

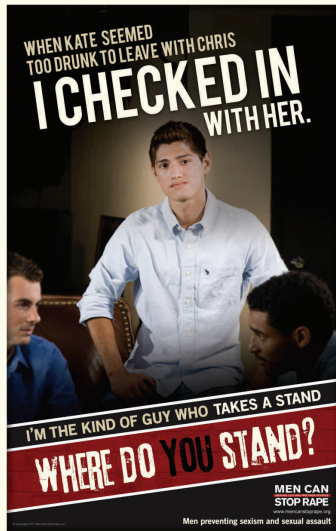
# MEN CAN STOP RAPE

CREATING CULTURES FREE FROM VIOLENCE

## Defining the Rules

### INFORMATION SHEET

[www.MenCanStopRape.org](http://www.MenCanStopRape.org)



## Making Clear the Difference Between Sex & Rape

What would it be like to play football, soccer, basketball, golf, tennis, or any other sport if the rules weren't clearly defined? Wouldn't there be constant disputes, arguments, and conflicts?

It's sort of like that when it comes to **sexual violence**. We're surrounded daily by TV shows, music, magazines, video games, and movies that blur the lines between sex and rape, and so we all need some clear and shared understandings of the differences.

These aren't all the rules, but here are some to help you start drawing the lines between **SEX** and **RAPE**.

### #1: Know the legal definition of **RAPE**.

Although there are many different definitions, often varying from state to state, most legal systems define **rape** as **any form of penetration (oral, anal, or vaginal) without consent** and **by force or threat of force**.

### #2: Look **BEYOND** the legal definition.

While the legal definition clarifies rape in a court of law, it does not address **sexual violence**, which can be **physical** (grabbing, non-consensual touching), **emotional** (mind games), or **verbal** (verbal pressure).

### #3: Know the legal definition of **CONSENT**.

Most legal systems define consent as **explicit assent** to a particular sexual act. However, an **assumption** of consent is **not enough**.

### #4: Look **BEYOND** the legal definition.

The legal definition of consent doesn't capture what good sex is all about: mutual pleasure and enthusiasm. Better communication - **listening, stating desires clearly, and asking when a situation is unclear** - will ensure safe and healthy sex for everyone.

### #5: Be clear about **BODY LANGUAGE**.

Does kissing mean that a person wants to have sex? How do you know? **Ask before you act**.

### #6: Accept when consent is **WITHDRAWN**.

Even after a person has given their consent, that person can withdraw it **at any time**. Sex and sexual situations are sometimes confusing and anxiety-provoking. We all deserve the right to change our minds.

### #7: Watch **ALCOHOL** and **DRUG** intake.

**An incapacitated person (drunk, passed out, on drugs) cannot legally give consent**. If a person is drunk and incapable of consenting with full awareness, **wait** until you both are in a state of mind to enthusiastically and clearly say yes.

### #8: Understand the **CONSEQUENCES**.

The aftermath of rape starts with the survivor and expands outward, affecting more and more people. Common symptoms include sleeplessness, nightmares, loss of appetite, and an inability to concentrate. Noticing these symptoms in the survivor will in turn affect friends, relatives, co-workers, and others.

To learn how men can stop rape, go to [www.MenCanStopRape.org](http://www.MenCanStopRape.org)  
Learn more about our youth development programs, public education materials, and trainings for professionals.