Surviving to Thriving

Did you know? Approximately 1 in 3 cisgender women and more than half of transgender and non-binary people experience relationship or sexual violence in our lifetimes.

Abuse is never okay and it is never your fault.
You deserve to feel safe and to be respected in all of your relationships.

Abuse is about having power and control over another person.
Abuse is serious and comes in many forms. Some forms of abuse include physical violence, sexual violence, financial control, threats/coercion, intimidation, isolating you from friends and family, or making you question your own experiences.

If you are experiencing abuse – support is available. *You are not alone.*

Need immediate support?

If you are in immediate danger, call 911. If you need to speak to a crisis counselor, advocate, need support, or to just need someone to talk to about an experience with relationship sexual violence, the following **national hotlines** may be able to help.

Relationship Violence

National Domestic Violence Hotline

- 800-799-7233
- thehotline.org

Sexual Violence

RAINN Rape, Abuse, Incest National Network

- 800-656-4673
- RAINN.org

Human Trafficking

National Human Trafficking Hotline

- 1-800-373-7888
- www.humantraffickinghotline.org

St. Louis Region Resources

Safe Connections

- Services: crisis intervention, therapy, support groups, violence prevention education, hotline
- CALL 24/7: 314-531-2003
- safeconnections.org

ALIVE – Alternatives to Living in Violent Environments

- Services: emergency shelter, counseling, court advocacy, hotline, other services
- CALL 24/7: 314-993-2777
- aliveSTL.org

Metro East Every Survivor Counts

- Serving Madison County & St. Clair County IL
  Services: counseling, medical advocacy, legal advocacy, hotline
- CALL 24/7: 618-397-0975
- www.metroeasteverysurvivorcounts.org

Chicago Area Resources

Mutual Ground

- Services: residential, legal advocacy, counseling, medical advocacy
- 24/7 DOMESTIC VIOLENCE LINE: 630-897-0080
- 24/7 SEXUAL VIOLENCE HOTLINE: 630-897-8383
- www.mutualground.org

Metropolitan Family Services

- Services: assistance with orders of protection, hotline, shelter
- 24/7 DOMESTIC VIOLENCE LINE: 630-469-5650
- www.metrofamily.org

Our Resilience

- Services: trauma therapy, legal advocacy, medical advocacy, education
- 24/7 RAPE CRISIS HOTLINE: 1-888-293-2080
- www.ourresilience.org

Surviving to Thriving

Healthy

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

Unhealthy

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

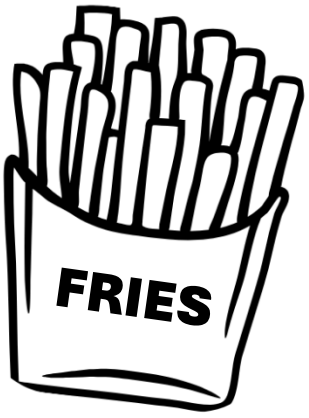
Abusive

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others

from www.loveisrespect.org

Freely Given
Reversible
Informed
Enthusiastic
Specific



CONSENT

Consent is an agreement between participants to engage in sexual activity.

- Consent is the presence of *yes* not the absence of *no*.
- Consent is <u>not</u> *if you want to*, *I'm not sure*, or *I guess*. Someone <u>cannot consent</u> to sex if they are drunk or unconscious.

Consent must be **freely given** (no pressure/force/coercion), **reversible** (you can choose to stop participating at any time), **informed** (knowing what level of risk people are taking, for example agreeing to have sex using a condom is not the same as agreeing to have sex without a condom), **enthusiastic** (*heck yeah, let's do that!*) and **specific** (specific activities are consented to. Consent to one activity does not imply consent to another. For example, agreeing to oral sex does not mean someone is ok with vaginal or anal sex. When activities change, everyone must be cool with that change).

Without consent, it's not sex. It's assault.

Setting Boundaries

Boundaries are where you end and others begin. They're the fence you build around your physical, emotional, and spiritual space. You get to act as the gatekeeper, deciding who can come in, who can't, and under what circumstances.

Healthy boundaries help keep us safe. A healthy boundary should be easy to communicate, consistent, and *you*-focused. Our culture gives a lot of negative messages about setting boundaries. But the truth is, boundaries are not disrespectful, rude, selfish, or alienating. Boundaries are a necessary act of self-love.

More information on relationships, setting boundaries, dating, and safety available at <u>loveisrespect.org</u>