Transforming Rape Culture

WHAT CAREGIVERS & EDUCATORS CAN DO

LET'S TALK ABOUT...

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
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 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

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.