

For a long time, it's been only women talking about this. If men ever want to control any part of their lives, however, the first step is going to be taking control of the things that they can change-the things that they're responsible for.

This is why it's up to us to do something about this. Rape and abuse are NOT just women's issues. Any man who wants to be able to stand up and call himself one needs to recognize that he's the one who can put a stop to this. And now.



## There are more women who have suffered sexual assaults than there are women who wear glasses.

Rape Crisis Center-May 1986

Statistics Don't mean Shit. There...We said it.

To most people, you tell them that over 600,000 women are raped in the United States every year or that there are almost one and a half rapes every minute here, that doesn't mean too much. Everybody knows that statistics lie, right? Everybody knows that when someone gives you a number of things happening, all they want is for you to do something about it.

So what if we said it was only one. Only one woman who gets hurt. Only one person who has to do something she doesn't want to- only one person who has to be raped or beaten up or violated. Maybe that's not enough for anyone to do anything about.

But what if that one person were your sister, or your girlfriend, or your mother or best friend? What if that one person was someone who didn't have to get hurt if you did something about it? Now what if all you had to do was to know how to listen- how to make sure that you're not an abuser and that you'll never be one?

Then all of those numbers would really be meaningless, wouldn't they. It would just be about stopping that one thing from happening.

And that's exactly what we're talking about. Stopping one.

For More Information...

Visit our site at <http://www.thesafetynet.org> or write us at [info@thesafetynet.org](mailto:info@thesafetynet.org)

## listen=sexy



The first thing any man can do is to take a pledge that commits him to recognizing this as our problem to fix.

And yes, there's a stupid mnemonic device. It's LISTEN. We know it's dumb, but it's the best we could do. Listening is the first step always. Listen carefully. Take the time to hear what the woman is saying. If you feel she is not being direct or is giving you a "mixed message", ask for a better one.

## I promise to:



Listen to the women around me and try to understand what they want and don't want



Insist that my friends do the same



Speak with respect and not tolerate sexual harassment



Take control of my own sex drive and anger, and responsibility for what I do



Ensure that nothing I do ever makes the women around me feel unsafe



Never stand by and let another man abuse or rape while I can stop it.