

HEALTHY RELATIONSHIPS

- **Healthy relationships are ones that bring out the best in you. Even though no relationship is perfect, healthy relationships make you feel good almost all of the time and generally can bring you up and not down.**
- Keep in mind that with all of these behaviors, there's a place for when it becomes unhealthy. For instance, loyalty is great, but at a certain point it can be unhealthy if you are being loyal to a partner who continuously disrespects you.
- **Trust, honesty, respect, comfortable, consent, equality, loyalty, compassion, communication are of a healthy relationship.**
- We can all work to build healthier relationships, and it starts with education and conversation.
- **Violence is not our tradition in intimate partner relationships.**



If it doesn't feel comfortable, if it doesn't feel right, you have a right to say, 'No' and be heard.

KNOWLEDGE IS POWER!

Sex Without Consent is Sexual Assault

If it is against your will, it is against the law

Remember You Are Not Alone



**Native Women's Society
of the Great Plains**

"Reclaiming Our Sacredness"

www.nativeomensociety.org



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SEXUAL ASSAULT AWARENESS

IT'S TIME TO TALK ABOUT IT



**WORKING TOGETHER
TO END SEXUAL VIOLENCE**



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WHAT IS CONSENT?

Consent is an agreement between individuals prior to any sexual activity that clearly communicates which activities each person is comfortable engaging in. Consent can be withdrawn by either individual at any point in time.

An absence of injuries to the victim does not indicate consent.

There should be actual words or conduct that indicate freely given agreement for sexual activities. Some important points to consider are:

Someone who is drunk, drugged or disabled cannot legally give consent.

Always talk prior to action, body language can be misunderstood.

Consent is the presence of a 'yes' not the absence of 'no.'

If a person does not object or fight back, that is not a sign of consent.

WHAT IS SEXUAL VIOLENCE

Most sexual assaults happen by people who know the victim: a friend, a family member, a teacher, or the person you're dating or seeing.

Sexual violence includes sexual assault, rape or attempted rape, child sexual molestation or abuse, incest, statutory rape, spousal or intimate partner rape, fondling, force or coerced pornography, sex trafficking and forced or persuaded prostitution.

Not all sexual violence includes physical contact. Rape can include penetration with any object, while sexual assault may or may not include penetration or may include emotional rather than physical violence, such as the threat of sexual assault.

Sexual violence can happen to anyone, regardless of age, racial or cultural background, gender identity or expression, sexual orientation or social status. Perpetrators can be anyone, strangers, acquaintances, friends, family members, intimate partners or other people in positions of trust such as family, spiritual leaders or clergy.

Sexual assault is a violent crime in which the assailant uses sex to inflict violence and humiliation, or exert power and control over you.

The psychological effects of sexual violence has been linked to long-term health risk behaviors. Get help!

WHAT DO YOU DO IF YOU ARE SEXUALLY ASSAULTED

Call 911 or law enforcement, get to safe place if you are in immediate danger

Call someone you can trust for support, call a local center who has advocates available for support, seek medical attention.

If you want to report the crime to law enforcement, discuss your options with an advocate or the nurse.

Try to preserve evidence, don't take a shower, use the bathroom, or douche even though you want to, brush your teeth or comb your hair. Keep the clothes you wore at the time of the assault.

Do not be afraid to ask for the support you need. Locate your nearest domestic violence or sexual assault organization and ask for help.

Between 14 and 25 percent of all women are sexually assaulted by intimate partners during their relationship and about 45 percent of women in abusive relationships will also be sexually assaulted during the course of the relationship.

A sexual assault exam is a physical examination performed by a medical nurse for the purpose of collecting evidence. The presence or absence of physical evidence does not prove whether a person has been sexually assaulted, rather, it provides supportive evidence to be used during the legal proceedings if the you want the case prosecuted.

The exam can also provide prevention measures for pregnancy and sexually transmitted diseases.

(Put NWSGP URL here with our logo and room for members to put their own information).

POST REACTIONS

You are not to blame. No matter who you are, what you say or do, you do not deserve to be sexually assaulted.

Sometimes a change of habits will occur such as physical reactions, change of eating habits, sleep disruptions, nausea and vomiting, feelings of fear and shame, nightmare or flashbacks.

Remember: 'No' means no. Silence means no. Only yes means yes.

Muscle tension and headaches, loss of interest in sex, loss of interest in usual activities.

These reactions can sometimes cause you to become socially withdrawn, to feel powerless, sometimes go into depression.

It is important to know these reactions and fears are normal and to know help is available.

There are resources available specific to your needs, whether or not you decide to report the assault.

It is never your fault, important to remember a lot of bullying and gossip can happen as a result of sexual assault, intimidation from the perpetrators family and friends.

Emotional and physical self-care is about taking steps to feel healthy and comfortable.

Remember drugs and alcohol only postpone feelings and don't support healing.

Physical activities can help reduce stress and regulate emotions, be gentle to yourself, avoid self-blame, seeking counseling, get extra rest.

Remind yourself that your feelings are normal and you will heal from this trauma.

FACTS

1 in 3 Native American women report being sexually assaulted in their lives.

1 in 6 men report being sexually assaulted before their 18th birthday.