

What Would You Say?

A. Imagine a friend is making fun of you for not having sex. Come up with ways to explain your reasons for waiting to have sex.

You still haven't had sex? Haven't you two been dating for a while?

Why are you scared? Just use protection.

B. What would you say if your partner was pressuring you to have sex? Imagine that the person speaking is someone that you care about and like.

I'm just trying to show you I love you. Don't you love me?

You're so sexy. How can you expect me to get turned on, and then not have sex?

“ _____ ”

“ _____ ”

I can't wait around forever. I thought you were more mature. If you don't want to have sex then what else can we do?

“ _____ ”

C. What would you say if your partner didn't want to use protection? Imagine you are considering having sex with the person who is speaking.

You don't need to worry about STIs. I haven't been with anyone else.

Why do you want me to get tested? Do you think I'm dirty or something?

We'll just be careful, I promise nothing will happen.

D. You are at a party and your friend wants to have sex with someone who has been drinking alcohol. What would you say to convince your friend that it's a bad idea? Your friend says...

Don't worry. They don't look drunk.

Your Sexual Bill of Rights

In the United States:

- 1 in 5 women and 1 in 21 men will experience non-consensual sex in their lifetime.*
- About 78% of rapes are not reported**
- About 85% of victims knew the person who raped them**

California State Law***

- YES means YES. Silence means NO. If you are unsure, ASK.
- If a person says "Yes" to sex while drunk, the "Yes" DOES NOT count.
- If both people are drunk, the person who starts the sex is held responsible.

I ALWAYS have the right to:

Look sexy—even if I don't want to have sex
 Just kiss and touch—even if I had sex with that person before
 Change my mind—even if I said "yes" at first
 Report a rape—even if I didn't report it right away

How to help a friend:

- Remind them it is never their fault. Rape is an act of control and power, not an act of sexual desire.
- Listen without judgment.
- Empower them to make their own decisions.
- Ask if they feel safe.
- Encourage them to report, by visiting a local hospital or calling 911.

For help for you or a friend, call:

National Assault Hotline
 1-800-656-HOPE
 Rape Trauma Services (San Mateo County)
 650-692-RAPE
 National Human Trafficking Resource Center
 1-888-373-7888

How can you help reduce sexual violence in your community?

Sources Cited:

*Center for Disease Control. (2010) Atlanta, GA: National Intimate Partner and Sexual Violence Survey (available at: www.cdc.gov/violenceprevention/nisvs/)
 **U.S. Department of Justice (2012) Washington, DC: Criminal Victimization (available at: www.bjs.gov/content/pub/pdf/cv12.pdf)
 ***California Law. (2008) Penal Code Section 261-269. Author. (Available at: <http://www.leginfo.ca.gov/cgi-bin/displaycode?section=pen&group=0001-01000&file=261-269>)

Intimate Partner Violence Fact Sheet

Name _____ Period _____ Date _____

Intimate partner violence, also known as relationship abuse, describes a pattern of **physical violence, sexual violence, stalking, or psychological aggression** by a current or former **intimate partner**.⁷⁷

- An **intimate partner** is a person with whom someone has a close personal relationship with. This relationship can be characterized by emotional connectedness, regular contact, ongoing physical contact and sexual behavior, identity as a couple, and familiarity and knowledge about each other's lives.
- **Physical abuse** can include pinching, hitting, shoving, slapping, punching, kicking.
- **Sexual abuse** is forcing a partner to engage in a sex act when they do not or cannot consent. It can be physical or not physical, like pressuring someone to have sex, or threatening someone if a partner does not have sex with them. (CDC)
- **Stalking** refers to a pattern of harassing or threatening tactics that are unwanted and cause fear in the survivor.
- **Psychological aggression** is threatening a partner or harming their sense of self-worth. Examples: name-calling, shaming, bullying, embarrassing on purpose, and isolation.

Signs a friend is in an abusive relationship: ⁷⁸	How to help: ⁷⁹	Where to go:
Signs of physical abuse Signs of depression, such as sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities Anxiety or worry Changes in self-care, less attention to hygiene, appearance, fashion, grades Self-harm Increase in risky behavior	Remind them it's not their fault Believe them Listen without judgment Encourage them to seek professional help Respect the rights of the survivor	Community Overcoming Relationship Abuse (CORA) 650-312-8515 www.teenrelationships.org StarVista Crisis Line 650-579-0350 www.star-vista.org
All abuse is motivated by a person's desire for control and power. No one deserves or wants abuse!		

⁷⁷ CDC (2016). Intimate Partner Violence Retrieved from <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/>
 RAINN (Rape, Abuse & Incest National Network). (2016). Warning Signs for Teens. Retried from <https://www.rainn.org/articles/warning-signs-teens>

⁷⁹ The National Domestic Violence Hotline. (2016). Help a Friend or Family Member. Retrieved from <http://www.thehotline.org/help/help-for-friends-and-family/>
 Teen Talk High School, 2017

Healthy Relationships Brainstorm

1) What type of behavior is not okay with me in a relationship?

4) How can I find out what my partner wants in a relationship?

2) How can I express this to my partner?

5) If I get upset with my partner, how do I want to address it?

3) What might I want in a relationship?

6) If I am happy with my partner, how do I want to show gratitude?