

Defining Sexual Violence

Sexual Violence (SV) is an umbrella term for any form of attempted or committed sexual behavior or actions against another person without their freely given consent. This includes:

- Rape and sexual assault
- Sexual pressure, manipulation, persistent begging, and coercion (including the threat or use of force)
- Taking advantage someone who is intoxicated, incapacitated, or unable to consent to sexual activities
- Stealthing - removing a condom or other birth control method during sex without your partner's consent
- Sexual harassment and unwanted sexual communications (in person, by phone, text, email, or over social media)
- Unwanted sexual touching, groping, and flashing
- Unwanted sexual jokes, insults, gestures, and catcalling

More than **1 in 8** college students experience sexual assault

85% - 90% of sexual assaults reported by college women are committed by someone known to the victim

Only about **1 in 10** campus assaults are reported to law enforcement or any campus office

9 in 10 perpetrators of rape are men

RESOURCES

Sexual assault is never your fault. Sexual assault can happen to anyone at anytime. If you are a survivor of sexual assault, help is always available.

For legal support, call the Sexual Assault Legal Institute (SALI) at 301-565-2277.

To locate your local rape crisis center, visit:

<https://mcasa.org/survivors>.

A Call to Men

www.acalltomen.org

Coaching Boys into Men

<https://futureswithoutviolence.org/initiative/coaching-boys-into-men-cbim>

End Rape on Campus

www.endrapeoncampus.org

Men Can Stop Rape

www.mcsr.org

National Sexual Assault Hotline

1-800-656-HOPE (4673)

The White Ribbon Campaign

www.whiteribbon.ca

1 in 6

www.1in6.org



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Sources:

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HOW GUYS CAN HELP PREVENT SEXUAL VIOLENCE ON CAMPUS



MCASA
Maryland Coalition Against Sexual Assault

Listen and Be an Ally

- If a friend, colleague, or peer speaks up to say they are uncomfortable about a comment that was made or they don't think a joke is funny, listen and support them.
- If a friend or loved one discloses that they were sexually assaulted, listen and support them. Let them know you believe them. It is critical to not interrupt or interject your feelings.
- Educate and inform yourself about local resources for survivors. Never try to tell a survivor that they have to report, but let them know they have options like contacting their local rape crisis and recovery center.

Practice Healthy Masculinity

- Examine your own preconceived notions about manhood and womanhood and how they have been informed by societal standards and rigid gender norms and roles.
- Reflect on the traditional norms of masculinity that may negatively impact you and those around you, such as repressing or hiding emotions and not seeking help. Challenge those notions and embody your authentic and unique self.
- Respect women, men, transgender, and non-binary folks and call out derogatory and harmful language.
- Model healthy masculinity and humanity for the men and boys in your life.
- Remember that "proving" your manhood with unhealthy or self-destructive behaviors is not required to be a man.

An engaged bystander recognizes sexual violence when it happens and takes action to stop it. It's also someone who contributes to prevention everyday.

You can take proactive steps to raise awareness of sexual violence, promote positive social norms around sex, healthy relationships, and share values of consent, respect, and safety with your community.

Speak Up, Speak Out

- Be an engaged bystander and use your voice and influence to speak up when others are practicing behavior that is sexist, racist, homophobic, transphobic, or misogynistic. Call out stereotypes and harmful language that contribute to marginalization or oppression.
- Speak out against jokes about sexual violence and comments that blame the victim.
- Constructively challenge unhealthy attitudes and behaviors about masculinity and gender norms.
- Intervene in situations when you see someone engaging in non-consensual behavior.
- Support gender equity in all spaces, from the classroom to the workplace.

Get Involved in Prevention

Men have an important role to play in preventing sexual violence. There are many ways you can make an impact on sexual violence prevention on your campus and beyond:

- Contact your campus Sexual Violence Resource Staff Member and learn more about prevention programming.
- Volunteer as a peer facilitator for bystander intervention programs.
- Join a mentorship program for younger men and be a role model that promotes healthy relationships.
- Contact your local rape crisis center and learn about volunteer opportunities.
- Start a conversation with your friends about sexual violence on your campus.
- Share your values on social media and call out inappropriate comments or behaviors.