



## Things Men Should Know About Sex and Dating

Did you know that:

Most men don't recognize what sexual assault is because:

- They may have learned that having, “getting,” or “scoring” sex from a woman is their right.
- They may believe that it's the “masculine” role to initiate and pursue sex, so they don't ask first.
- They may still believe the dangerous myth that women say “no” when they really mean “yes.” This becomes an excuse for pressured or forced sex. In one study, 84 per cent of men who committed rape said that what they had done was *definitely not* rape.
- They may try to excuse forced sex because they were drunk or using drugs. But alcohol and drugs *do not* cause rape.
- They may have not yet learned that equal and respectful relationships with women require mutual consent for sex.

What can men do to avoid and prevent date rape?

- Do not have sex with someone who is under the influence of drugs or alcohol. She cannot give informed consent, and you are committing rape.
- Don't assume:
  - That it is your right to have sex or control what happens sexually with someone else (it certainly isn't a right but it could be a crime).
  - That you know without asking if a woman wants to have sex with you. Her desire for affection (i.e. kissing, cuddling, etc) is not the same as a desire for intercourse.
  - That just because you have had some sexual contact, more is okay.
  - That because you think a woman has been friendly or flirtatious, it means she wants to have sex with you.
- Don't use any kind of pressure, coercion or manipulation to get someone to have sex with you. For example:
  - “Come on, just this once, please?”
  - “It's over between us if you don't.”
  - “If you loved me you would.”
  - “Don't you like me?”
  - “You turned me on, now you have to do it.”

“We’ve done it before so you can’t say no now.”

“I spent all that money on you. You can’t say no.”

“Are you weird or something?”

- Don’t take advantage of a person who is physically or mentally incapable of consenting.
- Avoid using intimidation, threats, force or violence to get your own way (all of these things can constitute sexual assault.)
- Don’t intimidate a woman through your body language, behaviour, or actions. If you want to be sexual with someone, ask first.
- Listen when someone tells you no or tells you to stop doing something that you are doing sexually (no means no and stop means stop – there shouldn’t be a problem with understanding this.)
- If you don’t get a clear response, don’t go any further. Uncertainty **does not** mean “yes”. No response does not mean “yes.”
- Be aware of your sexual desires. Do not let your desires control your behaviour. **You are responsible for your behaviour regardless of your desires.**
- Get over the “me man, you inferior” attitude (equality is important in all aspects of a relationship).
- Remember sex is **not** a payback. Your date never owes you sex no matter how much money you have spent or what you may have done for her.
- A woman who turns you down for sex is not necessarily rejecting you as a person. Her “no” is expressing her decision not to be part of a single act.

**Any kind of sexual contact without mutual consent – from unwanted touching to intercourse – is sexual assault, and it’s against the law**

WITHOUT CONSENT –

IT’S SEXUAL ASSAULT

(Source: Some Important Things for Men to Know About Sex and Dating Brochure – UPEI Women’s Centre)

Real Men Don’t Rape

**It is never OK to force yourself on another person, even if**

- She / he teases you
- Dresses provocatively or leads you on
- She / he says “no” and you think she / he means “yes”
- You’ve had sex before with her / him
- You’ve paid for dinner or given expensive gifts
- You think people enjoy being forced to have sex or want to be persuaded
- The person is under the influence of alcohol or drugs

Rape is a crime of violence. It is motivated primarily by desire to control and dominate, rather than by sex. It is illegal.

### **Hey Guys!**

- Do not assume you know what your partner wants; check out your assumptions.
- Be sensitive to people who are unsure whether they want to have sex. If you put pressure on them, you may be forcing them.
- Do not assume you both want the same degree of intimacy. She / he may be interested in some sexual contact other than intercourse.
- Stay in touch with your sexual desires. Ask yourself if you are really hearing what she / he wants. Do not let your desires control your actions.
- Communicate your sexual desires honestly and as early as possible.
- If you have any doubts about what your partners wants, STOP. ASK. CLARIFY.
- Your desires may be beyond your control, but your actions are within your control. Sexual excitement does not justify forced sex.
- Do not assume her / his desire for affection is the same as a desire for intercourse.
- Not having sex or not “scoring” does not mean you are not a “real man.” It is OK not to “score”.
- A person who turns you down for sex is not necessarily rejecting you as a person; she / he is expressing her / his decision not to participate in a single act at that time.
- No one asks to be raped. No matter how a person behaves, she / he does not deserve to have her / his body used in ways she / he does not want.
- “No” means no. If you do not accept “no”, you might risk raping someone whom you thought meant “yes”.
- Taking sexual advantage of a person who is mentally or physically incapable of giving consent (for example, drunk) is rape. If a person has had too much to drink and has passed out, or is not in control of her / himself, having sex with them is rape.
- The fact that you were intoxicated is not a legal defense to rape. You are responsible for your actions, whether you are sober or not.
- Be aware that a man’s size and physical presence can be intimidating.

(Source: Jean O’Gorman Hughes & Bernice R. Sandler; altered to be sensitive to the issue of date rape in gay communities.)