

Fall 2018

# Rape Schedule

Justin Moh  
*Chapman University*

Kaedi Dalley  
*Chapman University*

Annie Iskander  
*Chapman University*

Follow this and additional works at: [https://digitalcommons.chapman.edu/feminist\\_zines](https://digitalcommons.chapman.edu/feminist_zines)

Part of the [Gender and Sexuality Commons](#), and the [Women's Studies Commons](#)

---

## Recommended Citation

Moh, Justin; Dalley, Kaedi; and Iskander, Annie, "Rape Schedule" (2018). *Women's Studies, Feminist Zine Archive*. 59.  
[https://digitalcommons.chapman.edu/feminist\\_zines/59](https://digitalcommons.chapman.edu/feminist_zines/59)

This Book is brought to you for free and open access by the Women's Studies at Chapman University Digital Commons. It has been accepted for inclusion in Women's Studies, Feminist Zine Archive by an authorized administrator of Chapman University Digital Commons. For more information, please contact [laughtin@chapman.edu](mailto:laughtin@chapman.edu).

agram.com/#projectunbreakable

Dear Reader,

every semester I've taught, students have shared with me stories of sexual violence and survival.

"Get your brother in here!"

"You are such a pretty girl."

"Stop your whining - And if you Anyone, I will Kill your mother."

It wasn't RAPE.

# RAPE

YOU WERE BEING

SUCH A TEASE."

# SCHEDULE

UN. Everything will

be the SAME tomorrow

in serious, stop crying

I'll RIP you to shreds

That was years ago, you need to get over it." (fam member)

"Well, we asked him

and he didn't rape

you, so there's nothing

we can do."

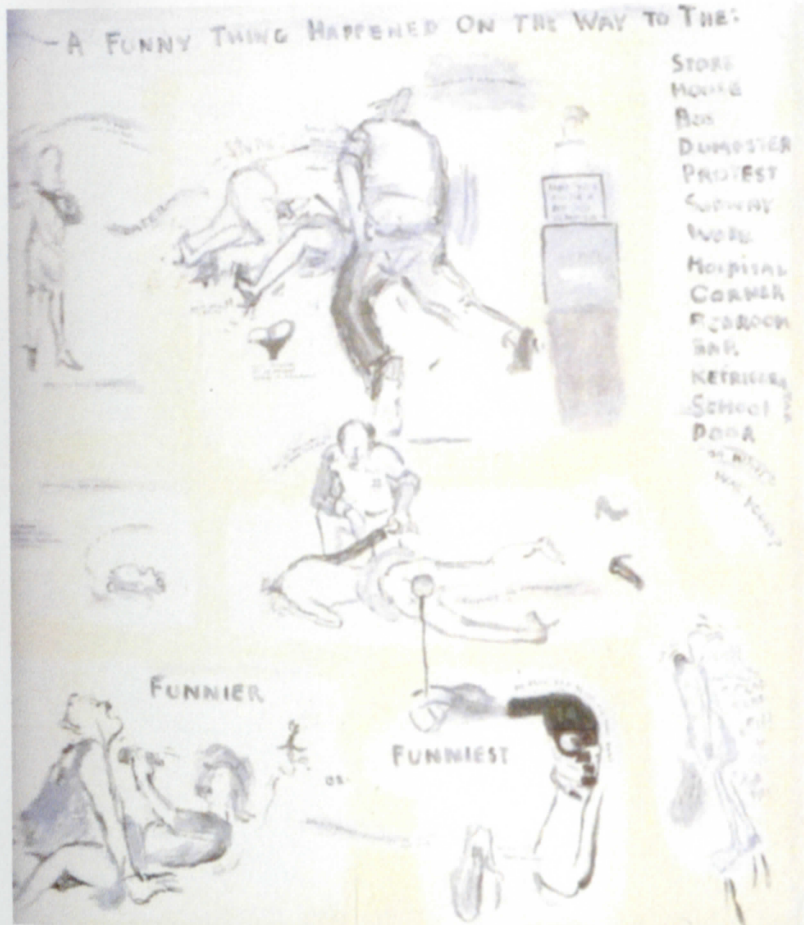
Especially for Me - My Abuser

"It Would Have Been Easier If He Raped you" - My Attorney

"This is Why we have UNden Age DRINKING LAWS! THIS IS YOUR FAULT! If you hadn't been Drinking this wouldn't have happened to you!" - St. Petersburg Police when I tried to press charges - Age 18 First Month of College

# DON'T BE HELPLESS

## Women's Self Defense



Boys  
will be  
~~Boys~~  
held accountable  
for their  
fucking actions



"When I was in college, a teacher once said that all women live by a 'rape schedule.' I was baffled by the term, but as she went on to explain, I got really freaked out. Because I realized that I knew exactly what she was talking about. And you do too. Because of their constant fear of rape (conscious or not), women do things throughout the day to protect themselves. Whether it's carrying our keys in our hands as we walk home, locking our car doors as soon as we get in, or not walking down certain streets, we take precautions. While taking precautions is certainly not a bad idea, the fact that certain things women do are so ingrained into our daily routines is truly disturbing. It's essentially like living in a prison - all the time. We can't assume that we're safe anywhere: not on the streets, not in our homes. And we're so used to feeling unsafe that we don't even see that there's something seriously fucked up about it."

- Jessica Valenti

I am on a rape schedule It's after 10,  
 the city is receding, street lights flickering,  
 A murmur of 'go home' is in the air,  
 Audible only to my ear .  
 We had just started talking,  
 I was telling him why I chose writing over practicing law,  
 'That's a bold move' , he said  
 I quickly shut the phone screen that said 5 missed calls  
 Now I'm not allowed contingencies you see  
 If I said I would be back by 11  
 I should have been in bed by 10  
 Or planned all life events before 3  
 Because I am on a rape schedule  
 I know this could be a wonderful conversation, and we have only  
 But I'm tracing the map, it's forty minutes to home  
 Every passing second, another potential rapist gets added to the  
 in which a consequential, highly avoidable fate is met after a nig  
 So I have to go,  
 keep the shoe,  
 keep my share of the night sky too  
 Because I am on a rape schedule  
 My parents have already imagined every possible horrendous th  
 could happen to me  
 Their anger is misplaced, their logic faulty,  
 But can I complain if in theory they believe in my freedom  
 But really just act out of concern for me?  
 I should be grateful for the sunny patch that I'm allowed  
 For men who feel responsible for me even though I'm better end  
 For everyday that I follow the schedule  
 and  
 come  
 home  
 unraped.'

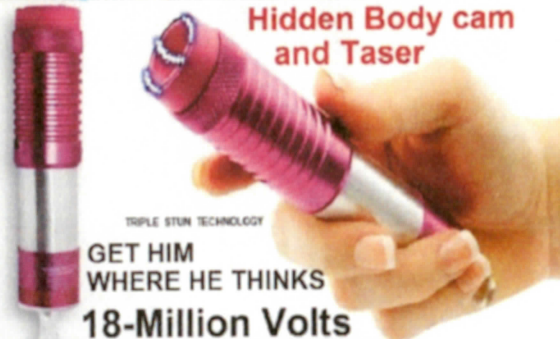
## "LADIES COURT OF LAW"

Superior Video  
 and Audio  
 Records  
 Everything



STOP  
 RAPE

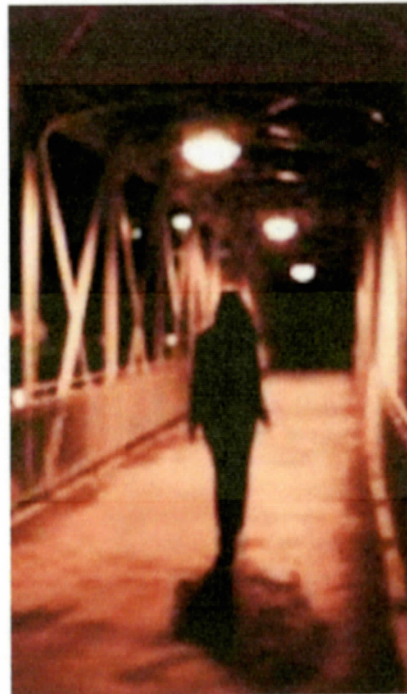
Hidden Body cam  
 and Taser



Triple Stun Technology  
 GET HIM  
 WHERE HE THINKS  
 18-Million Volts  
 To The CROTCH  
 Its  
 Fact  
 "Judges-Courts-Police won't help you"

WE WILL HELP YOU

[www.worldproducts.webay.co](http://www.worldproducts.webay.co)



With Special Guest Star the Venus of Willendorf!



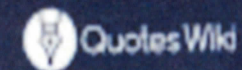
HERE'S WHY THE UNAPOLOGETICALLY VICTIM-BLAMING  
 MAGICAL, MYSTERIOUS, MIGHTY POWER OF UNCOVERED  
 MEATDOM ARGUMENT THAT ADMONISHES WOMEN TO  
 BE RESPONSIBLE FOR RAPE PREVENTION IS BULLSHIT:  
 BECAUSE I CAN STAND HERE NAKED AND UNARMED  
 (FORGIVE THE PUN) IN FRONT OF THIS MAN, WHO IS  
 NOT A RAPIST, UNTIL BOTH OF US DIE, AND HE WILL  
 NEVER RAPE ME. I WAS WEARING SWEATPANTS AND  
 A T-SHIRT THE NIGHT I WAS RAPED. RAPISTS ARE  
 RESPONSIBLE FOR RAPE. PERIOD.



### THINGS THAT CAUSE RAPE:

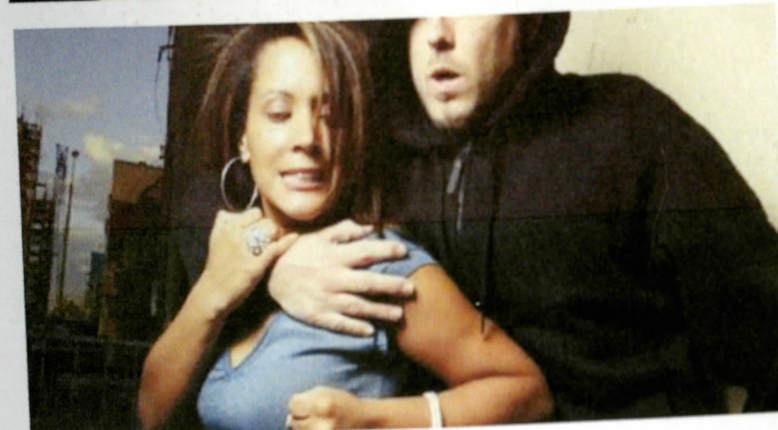
- SHORT SKIRTS
- BEING DRUNK
- FLIRTING
- RAPISTS

rape is never the victims fault



[Referring to rape] It already is  
 bigger than everything else. It lives in  
 front of me, behind me, next to me,  
 inside me every single day. My  
 schedule is dictated by it, my habits  
 by it, my music by it.

Daisy Whitney



## WHAT PART OF **NO** DON'T YOU UNDERSTAND?

"All women everyday live by the so called 'rape schedule'. Anything which a woman does, consciously or unconsciously, to alter her lifestyle in order to prevent sexual assault is dictated by this rape schedule. Though at first it seems baffling to hear but it is the bitter truth. Women do things to protect themselves throughout the day because of their constant fear of rape or assault" (Nikita Talukdar).

Women plan the activities and errands they do around "safe" times. Women will avoid going out at night alone to avoid the horrors going on around her. We schedule our lives around terror that can be inflicted upon us by men who think they are entitled to our bodies. We keep our keys in our hands as we walk to our car. We keep pepper spray and tasers on us in case a man walks towards us.

Annie Iskander



"Rape culture is a term used to describe the normalization of sexual assault in a society. But the kind of mental development you observe in young women in such societies is characterized by constant paranoia.

From locking doors quickly to coming back home 'on time', our lives are basically working according to what people often refer to as 'rape schedule'. We're young, independent and ambitious but our first priority is to protect ourselves against sexual assault.

**At 22,**

I still take the stairs if I see a man taking the lift. I have a habit of looking back if I see a man walking behind me. Funnily, if the stranger walks past me without harming me, I'm surprised. I have a strong sense of personal space but people often violate it in a crowd, when they can, with a touch they call innocent" (Grace Bains).



Annie Iskander

Citations

Bains, Grace. "Living In The Constant Fear Of Rape Is Holding An Entire Gender Back & It Needs To Stop." *ScoopWhoop*, ScoopWhoop,

"Germany Rape Law: 'No Means No' Law Passed." *BBC News*, BBC, 7 July 2016,

Talukdar, Nikita. "Tuesday, December 11, 2018." *India Commentary*, [indiacommentary.com/women-living-rape-schedule-solution/](http://indiacommentary.com/women-living-rape-schedule-solution/).

"Living Life By A Rape Schedule." *Feminspire*, 12 July 2013, [feminspire.tumblr.com/post/55266056616/living-life-by-a-rape-schedule](http://feminspire.tumblr.com/post/55266056616/living-life-by-a-rape-schedule).

"RAPE SCHEDULE": *The Indian Express*, The Indian Express, 15 Aug. 2017, [indianexpress.com/article/trending/trending-in-india/this-delhi-womans-moving-poem-rape-schedule-will-send-chills-down-your-spine-4796340/](http://indianexpress.com/article/trending/trending-in-india/this-delhi-womans-moving-poem-rape-schedule-will-send-chills-down-your-spine-4796340/).

Ciolkowski, Laura. "Rape Culture Syllabus." *Public Books*, 23 Mar. 2018, [www.publicbooks.org/rape-culture-syllabus/](http://www.publicbooks.org/rape-culture-syllabus/).

Fateman, Johanna. "FULLY LOADED: POWER AND SEXUAL VIOLENCE." *Protestors Topple Confederate Statue at University of North Carolina at Chapel Hill - Artforum International*, 1 Jan. 2018, [www.artforum.com/print/201801/fully-loaded-power-and-sexual-violence-73188](http://www.artforum.com/print/201801/fully-loaded-power-and-sexual-violence-73188).

Nair, Sujitha. "I Am on a Rape Schedule – Sujitha Nair – Medium." *Medium.com*, Medium, 8 Mar. 2017, [medium.com/@sujithanair/i-am-on-a-rape-schedule-f3c10e270fb9](https://medium.com/@sujithanair/i-am-on-a-rape-schedule-f3c10e270fb9).

Taylor, Elise. "How That 'Boys Will Be Boys' Embroidery Became the Internet's Response to Harvey Weinstein." *Vogue*, Vogue, 17 Oct. 2017, [www.vogue.com/article/boys-will-be-boys-badass-crossstitch-harvey-weinstein](http://www.vogue.com/article/boys-will-be-boys-badass-crossstitch-harvey-weinstein).

Blue, Rora. "Handle With Care – RORA BLUE." *RORA BLUE*,  
[rorablue.com/handlewithcare/](http://rorablue.com/handlewithcare/).

"Everything You Need To Know About Rape Culture." *Gurl.com*, 18 Nov. 2014,  
[www.gurl.com/2014/11/20/what-is-rape-culture/](http://www.gurl.com/2014/11/20/what-is-rape-culture/).

Haime, Jordyn. "Deconstructing Rape Culture." *UNH Today*, 2 Oct. 2018,  
[www.unh.edu/unhtoday/2018/10/deconstructing-rape-culture](http://www.unh.edu/unhtoday/2018/10/deconstructing-rape-culture).

Harris, Ida. "What We're Talking About When We Talk About Rape Culture." *Dame Magazine*, 4 Oct. 2018,  
[www.damemagazine.com/2017/10/17/what-were-talking-about-when-we-talk-about-rape-culture/](http://www.damemagazine.com/2017/10/17/what-were-talking-about-when-we-talk-about-rape-culture/).

"My Rape Schedule." *Women's Glib*, 10 May 2010,  
[womensglib.wordpress.com/2010/05/08/my-rape-schedule/](http://womensglib.wordpress.com/2010/05/08/my-rape-schedule/).

"Prevention Tip Lists." *Two Steps Out*, 11 Sept. 2012,  
[nyscasa.wordpress.com/2012/09/11/prevention-tip-lists/](http://nyscasa.wordpress.com/2012/09/11/prevention-tip-lists/).

"[Referring to Rape] It Already Is Bigger than e..." *Quotes.wiki*, 30 Oct. 2017,  
[www.quotes.wiki/referring-to-rape-it-already-is-bigger-than-c/](http://www.quotes.wiki/referring-to-rape-it-already-is-bigger-than-c/).

Stollar, R.L. "Did You Share an Article About Rape Culture? Brace Yourselves, Here  
Come The Gentlemen of Rape Culture." *R.L. Stollar //// Overturning Tables*, 12 Feb.  
2014,  
[rlstollar.wordpress.com/2014/02/12/did-you-share-an-article-about-rape-culture-brace-yourselves-here-come-the-gentlemen-of-rape-culture/](http://rlstollar.wordpress.com/2014/02/12/did-you-share-an-article-about-rape-culture-brace-yourselves-here-come-the-gentlemen-of-rape-culture/).