Leverage the "power of ONE." Any individual can make a difference and positive impact on the SF State community. Your everyday actions and choices either promote a campus based on gender equity or help to support myths and misperceptions which contribute to a culture that allows rape and sexual assault to occur. Most people are uncomfortable about and disapprove of jokes, comments, statements, etc. which make light of rape or put women down, but they are afraid to speak up. Don’t be a bystander: step up, speak up.

There are THREE basic rights that every human being is entitled to:
1. To determine what happens to one’s body—what, when, where, how, with whom. Your hormones may be raging and you may feel led on, but that doesn’t justify force.
2. To change one’s mind—no matter what the reason or the cause. You can become angry or frustrated, but it doesn’t give you the right to impose your will on them.
3. To be treated with respect and dignity—regardless of your past choices, your perceived reputation, or your identity, e.g., gender, race/ethnicity, age, sexual orientation, disability, etc.

There are FOUR conditions for affirmative consent—if any of these are missing, then it is ill-advised to engage in sexual activity, meaning your risk of becoming a victim or accused as a perpetrator are increased:
1. Both partners are awake and conscious.
2. Both partners have equal power and ability to act and decide, either physically, psychologically or emotionally.
3. Neither partner is incapacitated or impaired in their judgment through the use of alcohol, drugs or other substances, or by fatigue, duress or other mental condition.
4. Both partners are of legal age to be able to given consent.