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Men's Pledge to End Rape

- I believe that rape will not end until men become part of the solution.
- I take pride in myself as a man.
- I care about the women in my life.
- I am angry that people I know have been hurt.
- I know that a woman is raped every three minutes in this country.
- I understand that rape is a crime of violence against women's bodies, women's emotional well-being, and women's rights to do with their bodies as they choose.
- I recognize that men and women will not be equal until rape ends.
- I know that happiness between men and women is difficult in a world where rape exists.
- I accept my responsibility to assist in making this a safer world.

I pledge to:

- Express my anger about rape.
- Talk with other men about rape.
- Look at how men are raised and how that helps to create a culture where rape is possible.
- Interrupt rape jokes.
- Support laws that encourage men to take responsibility for ending rape.
- Listen to female friends' fears and concerns for their safety.
- Pay attention to cries for help.
- Challenge images of violence against women in advertising and pornography.
- Encourage women to be strong and powerful.
- Recognize that cooperation is power.
- Change whatever I am doing that helps create a culture where rape is possible.
- Support women and men working to end rape.

Information adapted from CALCASA (California Coalition Against Sexual Assault - www.calcasa.org) and the California Anti-Sexist Men's Political Caucus

STAR Central – Office of Support, Training, Advocacy, & Resources on Sexual Assault and Relationship Violence



Updated: