

# MEN CAN STOP RAPE INC

CREATING CULTURES FREE FROM VIOLENCE

## Athletes as “Men of Strength”

### INFORMATION SHEET

[www.MenCanStopRape.org](http://www.MenCanStopRape.org)

#### SHOW YOUR STRENGTH



Stand up. Speak up.

Men can stop rape.

## Stopping Rape: What Male Athletes Can Do

### Strength.

Sure, it's physical. As an athlete, you know that. You live it.

The fastest, fittest, and strongest people in the world are athletes. They're also some of the most respected. Athletes can do things with their bodies that make fans' jaws drop.

As an athlete, you also know that strength isn't always measured by the pounds you lift or the miles you run.



Strength is about **character** and **commitment to yourself and others**. It's about how you represent your school, your community, and the world of sports. It's about having the courage to make the **right choices**.

## How Can You as an Athlete Take a Stand Against Rape?

**Be a Role Model.** Other guys look up to you and respect you. When you're with teammates and friends, make sure to consistently behave in ways that represent your values. Don't let anyone pressure you into catcalling, groping, or taunting.

**Define Your Own Manhood.** Ask yourself: do messages like “*Never take ‘no’ for an answer*” play a role in creating healthy and safe relationships? Decide for yourself what kind of man you want to be.

**Talk it Over with Guys.** Most men don't think of rape as their issue. So get them thinking about it. How would it feel if a sister, girlfriend, sister, or female friend was raped?

**Get Educated.** Talk to women about how the fear of sexual assault or violence affects their daily lives. Read up on the issue so that you can support survivors as well as prevent rape by educating other men.

**Speak Out.** You probably will never see a rape in progress, but you might hear language and see behavior that put women down and create a threatening environment that can lead to sexual assault. When your teammate calls a woman a “ho” or a “bitch,” tell him that you don't find it funny or respectful.

**Look Out for Friends.** You've heard of designated drivers. Now use the same principle to prevent rape. At a party, designate someone among your group of friends to keep an eye on anyone that might be behaving in ways that could lead to sexual violence.

**Show Your Strength.** Use your strength to build others up, not tear them down.

To learn how men can stop rape, go to  
[www.MenCanStopRape.org](http://www.MenCanStopRape.org)  
Learn more about our youth development  
programs, public education materials, and  
trainings for professionals.