

## Do the people you are intimate with...

- ✓ Ask what you want when it comes to sex and respect your boundaries? Most sexual assaults are committed by someone the survivor knows. *No one should pressure or force you into doing anything sexual or harm you physically.*
- ✓ Support your independence and interests? *No one should keep you from your social life, work, or educational goals.*

**Sex should feel good for all partners and healthy relationships are ones that are supportive.**

**But what about when our boundaries are not respected?**

## You are not alone

Sexual assault and dating violence are not OK, but they are common. If you or someone you know has experienced an assault or abuse, support is available.

- ▶ **Connect with an advocate:** For confidential counseling, safety planning, support groups, reporting options, and legal advocacy.
- ▶ **Visit your campus health center or local health provider:** For mental health support, STI/HIV testing and treatment (including PrEP/PEP), info on emergency contraception (the morning after pill/Plan B) to prevent pregnancy, and more.
- ▶ **Know your Title IX office:** If you decide to report, this office investigates sexual violence and sexual harassment. Be aware that some school staff, professors, RAs, coaches, etc. may be required to notify the Title IX office if they hear about an incident.

No matter who caused the harm - a friend, date, partner, classmate, or someone at a party - survivors are often made to feel like what happened was their fault or not a big deal. **It is never a survivor's fault** and their experiences are valid.

*Talking to someone you trust can be a first step in healing.  
You don't have to go through this alone.*

## Your health and wellness

- ✓ Do you often feel depressed or anxious?
- ✓ Are you drinking, smoking, or using drugs more to cope?
- ✓ Have you noticed changes in your appetite or sleep habits?
- ✓ Has getting to class, finishing school work, or participating in other activities been more difficult than usual?
- ✓ Do you ever think about hurting yourself?

Reactions like these are common for people who have experienced sexual/dating violence. It could be helpful to talk to a health provider or an advocate about what is going on.

## Helping a friend

Listen and don't judge. Sexual assault and dating violence can make a survivor feel powerless and alone.

**“You are not alone and nothing you did or didn't do caused this to happen. I am here for you - what can I do to help?”**

Don't pressure them to take steps they aren't ready for or don't want to do. Call the hotlines on this card or seek out a confidential resource on campus for more tips on how to support a friend.

# Culture of consent

How can everyone on campus promote a culture of consent, support survivors, and hold those who use violence or coercion accountable?

**Consent is an active, voluntary agreement that can be revoked at any time.**

- ✓ Even if you have had sex with someone before, it's still important to ask for consent every time. *Over half of sexual assaults occur within ongoing relationships.*
- ✓ If a person is drunk, high, asleep, or too afraid to say no, they can't give consent.

## Take action!

- ✓ **Lead by example:** "Can I kiss you?" Always ask for consent before kissing or touching. Ask them how they feel and respect their answer, even if it means you might not get what you want.
- ✓ **Be an active bystander:** When you see something that doesn't seem right, **speak up!** It can be as simple as calling out rape jokes/harassment, or stepping in if someone looks like they're trying to hook up with someone who is too drunk to give consent.
- ✓ **Get involved:** Advocate with your administration and student government for survivor-centered policies and prevention programs.
- ✓ **Challenge gender norms:** Harmful gender norms -- like assuming men always want sex, thinking LGBTQ people don't experience abuse, believing women are "asking for it," or ignoring trans and gender non-binary identities -- contribute to sexual/dating violence.

Information on changing campus culture:

Know Your IX  
[knowyourix.org](http://knowyourix.org)

End Rape on Campus  
[endrapeoncampus.org](http://endrapeoncampus.org)

Confidential hotlines can connect you to local resources and provide support via phone, text, and chat:

National Sexual Assault Hotline  
24/7 | 1-800-656-4673 | [rainn.org](http://rainn.org)

National Domestic Violence Hotline  
24/7 | 1-800-799-7233 | [thehotline.org](http://thehotline.org)

LGBT National Talkline  
M-F 1-9pm PT, Sat 9am-2pm PT  
1-800-246-7743 | [glbthotline.org](http://glbthotline.org)

To find out where to get emergency contraception:  
[bedsider.org/clinics/ec](http://bedsider.org/clinics/ec)

Info on HIV prevention:  
[pleaseprepme.org](http://pleaseprepme.org)

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Funded by the U.S. Department of Health and Human Services' Administration on Children, Youth and Families (Grant #90EV0414).

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sex, relationships,  
and respect on  
campus

