Let’s Talk About…
Transforming Rape Culture: What Caregivers Can Do

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:
Research on Risk and Protective Factors
http://www.wcsap.org/research-risk-and-protective-factors
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
Teaching Consent without Sex
http://www.wcsap.org/teaching-consent-without-sex

Resources for Educators:
Disrupting Rape Culture through Education
http://www.tolerance.org/blog/disrupting-rape-culture-through-education
What Happens in College Starts in Kindergarten
http://www.tolerance.org/blog/what-happens-college-starts-kindergarten
How School Dress Codes Shame Girls and Perpetuate Rape Culture
http://time.com/3892965/everydaysexism-school-dress-codes-rape-culture/
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