

## Continuum of Harm

Listed below are behaviors, beliefs, assumptions, or attitude. Rate each item on a scale from Not Harmful (0) to Very Harmful (up to 10).



- Stranger rape
- Acquaintance rape
- Having sex with someone who is passed out
- Having sex with someone who is drunk
- Refusing to wear a condom
- Believing that in marriage, a partner is obligated to have sex
- Using alcohol or drugs to 'loosen a person up'
- Believing that when someone says no to sex, you can convince them otherwise
- Honking or whistling at a woman/girl walking down the street
- Arguing that men cannot really be sexually assaulted if they are strong
- Texting an explicit sexual photo of partner to friends
- Referring to a girl/woman as a "bitch" or "ho"
- Telling a man or a boy that he throws like a girl
- Continuing to refer to someone as "she" and "her" when the person identifies as outside the binary gender categories
- Telling a sexist joke
- Laughing at a racist joke