

Simplifying it

We know that can be a lot to take in and sometimes it's hard to apply to everyday life. We've come up with a few pieces of advice to help you navigate through social situations or awkward scenarios:

Buying drinks

Buying someone a drink is a nice gesture. Remember that it isn't a transaction for someone's time, attention or physical intimacy. Also, some people will be wary of getting bought drinks (or simply might not want one) so respect their refusal if they decline your offer.

Accepting rejection

You aren't entitled to another person's attention. They're allowed to not be interested. They don't have to have a partner already or say, "Sorry I'm already seeing someone". Accept their decline at face value and respect it.

For the 'gram...

We live in the 21st Century - if something funny happens, it gets captured, shared in the group chat or posted online. Be sure to take a second to think about what you're sharing and whether the subject of a photo or video is okay with it being shared. Once posted, it's hard to take back.

No-tolerance

Some acts of sexual harassment and sexual assault are 'normalised' by social culture. For example, making jokes about rape or using demeaning language could influence other people in their own attitudes and the way they act towards other people - especially when concerning statements are dismissed and written off as "banter". This goes for in person and online, like in group chats.

If you want to take action then call out offensive and disrespectful attitudes, both to strangers and in your own social circles. By showing that this isn't something you tolerate, you'll be educating others on what is and isn't acceptable behaviour. **We all need to contribute to help change attitudes and create a safer environment for everyone.**

Lad Culture

'Lad culture' can be viewed as the manifestation of the above, where a group of people embody a sub-culture of 'banter', which is often sexist, misogynist, or homophobic.

This movement, especially prevalent in universities, is incredibly damaging as it trivialises serious issues such as consent, rape and harassment. It also puts a lot of pressure on people to act a certain way and promotes a form of masculinity harmful to both women and men.

While these attitudes are part of a wider societal issue, lad culture is still something to be aware (and wary) of.