

I'm interested in the Sexual Assault Counseling program at The Listening Ear.

I would like to:

- Have a SAC counselor speak to my community group.
- Learn more about SAC services.
- Become a Listening Ear volunteer.
- Donate \$ _____ to SAC and The Listening Ear.

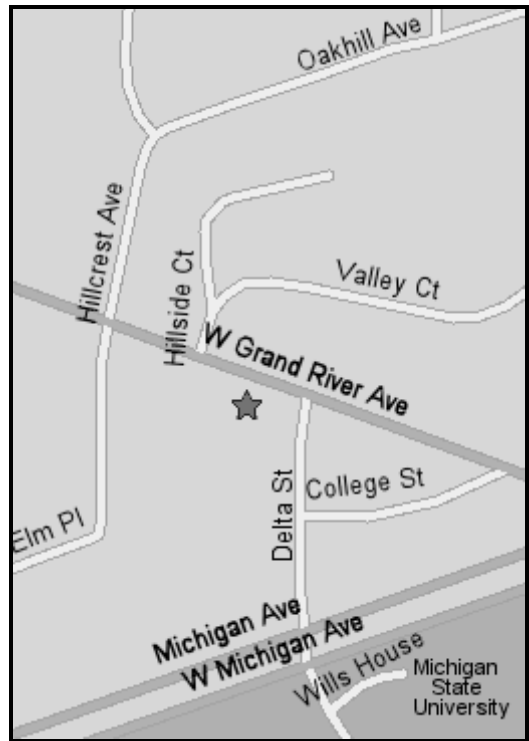
Name _____
Street _____
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State _____ Zip _____
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Please mail this sheet to:

The Listening Ear, Attn: SAC
313 West Grand River Ave.
East Lansing, MI 48823-4213

"What Men Can Do About Rape" is a publication of The Listening Ear. It may be freely redistributed so long as the content remains unchanged.

The Listening Ear is a non-profit crisis center located in East Lansing, Michigan. We have served the public 24 hours a day, 365 days a year without interruption since 1969.



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*Sexual
Assault
Counseling*

What Men Can
Do About Rape

The Listening Ear
313 West Grand River
East Lansing, MI 48823-4213

(517) 337-1717

24-hour Crisis Center

Men and Rape

by Jim, a Listening Ear volunteer

It's common for men to feel defensive about rape. For many of us, this is a "women's issue," one we haven't had to deal with before. It's not unusual to feel attacked during discussions of rape.

It's important to look beyond that defensiveness. Sure, we may feel verbally threatened. Something we might try is remembering that the fear of being attacked by men is something most women live with every day. Rape is an uncomfortable topic, but by ignoring it, we allow rape to continue.

Many men point out that we are also victims of rape. This is true - about one in ten rape victims is male. But most of these rapes are also committed by other men.

While the vast majority of rapes are committed by men, most men are not rapists. It can be difficult to speak out, to challenge the behaviors and attitudes of other men. But if we remain silent, we abandon our sisters, mothers, daughters, and lovers to fight this war alone.

*Your words and actions **do** make a difference!*

How You can Help Stop Rape

- *Educate Yourself - because rape is rarely talked about, most of us have grown up with misconceptions. By reading about rape, listening to survivors, and talking with those who work with survivors, we can grow beyond the rape myths and find our own truths about rape.*
- *Educate Others - one study found that 85% of men who had used force to have sex with an unwilling woman did not believe that their actions constituted rape. How many of those rapes might have been prevented if the men involved had a better understanding of what rape is? Men are most likely to change their beliefs and attitudes when challenged by other men.*
- *Be Aware of Language - language is a powerful tool to dehumanize others. Soldiers use derogatory terms for the enemy to make it easier to kill. Men often do the same to women, making it easier to rape. When men refer to women as, "whores," "ho's," "sluts," "cunts," "bitches," and so on, they stop seeing women as human and start seeing them as mere sexual objects - a first step in rationalizing rape.*
- *Be Aware of Actions - unwanted grabbing, kissing, pinching, and fondling are all forms of sexual violation. As men, we are taught that these actions are acceptable when performed, "in good fun." But nobody has the right to violate another person's body. And if you're not sure a woman is comfortable with something, ask!*
- *Speak Out - challenge behaviors that demean women or otherwise facilitate rape. This can be uncomfortable - we could be belittled or ostracized for our "unmanly" ideas. But silence will be taken as approval, and rape-supportive behaviors don't stop by themselves. If speaking up can stop even one rape, isn't it worth a little discomfort?*
- *Donate Time, Energy, &/or Money - most rape-prevention and counseling centers are run by volunteers. Any and all support is both needed and greatly appreciated.*
- *Don't Give Up - rape is an overwhelming problem, but every voice makes a difference.*