



LET'S
TALK
ABOUT...

Transforming Rape Culture WHAT CAREGIVERS & EDUCATORS CAN DO



Resources for Educators

Prevention on the Field: Tips for Coaches
<http://www.wcsap.org/prevention-field-tips-coaches>

Promising Practices in School-based Prevention
<http://www.wcsap.org/promising-practices-tip>

Disrupting Rape Culture through Education
<http://www.tolerance.org/blog/disrupting-rape-culture-through-education>

How School Dress Codes Shame Girls and Perpetuate Rape Culture
<http://time.com/3892965/everydaysexism-school-dress-codes-rape-culture>

Research on Risk and Protective Factors
<http://www.wcsap.org/research-risk-and-protective-factors>

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To find the sexual assault service provider in your area,
please visit www.wcsap.org/find-help



What is Rape Culture?

Rape Culture is a widely used term describing a culture in which rape and sexual violence are common. Prevalent attitudes, norms, practices, and media condone, normalize, excuse and encourage sexualized violence.

In a Rape Culture, both men and women assume that sexual violence is a fact of life. However, much of what we accept as inevitable is in fact the expression of values and attitudes that can change.

Supporting the Youth in Your Life

Help dismantle gender roles:

- » “Boys will be boys” is not a thing in this house. Behavior will not be attributed to gender’s perceived stereotypical faults.
- » You are beautiful, yes, but you are also clever and smart. Reinforce that all children are more than appearances.
- » Encourage boys to express emotion.

Reinforce body boundaries:

- » No means no.
- » Tickles are great, but only when you want them.
- » Don’t make children give hugs to relatives or others when they don’t want to.
- » Teach children that if a sibling, cousin, or friend is crying because of their rough housing, to stop that what they are doing immediately and check in.
- » Learn and use real names for body parts.

Encourage empathy:

- » If you see someone being bullied, stand up for them.
- » Explain why you are sorry. Make sure children are clear about why certain behavior is unacceptable. As a parent, model by explaining why you are sorry when you apologize.
- » Model kindness in interactions with others.

Resources for Caregivers

Teaching Consent without Sex

<http://www.wcsap.org/teaching-consent-without-sex>

Stopping ‘rape culture’ starts with parents... earlier than you think

<http://www.today.com/parents/stopping-rape-culture-starts-parents-earlier-you-think-t97411>

Everyday Lessons That Fight Rape Culture And Keep Our Kids Safe

http://www.huffingtonpost.com/dawn-yanek/everyday-lessons-that-fig_b_12779232.html

On Parenting and Rape Culture

<http://everydayfeminism.com/2014/04/on-parenting-and-rape-culture>

Three Components of Rape Culture and What You Can do to Fight Back

<https://psychologybenefits.org/2014/02/18/3-components-of-rape-culture-and-what-you-can-do-to-fight-back>