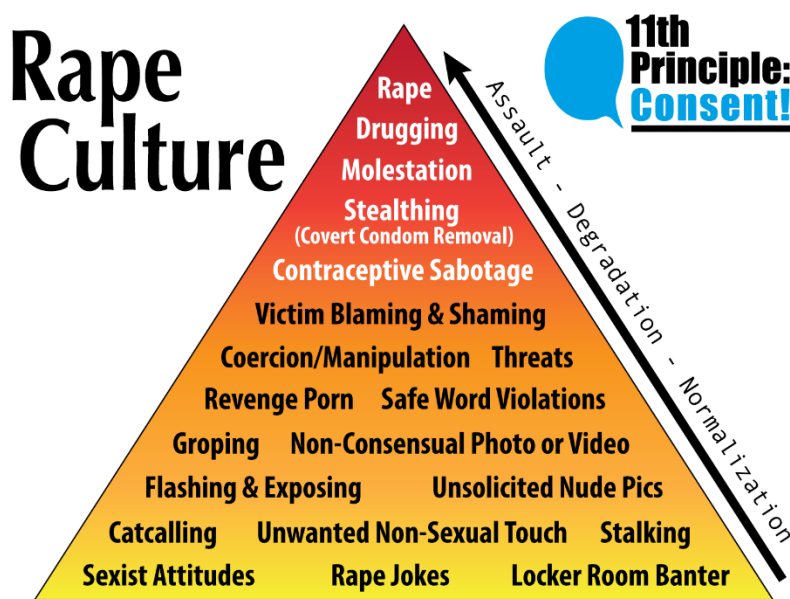
Rape culture exists within a societal construct where dominance equates to power and prestige; in which violence is cool and aggression is sexy.

Rape culture exists within a society in which some folks are taught that expressing their emotions makes them weak, and others are taught that they should feel guilty for saying no.

Rape culture exists within a society where if you want something, you just take it from someone else; where certain gender identities are invalidated and racial and ethnic minorities are belittled.

Rape culture exists within a society in which "sex sells," and physical attractiveness is prized over countless other qualities.

Within a society like this, rape is an unfortunate, but natural byproduct.



Rape Culture

11th Principle: **Consent!**

This pyramid from **The 11th Principle: Consent!** Shows how everyday cultural occurrences, beliefs and behaviors, create and promote attitudes that lead to sexual violence. Normalization of disrespect leads to Assault.

It's important to note that although the majority of rape survivors are people who identify themselves as women, *people from every gender group experience rape, sexual harassment, abuse, and assault.*

Tolerance of the behaviors at the bottom supports or excuses those higher up. To change outcomes, we must change the culture.

If you see something, say something!
Start the conversation today.

www.11thPrincipleConsent.org

Vox.com discusses more specifics of rape culture: "**Rape culture** is a culture in which sexual violence is treated as the norm and victims are blamed for their own assaults. It's not just about sexual violence itself, but about cultural norms and institutions that protect rapists, promote impunity, shame victims, and demand that women make unreasonable sacrifices to avoid sexual assault."

(Read more on Vox: <https://www.vox.com/2014/12/15/7371737/rape-culture-definition>)

So, What Can We Do?

The real way to end rape culture is for individuals to examine their own blind spots, their childhood conditioning, how they define their self-worth, and the way they treat others.

When we take radical responsibility for ourselves, we can hold others accountable in our communities. Ending rape culture will not happen only from the political level and trickle down - it starts from the ground up. Anyone of any age, race, or gender can do this work.

Changing daily behaviors and attitudes, educating children on respect and consent, clearly communicating our boundaries and listening to the boundaries of others, setting aside our egos and accepting that others experience things differently than us, doing our own work to grow our emotional intelligence. These are all steps we can take. They aren't easy.

We invite you to start changing the conversation with some of these resources:

Books to Help You Increase Your Awareness

Adapted from "We Believe You: A Feminist Book List on Sexual Violence, Consent, and Masculinity" by Charis Books & More

- ◇ Not That Bad: Dispatches from Rape Culture by Roxane Gay
- ◇ Asking for It: The Alarming Rise of Rape Culture – and What We Can Do About It by Kate Harding
- ◇ Ask: Building Consent Culture edited by Kitty Stryker
- ◇ Unf*ck Your Boundaries: Build Better Relationships Through Consent, Communication, and Expressing Your Needs by Faith G. Harper, PhD, LPC-S, ACS, ACN
- ◇ The Mask of Masculinity: How Men Can Embrace Vulnerability and Create Strong Relationships, and Live their Fullest Lives by Lewis Howes
- ◇ Some Men: Feminist Allies and the Movement to End Violence Against Women by Michael A. Messner, Max A. Greenberg, and Tal Peretz
- ◇ The Will to Change: Men, Masculinity, and Love by bell hooks
- ◇ Man Up: Reimagining Modern Manhood by Carlos Andres Gomez
- ◇ Men's Work: How to Stop the Violence that Tears Our Lives Apart by Paul Kivel
- ◇ What We Talk About When We Talk About Rape by Sohaila Abdulali
- ◇ Blurred Lines: Rethinking Sex, Power, and Consent on Campus by Vanessa Grigoriadis

- ◇ No Means No!: Teaching Personal Boundaries, Consent, and Empowering Children by Respecting Their Choices and Right to Say No! by Jayneen Sanders, Cherie Zamazing
- ◇ What Does Consent Really Mean? by Pete Wallis, Joseph Wilkins, and Thalia Wallis
- ◇ The Revolution Starts at Home: Confronting Intimate Violence Within Activist Communities edited by Ching-In Chen, Jai Dulani, Leah Lakshmi Pezma-Samarasinha
- ◇ Race-ing Justice, En-gendering Power: Essays on Anita Hill, Clarence Thomas, and the Construction of Social Reality by Toni Morrison
- ◇ For Love of Country: Confronting Rape and Sexual Harassment in the U.S. Military by Terri Spahr Nelson

Resources and Organizations Helping End Rape Culture

You can educate yourself further, or get involved by visiting these links:

One Billion Rising | "One Billion Rising is a global campaign, founded by Eve Ensler, to end rape and sexual violence against women. It was started in 2012 as part of the V-Day movement. The 'billion' refers to the UN statistic that one in three women will be raped or beaten in her lifetime, or about one billion.

<https://www.onebillionrising.org/>

The 11th Principle: Consent! | "Our vision is that all parties participate in a physical encounter from a place of enthusiasm and autonomy. Consent must be explicitly granted from an individual who is clearly in a state of mind to be able to grant it."

<https://www.11thprincipleconsent.org/>

Enthusiastic Consent | "Enthusiastic Consent Initiative is the 501(c)3 non-profit home of the 11th Principle: Consent! And is committed to enthusiastic consent education in the burning man community and beyond."

<https://www.enthusiasticconsent.org/>

It's On Us | "The mission of It's On Us is to build the movement to combat campus sexual assault by engaging all students, including young men, and activating the largest student organizing program in grassroots awareness and prevention education programs."

<https://www.itsonus.org/>

SlutWalk | "A transnational movement calling for an end to rape culture, including victim blaming and slut shaming of sexual assault victims. Specifically, participants protest against explaining or excusing rape by referring to any aspect of a woman's appearance."

<https://www.facebook.com/SlutWalk/>

End Rape on Campus | End Rape on Campus (EROC) works to end campus sexual violence through direct support for survivors and their communities; prevention through education; and policy reform at the campus, local, state, and federal levels.

<https://endrapeoncampus.org/>

16 Ways You Can Stand Against Rape Culture; UN Women

Please visit for this important article which explains the following points in more detail:

<https://www.unwomen.org/en/news/stories/2019/11/compilation-ways-you-can-stand-against-rape-culture>

1. Create a culture of enthusiastic consent
2. Speak out against the root causes
3. Redefine masculinity
4. Stop victim-blaming
5. Have zero tolerance
6. Broaden your understanding of rape culture
7. Take an intersectional approach
8. Know the history of rape culture
9. Invest in women
10. Listen to survivors
11. Don't laugh at rape
12. Get involved
13. End impunity
14. Be an active bystander
15. Educate the next generation
16. Start – or join – the conversation