

EDUCATION

everyone's

invited ei



STAFF TRAINING

Boundaries

- This is a space for communication, acceptance and conversation. Everyone is coming from different backgrounds, beliefs and standpoints.
- If you need to leave at any point, please do, you do not need to ask our permission.



Where did it all begin?

Conversations with friends and personal experience throughout school and university revealed to founder Soma Sara just how widespread the issue of rape culture is, so she began sharing her experiences on Instagram.

Over
50,000

Submissions
Received



Ofsted
raising standards
improving lives

Research and analysis

**Review of sexual
abuse in schools and
colleges**

Published 10 June 2021



Over
90,000

In our Online
Community

In *England* and *Wales*

**90% of girls
& 50% of
boys**

say they receive explicit
pictures or videos of
things they did not want
to see a lot or sometimes.

**92% of girls &
74% of boys**

said sexist name-
calling happens a
lot or sometimes

**40% of 13-
15 year
olds**

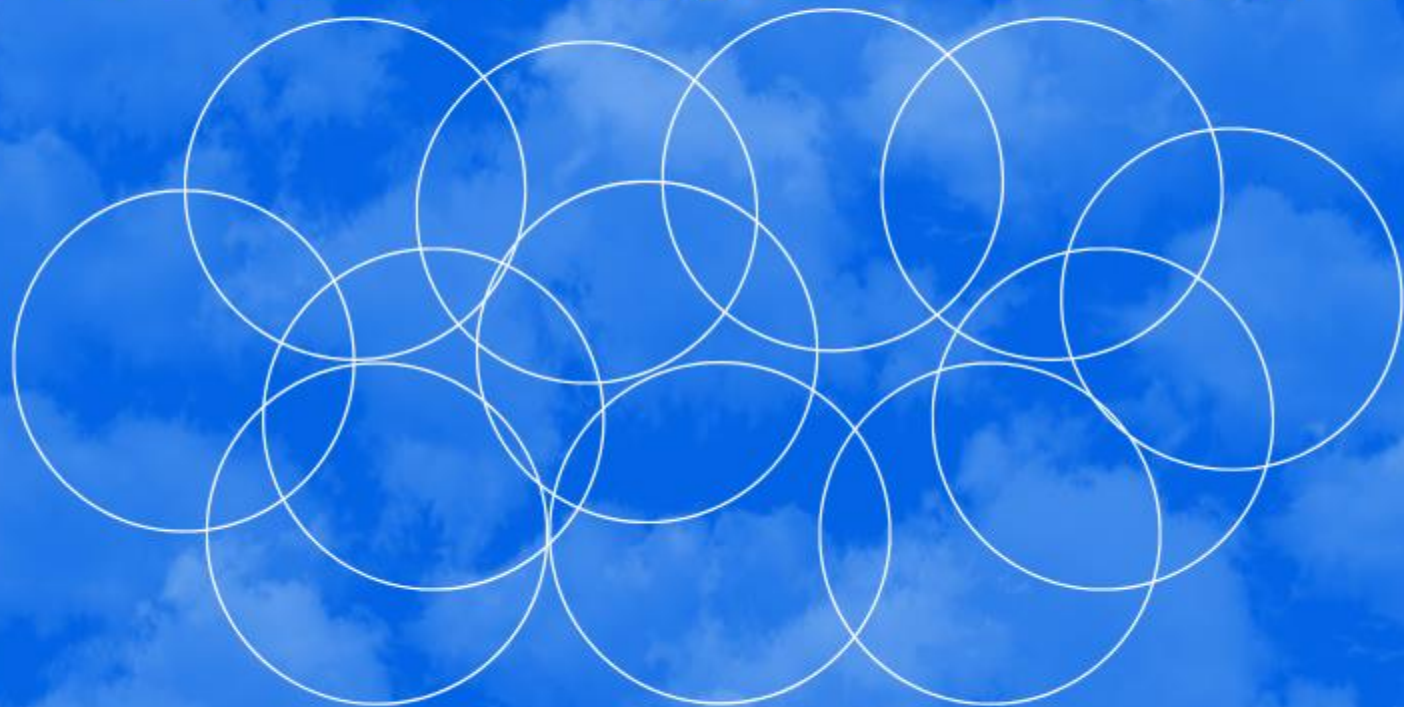
said unwanted
touching occurred a
lot or sometimes

The review found that issues around sexual abuse and harassment are

“so widespread that they need addressing for all children and young people”

- For some young people, sexual abuse and harassment is so commonplace, that they see no point in reporting it
- There may be a lack of awareness among teachers that abuse is happening
- Online sexual abuse is prevalent and group chats are a problem
- Young people are learning more from pornography than RSE
- Sexualised and homophobic language is common
- Children report that teachers “do not know the reality” of their lives

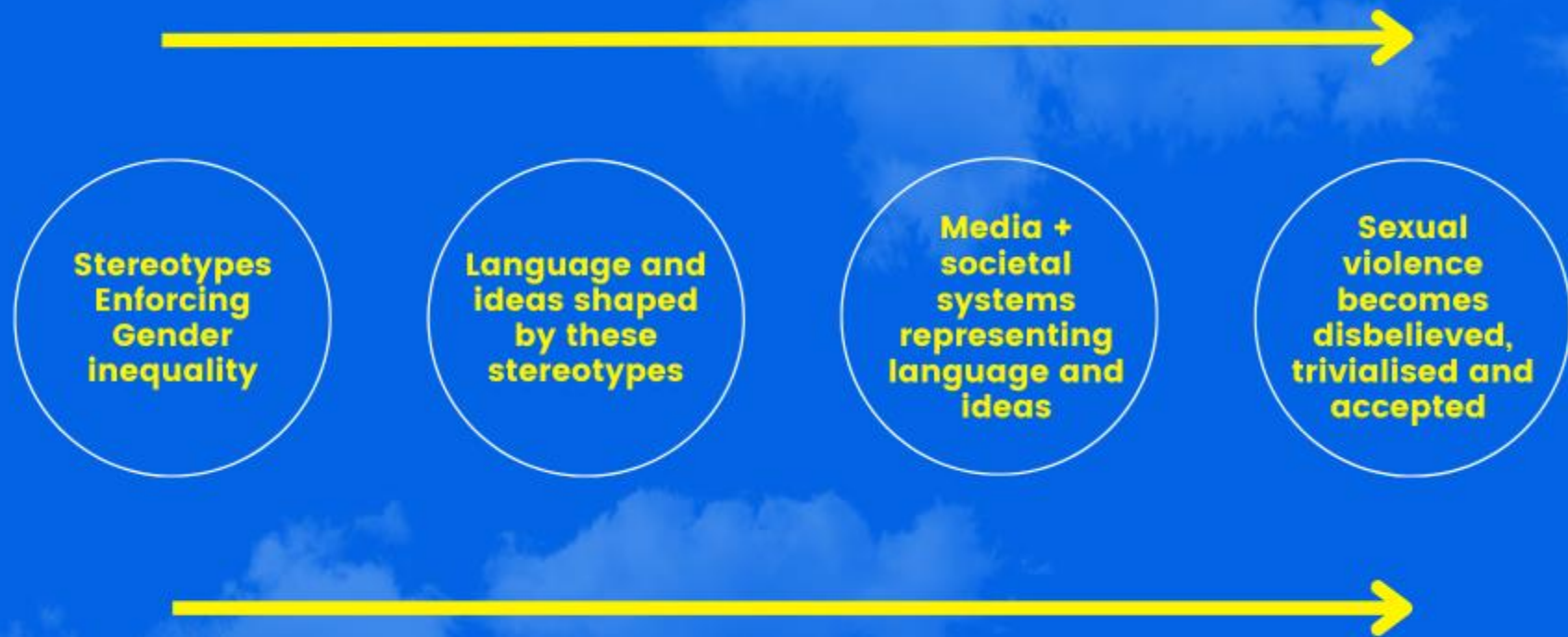
What is Rape Culture?



What is Rape Culture?

When attitudes, behaviours and beliefs in society have the effect of normalising and trivialising sexual violence. This culture includes misogyny, rape jokes, sexual harassment, online sexual abuse (upskirting, non-consensual sharing of intimate photos, cyberflashing), and sexual coercion. When behaviours such as these are normalised this can act as a gateway to more extreme acts such as sexual assault and rape.

“In this environment, these behaviours exist on a spectrum. It begins with degrading misogynistic language, rape jokes and ‘get back in the kitchen’ banter. It manifests online as teenagers airdrop each others ‘nudes’ in maths lessons and young people receive unsolicited dick pics from their peers. It escalates as beliefs and attitudes feed into action; stalking, voyeurism, groping, flashing and overt sexualisation. The endpoint is rape and murder, as seen in the case of Sarah Everard”



FILM

PRESSURES

**CAT
CALLING**

MISANDRY

PORN

LANGUAGE

**STEREO-
TYPES**

**SOCIAL
MEDIA**

MISOGYNY

MUSIC

**VICTIM
BLAMING**

RAPE JOKE



VIOLENCE

Rape
Femicide
Sexual Assault

**MEDIA AND
STRUCTURES**

Shows that glamorise sexual violence
Lack of convictions · Sexism in police

LANGUAGE

Rape Jokes Victim blaming
Slut shaming They were asking for it
Man up

EXPECTATIONS AND ATTITUDES

Clothing = Consent Men are more dominant
Victims are always women Women aren't as good at sports
Good Girls Boys will be Boys



FAME & INFLUENCE



- Survivors often face great personal, professional, and financial costs when they come forward. There is no big lawsuit payout.
- Previous good deeds, happy marriages, or donations to charity don't undo the fact that a celebrity perpetrated sexual assault or harassment.
- No one makes a name for themselves by being sexually assaulted.
- Not speaking out immediately, not going to the police, or acting "normal" in the aftermath of a sexual assault is a common reaction that doesn't discount the reality that the crime happened.
- There is no "look" shared by people who commit sexual harassment and abuse. They can present as wholesome, moral, and good-looking.





What can we do?

**Platform
change makers
and men
challenging a
lot of negative
ideas around
relationships**

**Avoid phrases like
'toxic masculinity'
instead build a new
picture of society and
masculinity**

**Engage young
people in these
conversations. Don't
be scared of them**

F

Focus on what they are saying. If you misquote or misunderstand it back to them, this can be used to trip you up. Focus on whether they are really asking a question, making a statement that they believe to be true or trying to provoke you.

I

Inhale. Take a beat before you answer or talk to them about the comment or joke they just made. When we go straight into having a conversation about this - it is very easy for our emotions to take over.

V

Verify. Ask them where they heard that idea, where they read it etc - verify the claim and ask them to explore whether that's true, or just a learned idea of what is true.

E

Explain/Empathise. Explain why that comment/joke could be offensive or how it might make other people in the room feel - encouraging them to empathise.

CHALLENGERS

Ian Wright



Munroe Bergdorf



Jordan Stephens



Soma Sara



RAYE



Jack Harlow



Gina Martin



Enny

