Most guys don’t commit rape, but every guy can play a vital role in ending sexual & dating violence.

Read the list below to learn what you and your friends can do every day. It can be something small or large. Whatever you do, you’re making a difference. Don't stand on the sidelines!

**BE BOLD**

**Define your own manhood**
Consider how common messages like “don’t take no for an answer” play a role in creating unhealthy and unsafe relationships. Choose what kind of man you want to be.

**Understand from a female’s perspective**
Ask a young woman you know - how often and in what situations has she feared being sexually assaulted? How has this affected her daily life? Does she know someone who has been assaulted? How has it affected her? Listen and learn!

**Get a guy’s perspective**
Ask a friend - how would it feel to be viewed as a potential rapist? How would he react if a woman or girl in his life - his mother, a sister, a girlfriend, or a friend - was sexually assaulted?

**Take note of pop culture’s messages**
Daily, we’re surrounded by movies, TV shows, music, magazines, and video games that sometimes communicate harmful messages about masculinity and relationships. Don’t let images in popular culture dictate your behavior.

**Pledge to be a man of strength**
Don’t ever have sex with anyone against their will. Pledge to be a man whose strength is used for respect, and not for hurting others.

**BE STRONG**

**Talk it over first**
Create a space to speak honestly about sex: listen to your partner, state your desires openly, and ask questions if a situation seems unclear.

**If drunk or high, wait for consent**
If your partner is drunk or high and can’t give consent, back off and wait until you both are ready to enthusiastically say yes!

**TAKE ACTION!**

**Choose your words carefully**
When you put down women, you support the belief that they are less than human. It is easier to ignore a woman’s decisions or wellbeing if she is seen as inferior. Choose respectful language.

**Stand up**
You probably will never see a rape in progress, but you will hear attitudes and see behaviors that degrade women and promote a culture of violence. When your friend tells a rape joke, let him know it’s not funny.

**Get involved!**
Contact MCSR to start a high school Men of Strength (MOST) Club or a Men Creating Change chapter at your college. Go to www.MenCanStopRape.org now!