

Patriarchy

A system of society or government in which men hold the power and women are largely excluded from it. This includes but is not limited to: marketing through use of sexualized women's bodies, the "boy's club" mentality at workplaces, creating a "rape culture," valuing typically male labor over typically female labor, complimenting a woman without her consent, raising boys to control their emotions, etc.

Sexual harassment

Sexual harassment is bullying or coercion of a sexual nature, or the unwelcome or inappropriate promise of rewards in exchange for sexual favors. Sexual harassment can include unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature. It can also include more severe forms of harassment such as sexual assault, physical force of a sexual nature and rape. Sexual harassment can often interplay with power dynamics but can be between any genders, ages, orientations (i.e. not just the stereotypical older, powerful man to a young woman).

Victim blaming

Victim blaming occurs when the victim of a crime or any wrongful act is held entirely or partially responsible for the harm that befell them. There is a greater tendency to blame victims of rape than victims of robbery if victims and perpetrators know each other. (Canadian resource centre for victims of crime) No one asks for it. Reports show that there is a lot of diversity in the way women who are assaulted act and dress. Any woman of any age and physical type, in almost any situation can be sexually assaulted. The number one thing convicted rapists report looking for in a victim is vulnerability, not appearance. This myth takes the responsibility of the rape away from the rapist and shifts it to the victim. No one asks to be hurt in this way. (Women against violence against women)

Rape

Unlawful and unwelcomed sexual activity and usually sexual intercourse carried out forcibly or under threat of injury against the will of an individual. Although this word has been used mostly to refer to male to female genital penetration in the past and sometimes in legal contexts, it can also refer to other types of forcible sex between people of any gender to another.

Misogyny

Misogyny is the hatred of, contempt for, or prejudice against women or girls. Misogyny can be manifested in numerous ways, including social exclusion, sex discrimination, hostility, androcentrism, patriarchy, and male privilege ideas, belittling of women, violence against women, and sexual objectification of women. (Rutledge International Encyclopedia of Women)

Trigger

A trigger in psychology is a stimulus such as a smell, sound, or sight that triggers feelings of trauma. In the strictest sense of the term, trigger is used to refer to experiences that “re-trigger” trauma in the form of flashbacks or overwhelming feelings of sadness, anxiety, or panic. (goodtherapy.org)