

LET'S
TALK
ABOUT

CHANGING RAPE CULTURE



In a Rape Culture, people assume that sexual violence is a fact of life. However, much of what we accept as inevitable is in fact an expression of values and attitudes that can change!

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 all condone, normalise, excuse and encourage sexualised violence.

IT CAN INCLUDE:

- Sexist jokes
- Street harassment
- Victim blaming
- Minimising sexual violence
- Rape supportive lyrics in songs
- Sexual Objectification

AND IS REINFORCED BY:

- Strict gender roles
- Value placed on people because of their gender
- Policy and funding decisions
- Violent sexual media

BE THE SOLUTION



Each and every one of us can contribute to change! Every day we have the opportunity to examine our behaviours and beliefs for biases that permit rape culture to continue. From the attitudes we have about gender identities to the policies we support in our communities, we can all take action to stand against rape culture.

WHAT CAN I DO?

- Listen to and BELIEVE survivors
- Create a culture of affirmative and enthusiastic consent
- Name the real problems
- Redefine masculinity
- Stop victim-blaming
- Have zero tolerance
- Break down gender stereotypes
- Broaden your understanding of rape culture
- Take an intersectional approach
- Get media literate (porn literate too!)
- Donate to your local CASV
- Don't laugh at rape jokes
- Hold perpetrators to account
- Be an active bystander
- Educate the next generation
- Start—or join the conversation

YES!



GOLD COAST CENTRE
against sexual violence inc.

Start by
Believing