



This booklet is the result of a joint project among AWARE,
Clarina Howard Nichols Center, the SRS Domestic Violence Unit,
the Morrisville SRS District Office, and
the Rural Domestic Violence and Child Abuse Project .
March, 2000

Revised with input from the Youth Advocacy Task Force and
member programs of The Vermont Network Against Domestic Violence and Sexual Assault.
October, 2002 , June 2004



Healthy vs. Unhealthy Relationships: What You Need To Know





There is NO EXCUSE for abuse.

If you need help, call:

1-800-228-7395
to reach your local
Domestic Violence and
Teen Dating Violence program

OR

1-800-489-7273
to reach your local
Sexual Violence program

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St. Albans/Franklin & Grand Isle County Area, Continued

Youth Services Phoenix Project (802) 524-9005;
Bridges (802) 527-2262;
Barlow Street School (802) 524-1519;
Franklin County Caring Communities Project (802) 527-5049
Northwest Unit For Special Investigations (NUSI) (*sexual assault /child abuse investigations*)
(802) 524-7961

St. Johnsbury Area

Umbrella (*domestic and sexual violence*) after hours hotline (802)748-8141;
(802) 748-8645;
Essex County (802) 676-3920
Northeast Kingdom Youth Services (*runaway*) (802) 748-8732
The Living Room (*day shelter for teens*) (802) 748-4626
Northeast Kingdom Human Services (*counseling*) (802) 748-3181
Planned Parenthood (802) 748-8194
Social & Rehabilitation Services (SRS) (802) 748-8374

White River Junction, VT/Lebanon, NH Area

Women’s Information Service (WISE) (*domestic and sexual violence*) (603) 448-5525
HCRS (*mental health*) (802) 885-5781
24 Hour Crisis Line 1-800-622-4235
Planned Parenthood Vermont (802) 885-4701
NH (603) 298-7766
Hannah House (*support for pregnant and parenting teens*) Lebanon, NH (603) 448-5339
Mountainside House (*shelter for teens*) (802) 228-7783
Social and Rehabilitation Services (SRS) 1-800-658-1198



Rutland Area

<u>Rutland County Women's Network and Shelter</u> (<i>domestic and sexual violence</i>)	(802) 775-3232
<u>Spectrum Youth and Family Resources</u>	(802) 786-9967
<u>Intensive Family Based Services</u> (<i>mental health</i>)	(802) 775-2386
<u>Planned Parenthood</u>	(802) 775-2333
<u>Family Focus</u> (<i>runaway</i>)	1-800-366-2244
	OR (802) 773-4225
<u>Rutland County Parent/Child Center</u>	(802) 775-9711
<u>Social & Rehabilitation Services (SRS)</u>	(802) 786-5817

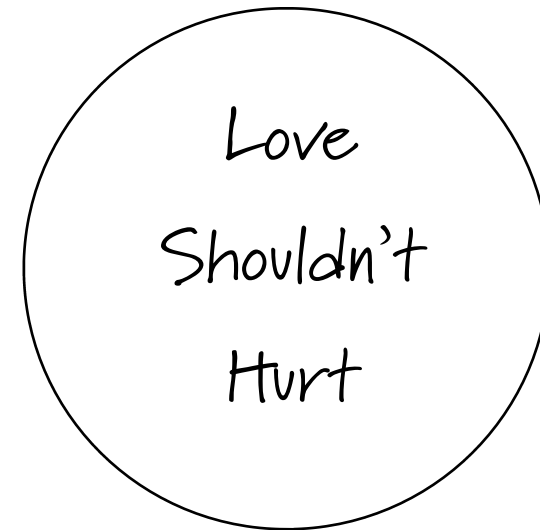
Springfield Area

<u>New Beginnings</u> (<i>domestic and sexual violence</i>)	(802) 885-2050
<u>HCRS</u> (<i>mental health</i>)	(802) 885-5781;
	24 Hour Crisis Line 1-800-622-4235
<u>Social & Rehabilitation Services (SRS)</u>	(802) 885-8900
<u>Planned Parenthood</u>	(802) 885-4701
<u>Mountainside House</u> (<i>shelter for teens</i>)	(802) 228-7783

St. Albans/Franklin & Grand Isle County Area

<u>Voices Against Violence (VAV)</u> (<i>domestic and sexual violence</i>)	(802) 524-6575
<u>Northwest Counseling and Support Services (NCSS)</u> (<i>mental health</i>)	(802) 524-6554;
	1-800-834-7793
<u>Planned Parenthood</u>	(802) 527-1727
<u>New Connections</u>	(802) 524-6574 x 303
<u>Ala-teen/AA</u>	(802) 524-5444
<u>Social & Rehabilitation Services (SRS)</u>	(802) 527-7741

Healthy vs. Unhealthy Relationships: What You Need to Know



This booklet is the result of a joint project among AWARE, Clarina Howard Nichols Center, the SRS Domestic Violence Unit, the Morrisville SRS District Office, and the Rural Domestic Violence and Child Abuse Project .
March, 2000

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WHAT DO YOU WANT IN A RELATIONSHIP?

It is important to know what ingredients are necessary for you to feel safe and happy in a relationship. **BEFORE** you enter a relationship, it is a good idea to think about what kinds of things you are and are not willing to compromise about. If you are already in a relationship, this worksheet can help each of you clarify where you are coming from **and** identify any problem areas. Take a few minutes to answer these questions for yourself. Some of the questions may require some serious thinking. If you **ARE** dating someone: How do your answers compare with your partner's? Are you "on the same page"?

1. What are the most important qualities to look for in a boyfriend/girlfriend?
2. What are the most important ingredients in a relationship?
3. Should every weekend be spent with your boyfriend/girlfriend?
4. Who decides where to go and what to do on a date?
5. Who should pay for a date? Why?
6. If your date always pays for expenses, are you obligated to return the favor sexually or in any other way, or are you made to feel that you owe him/her something?
7. How much do you want you or your date to use alcohol or drugs?
8. Is there any situation in which it would be okay for your date to push you around or hit you? When? Why?
9. At what point may a person refuse to have sex?
10. Is it ok to refuse any form of intimacy? How do you deal with it when one person isn't interested?
11. If you and your partner agree to have sex, who is responsible for the birth control? Protection against STIs?
12. When you are seeing someone, is it okay to make friends with other people? Do you include your partner in these friendships?
13. How do you deal with jealousy?

Our society often portrays violence and aggression as acceptable or even cool.

It is NEVER OK for someone to shove you or push you around. If your partner feels it is ever ok to be violent with you it is a RED FLAG or WARNING.

Likewise, it is always your right to say NO to sex, no matter how "far you've gone."

It is NEVER OK for someone to pressure you or make you feel obligated to "perform" sexually.



Newport Area

- Step O.N.E (domestic and sexual violence) 1-800-224-7837;
(802) 334-0148
- Northeast Kingdom Human Services (mental health counseling) (802) 334-6744
- Chrysalis Cntr. For Human Development (mental health counseling) (802) 334-5085
- Planned Parenthood (802) 334-5822
(M 10-5, T 12-6, Thurs. 10-5, F 8:30-4)
- NEKCA Youth Services (runaway and other services) (802) 334-7316
- Ala-teen Tri-County Substance Abuse Services (802) 334-5246
- Chrysalis Cntr. For Human Development (802) 334-5085
- Social & Rehabilitation Services (SRS) (802) 334-6723
- Victim Support/Victim Advocate State's Attorney (802) 334-2037
- NEKCA Youth Services (shelter) (802) 334-7316
- Transitional Housing (shelter) NEKCA (802) 334-0184
Laura Ayotte

Orange/Northern Windsor Counties

- Safeline (domestic and sexual violence) 1-800-639-7233
- Orange County Youth Services (runaway) (802) 728-6532
- Clara Martin Center (counseling) Randolph (802) 728-4466;
Bradford (802) 222-4477
after hours 1-800-639-6360
- Planned Parenthood (802) 728-9800
- Ala-teen White River Junction (802) 295-7611
- Social & Rehabilitation Services (SRS) Newbury, Topsham (802) 748-8374;
Braintree, Brookfield, Orange, Washington, Williamstown (802) 479-4260;
White River Junction 1-800-658-1198;
After hours 1-800-649-5285



Middlebury Area, Continued

<u>Porter Hospital</u>	(802) 388-7901
<u>Ala-teen/AA</u>	(802) 388-9284
<u>Addison County Parent/Child Center</u>	(802) 388-3171
<u>Social & Rehabilitation Services (SRS)</u>	(802) 388-4660
<u>PATH (Vermont welfare assistance agency)</u>	(802) 388-3146
<u>Bristol Family Center</u>	(802) 453-5659
<u>Champlain Valley Headstart (services for families with young children)</u>	(802) 388-9881

Morrisville Area

<u>Clarina Howard Nichols Center (domestic and sexual violence)</u>	(802) 888-5256; or 1-800-228-7395
<u>Lamoille Family Center</u>	(802) 888-5229
<u>High School Guidance Offices</u>	<u>People's Academy</u> (802) 888-4600 <u>Lamoille Union High School</u> (802) 888-4261 <u>Stowe High School</u> (802) 253-6913
<u>Green River Guild (mental health counseling)</u>	(802) 888-6215
<u>Lamoille County Mental Health</u>	<u>days</u> (802) 888-4914 <u>eves</u> (802) 888 4914
<u>Ala-Teen</u>	(802) 479-3166
<u>Planned Parenthood</u>	<u>Hyde Park</u> (802) 888-3077; <u>St. Johnsbury</u> (802) 748-8194
<u>LINK (runaway)</u>	(802) 888-5229
<u>Social & Rehabilitation Services (SRS)</u>	(802) 888-4576
<u>Vermont Department Of Health (confidential Information and Referral)</u>	(802) 888-2581 Michelle Seamens
<u>Spectrum Youth And Family Services</u>	(802) 862-5396

A healthy relationship IS...

- Trust
- Hard Work
- Commitment
- Asking for what you need
- Encouragement
- Safety
- Listening & support
- Sharing Responsibilities
- Compromise
- Closeness
- Recognizing & Accepting Differences
- Openness
- Empathy
- Respect
- Friendship
- Honesty
- Communication

A healthy relationship ISN'T...

- Jealousy
- Possessiveness
- Obsession
- Threatening
- Cruelty
- Violence
- Blaming & Belittling
- Inequality
- Control
- Dependency
- Giving Up Yourself or Your Friends
- Intimidation
- Withholding affection
- Fear
- Proving Yourself
- Manipulation
- Expecting all your needs to be met by your partner

EARLY WARNING SIGNS OF



Are you going out with someone who.....



- ▶ Is jealous and possessive toward you? Doesn't like you to spend time with your friends? Checks up on you?
- ▶ Won't accept a break up?
- ▶ Tries to control you by being jealous, threatening you, guiltig you, making you feel you owe him/her something, or making you afraid to disagree?



- ▶ Doesn't take your feelings seriously?
- ▶ Is scary? Do you worry about reactions to things you say or do?
- ▶ Is violent? Has a history of fighting, getting angry quickly, or brags about hurting others or using weapons?
- ▶ Pressures you for sex? Makes you feel guilty if you don't want to have sex?



- ▶ Has EVER said "If you really loved me, you would..."
- ▶ Abuses alcohol or drugs and/or pressures you to take them?
- ▶ Mistreats you and then blames you? Says you provoked the abuse, made it happen, should've known better?
- ▶ Has a history of bad relationships and blames the other person for all the problems, or is never to blame for anything?



- ▶ Believes one person should be in control and the other person should be submissive in a relationship?
- ▶ Your family or friends have warned you about? Have your friends or family told you that they are worried about your safety?

Hardwick Area

- AWARE (Aid to Women, Men and Children in Abuse and Rape Emergencies)** *(domestic and sexual violence)* (802) 472-6463; (800) 228-7395
- AWARE Teen Groups** (802) 472-6463
- Hardwick Area Youth Center** (802) 472-5113
(hours: 2:30-6 pm M-Th, 2:30-9 pm F; South Main St. between the Coop and "New to You")
- Lamoille County Mental Health** *(mental health)* (802) 888-4914
- Planned Parenthood** **Hyde Park** (802) 888-3077
St. Johnsbury (802) 748-8194
- LINK** *(runaway)* (802) 888-5229
- Ala-Teen** (802) 223-6121
- The Living Room** *(teen drop-in and housing)* (802) 748-4626
- Hardwick Health Center** *(health care)* (802) 472-3300
- The Family Center** (802) 748-6636
- Community Learning Center** *(GED, computer and literacy education)* (802) 472-5974

Middlebury Area

- WomenSafe** *(domestic and sexual violence)* (802) 388-4205; or 1-800-388-4205; TTY (802) 388-9181
- Planned Parenthood** (802) 388-2765
- Counseling Services of Addison County** (802) 388-6751; or **hotline** (802) 388-7641
- Alcohol & Drug Abuse Prevention Office** (802) 388-4678
- VT Adult Learning** *(education and support services)* (802) 388-4392
- Open Door Clinic** *(health care)* (802) 388-0137



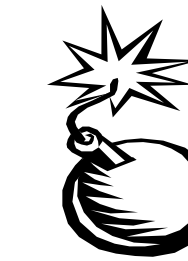
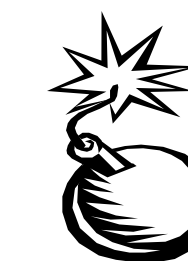
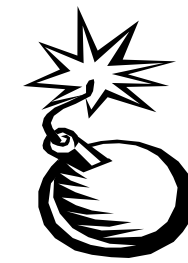
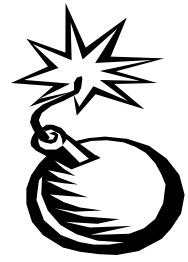
AN UNHEALTHY RELATIONSHIP

Brattleboro Area

- Women's Crisis Center (domestic and sexual violence) (802) 254-6954, 1-800-773-0689
- Youth Services (802) 257-0361
- Health Care & Rehabilitation Services: (mental health) **24 hour hotline** 1-800-622-4235;
(802) 254-6028
- Planned Parenthood (802) 257-0534
- The Runaway Program (802) 257-0361
- Ala-teen (802) 254-3361
- Social & Rehabilitation Services (SRS) (802) 257-2888
- AIDS Project (802) 254-4444

Burlington/Chittenden County Area

- Women Helping Battered Women (domestic violence) **24 hour hotline** (802) 658-1996
- Women's Rape Crisis Center (sexual violence) **24 hour hotline** (802) 863-1236
- SafeSpace (for LGBTQQ survivors of domestic or sexual violence or hate crimes)
Support Line (toll free) 1-866-869-7341
V/TTY 1-863-0003
- Spectrum Youth and Family Services (Young Men's RAPP Group (Relationship Abuse Prevention Program))
(802) 660-8560
- Spectrum One-Stop (drop-in center & emergency shelter) (802) 862-5396
- First Call For Children & Families (mental health) **24 hour hotline** (802) 864-7777
- Howard Center for Human Services (mental health) (802) 658-0400
- Lund Family Center (pregnant and parenting teens) 1-800-639-1741
- Planned Parenthood (802) 863-6326
- Women Of Color Alliance (802) 660-0606
- Social & Rehabilitation Services (SRS) (802) 863-7370
- Chittenden Unit for Special Investigations (CUSI) (sexual assault /child abuse investigations)
(802) 652-6800



Do you

- ▶ Make excuses for the person you're dating or for his/her behavior?
- ▶ Frequently change plans to please him/her?
- ▶ Alter your appearance to please your partner?
- ▶ Avoid spending time with other people to not upset him/her?
- ▶ Often keep your feelings to yourself because you're afraid of how he/she will react?
- ▶ Ever feel obligated to have sex or perform sexual acts?
- ▶ Fear what would happen if you tried to end the relationship?
- ▶ Use drugs or alcohol with the person you're dating in order to feel included?
- ▶ Feel like you're walking on eggshells because of his/her mood?
- ▶ Feel like the person your dating doesn't listen to you or respect your feelings?
- ▶ Ever participate in risky behavior to please the person you're dating?
- ▶ Lie to parents, teachers, or friends for or about the person you're dating?
- ▶ Perceive jealousy as a sign of love?
- ▶ Blame yourself or think others will think you are to blame for the way the person you are dating treats you?
- ▶ Worry that no one else would want to be with you?

WHAT IF YOUR FRIEND



Acknowledge the Abuse.

Let your friend know that—in your opinion—name calling, put-downs, and telling someone who they can and can't talk to and what they can and can't do, is abusive.

Don't Put Your Friend Down For Not Leaving.

Don't say things like, "I can't believe you're stupid enough to stay with someone like this!" It hurts more than it helps.

Don't Tell Your Friend What to Do.

Don't assume leaving is the only option. Telling your friend what to do is controlling, and the abuser is already doing that. If your friend decides to stay in the relationship, say something like "I know you have to do what you feel is right, but I am worried about your safety. I just want to tell you what scares me."

Don't Blame Your Friend.

Don't ask your friend, "What did you do wrong?" This will only make your friend think the abuse was deserved.

Identify Options.

Let your friend know about agencies, adults and friends who can help. Help your friend make a plan to get help for the next time things get too scary.

*Be There...
Listen to your friend. Let your friend know you care and that you give your support regardless of any decision to stay or leave.*

If you or one of your friends needs help in dealing with violence, here are some local places to go and numbers to call:

(Listed Alphabetically by Area)

Barre/Montpelier Area

- Battered Women Services and Shelter (domestic violence) 1-877-543-9498
- Sexual Assault Crisis Team (sexual violence) (802) 479-5577
- Washington County Youth Services Bureau (802) 229-9151
- Washington County Mental Health Emergency (802) 229-0591
- Planned Parenthood (802) 476-6696
- Country Roads Runaways (802) 229-9151
- Ala-teen (802) 479-3166
- Social & Rehabilitation Services (SRS) (802) 479-4260

Bennington Area

- Project Against Violent Encounters (domestic and sexual violence) (802) 442-2111
- United Counseling Services (mental health) (802) 442-5491
- Planned Parenthood (802) 442-8166
- Family Emergency Services (runaway) **Hotline** (802) 442-1700;
Main (802) 442-8270
- AA/Ala-non (802) 447-1285
- AIDS Hotline (802) 442-4481
- Social & Rehabilitation Services (SRS) (802) 442-8138



Key to resources:

Mental Health:

Counseling and crisis intervention

Planned Parenthood:

Birth control and reproductive health

Youth Services:

Various outreach and support services for youth

Ala-teen (AA/Ala-non):

Support for teens with alcoholism in their families

Social and Rehabilitation Services:

Vermont’s child protection and juvenile justice agency

Parent/Child and Family Centers:

Family education and support services

Know That The Abuse Is Not Your Friend’s Fault (and say it).

No matter what your friend may or may not have done, the abuse is not your friend’s fault. The only person responsible for the abuse is the one who is abusive.

Do Point Out Excuses.

- Alcohol is not a reason for abuse. It does not cause people to be violent. A person who has been drinking still chooses whom they are going to abuse. And, if a person can choose **whom** to abuse, they can choose **not** to abuse.
- “Losing Control” is not a reason for abuse. Using violence to get what you want is an abusive tactic.
- Being provoked is not a reason for abuse. Nothing justifies violence.
- Being possessive and jealous is not a way of showing love.

Do Assess the Danger.

Ask your friend if there are weapons (guns or knives) around. Ask if there have been violent outbursts or fights with others. Has your friend’s partner threatened to harm others or him/herself? *If you are scared for your friend’s life, contact an adult you trust immediately.*

Help Keep Your Friend Strong.

Let your friend know all the things you think make your friend a good person. Make sure your friend knows that you have confidence in his/her ability to make the right decisions, whatever they are.

Do Keep Yourself Safe.

Supporting a friend who is being abused can be very difficult and draining. Get support from someone you trust. Be sure to keep yourself safe from the person who is abusing your friend. If you feel in danger, let a trusted adult know immediately.

WHAT IF YOUR FRIEND IS ABUSING SOMEONE?

Don't Minimize the Abuse.

Don't try to make your friend feel better by saying the abuse was "no big deal." It only hides your friend from the reality of abuse – it hurts.

Recognize Excuses.

- Being drunk does not cause violence. If a drunk person can choose whom they abuse, they can choose not to abuse.
- "I just lost it" is not an excuse for violence. Using violence to get what you want is an abusive tactic.
- Being provoked is not an excuse for violence. Nothing justifies violence.
- Jealousy and possessiveness do not equal love.

Point out the Difference Between Anger and Abuse.

It is okay to feel angry, but there is a difference between what a person feels and what a person does. *Anger is an emotion ~ violence is a choice*. Point out that if you love someone, you respect that person's rights and feelings without trying to pressure them into changing to suit you.

Support Your Friend in Not Being Violent.

Many abusers don't want to be violent. Emphasize that it is important for both people to be safe in a relationship, **and** the best way to get respect is to give it.

Know That The Violence Won't Stop Tomorrow.

Help your friend get help. Don't threaten your friend with physical punishment; that reinforces your friend's belief that violence is okay.



Important National/Statewide Resources:

If you or one of your friends needs help in dealing with violence:

Vermont Domestic Violence Hotline:	1-800-228-7395
Vermont Sexual Violence Hotline:	1-800-489-7273
SafeSpace:	1-866-869-7341 (toll free) and 863-0003 (V/TTY)
<small>(for LGBTQQ survivors of domestic or sexual violence or hate crimes)</small>	

Deaf Victim Advocacy Services-TTY Warm Line:

1-800-303-DVAS (3827)

Other Important Numbers:

Ala-teen:	1-800-344-2666 or www.al-anon.alateen.org
<small>(support for teens with alcoholism in their families)</small>	
Headrest Teen Line:	1-800-639-6095 (crisis line)
National Child Abuse Hotline:	1-800-4-A-CHILD (confidential)
National Runaway Switchboard:	1-800-621-4000
Outright Vermont:	1-800-GLB-CHAT (452-2428)
<small>(support for gay, lesbian, bisexual, transgender & questioning youth)</small>	
Planned Parenthood of Northern New England:	1-800-230-7526
<small>(birth control and reproductive health)</small>	
RAINN:	1-800-656-HOPE
<small>(Rape, Abuse, and Incest National Network)</small>	
Women's Law Initiative:	www.womenslaw.org
Teen Action Campaign	www.seeitandstopit.org



Teen Resource Guide:

State and National Numbers

Key to Resources

Local Teen Resources

There is NO EXCUSE for abuse.
If you need help, call

1-800-228-7395
to reach your local
Domestic Violence and
Teen Dating Violence program

OR

1-800-489-7273
to reach your local
Sexual Violence program

"my silence"

*adapted for use in this booklet from a poem by:
Micheal Lenkeit
high school student*

He is my friend
i don't want to be involved
i don't know Him good enough
i am not His family

He is so nice to me
to everybody

i don't know for sure
i don't know if it is
happening

i am not sure
not sure
not sure that He
beats her up
leaves bruises on her
abuses her
sexual
physical
intimidates her
threatens her
humiliates her
rapes her
i am not sure

He is my friend
i don't want to lose him
He seems so nice
i don't believe it
i am just a friend
i am afraid

i can't interfere
it is His privacy

i saw the news today
i saw my friend
He killed her
beat her to death
raped her
my friend

i might have said something
but it was His privacy

now i am sure
i am sure
i am sure it was her mind
her body
my silence

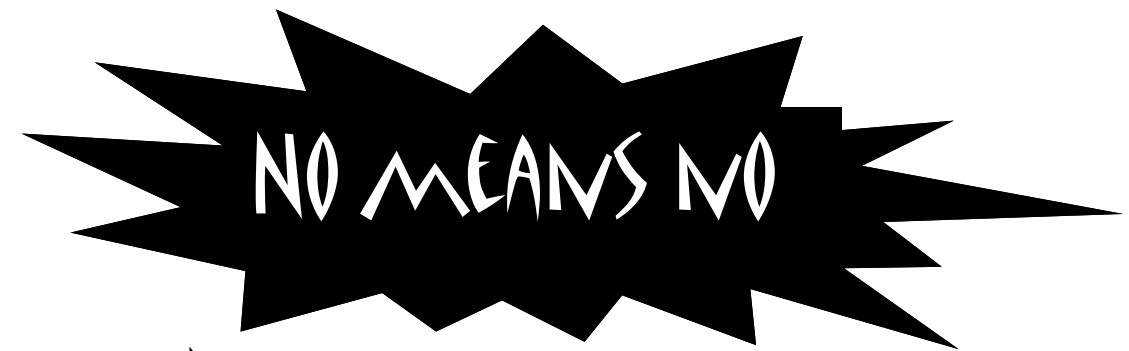
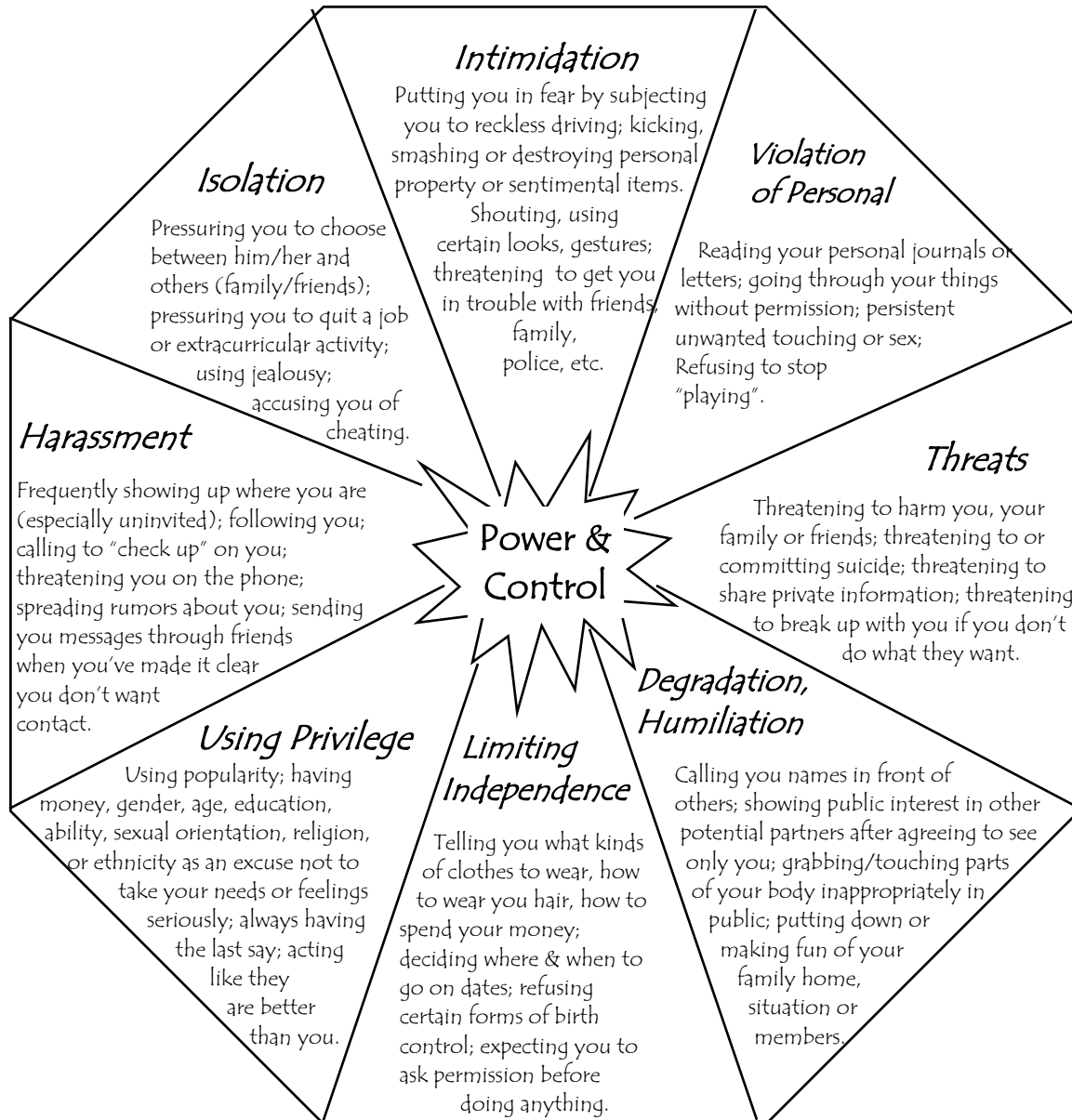
ABUSE: The use of coercion to gain or maintain control over another.

Coercion: 1. To force 2. To enforce 3. To compel

The following are coercive tactics used by abusive people to feel more powerful than or to gain and/or maintain control over others.

Abuse is not "loss of control" or a "crime of passion."

It is intentional, and violence is rarely an isolated behavior.



- "I'm scared."
- "I don't like this."
- "You're hurting me."
- "I'm not sure."
- "Can we just talk for awhile?"
- "Please, just slow down a little."
- "I've never done this before."

Show respect in your dating relationships. Even if things are moving fast. You owe it to yourself and your date to talk. Stop & listen to what you are told.

THESE MESSAGES AND ACTIONS SAY: "NO. DON'T GO ANY FURTHER."



- crying
- pleading
- pulling away
- moving around
- trying to leave
- putting clothes back on
- looking away
- stopping any sexual activity
- not responding
- removing their hand from anywhere on your body

If s/he doesn't say "yes," s/he means "no." Forced sex is rape.

Read between the lines...

Coercive lines are used in an attempt to convince a person to do something they might not want to do. Some lines may feel good to hear (e.g., "You're the only one who really understands me"), but understand that these lines may imply more than a compliment.

Below are several types of coercive lines. Think about and practice different ways you could respond to these lines. By planning your response, you will be better able to protect yourself.

⇒ **Persuasion**

"I know you really want to."

"Have another drink, I want to REALLY get to know you."

⇒ **Blackmail**

"If you don't, I'll tell everyone you did anyway."

⇒ **Guilt Trips**

"But I gave up going out with my friends to be with you."

⇒ **Blame**

"But you can't say no **now**, you got me all excited. You can't do this to me and leave."

"I should have known someone like you would never want someone like me."

⇒ **Put-Downs**

"I guess it's true what everybody says... you're a tease."

⇒ **Manipulation**

"You're the only one who understands me."

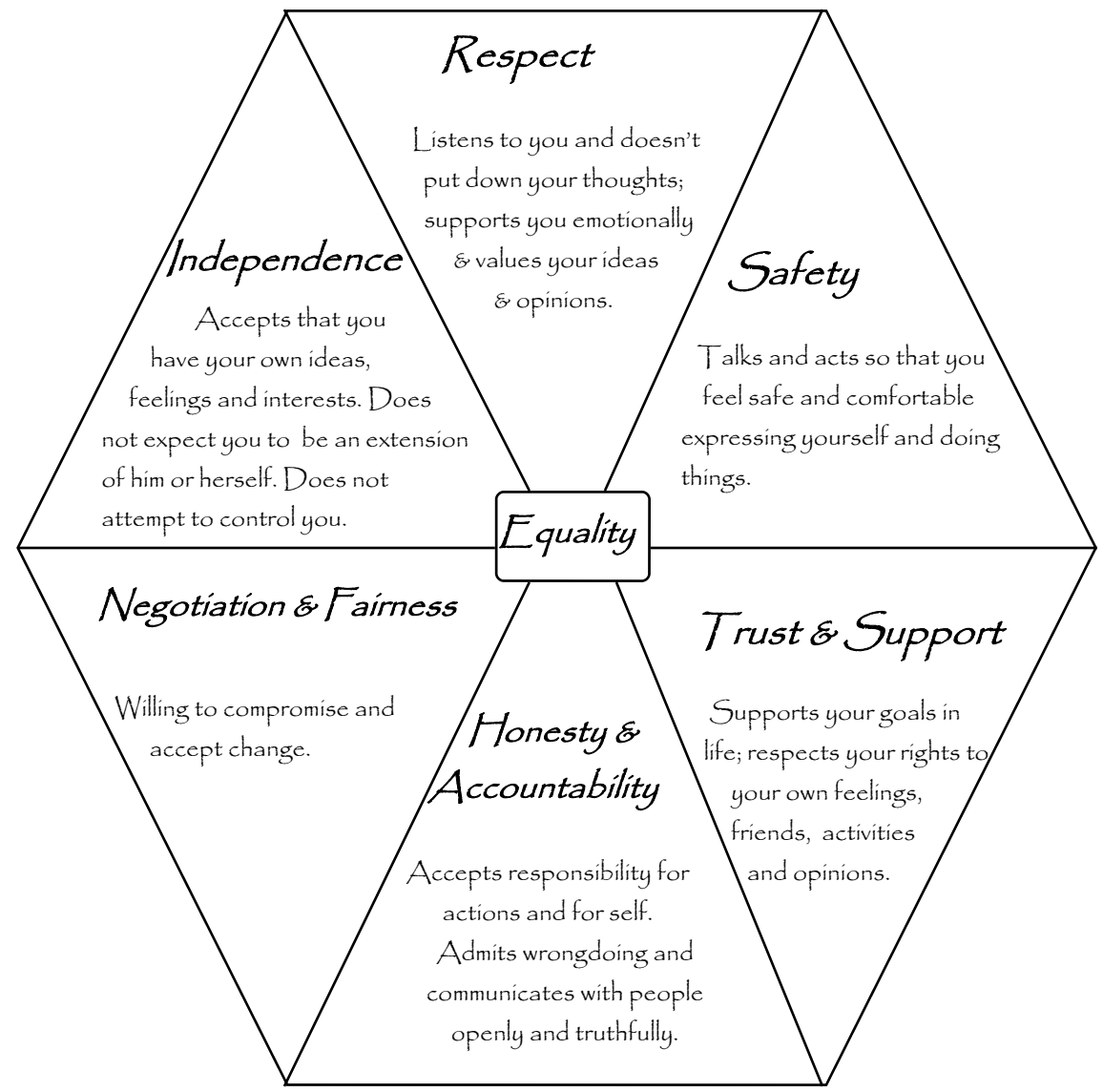
⇒ **Pressure**

"You said you loved me, why can't you show it?"

"I can't live without you."

"Other guys are just interested in sex. I think I might be in love with you."

This wheel is the opposite of the power and control wheel and is a model for healthy relationships.



Safety Plan:

If you have decided to stay in a relationship that has been violent in the past, chances are it will happen again—even if your partner has promised that it won't. While this is hard to think about, it's important to be prepared just in case, for your own safety. Remember, you do not have any control over your partner's behavior (physical violence **or** emotional abuse). You do, however, have control over how you prepare for it and respond to it. Take a few minutes to answer these questions and prepare your safety plan.

1. These are the 'cues' I have seen in the past before my partner has been violent: When I see these things in the future I will know it is time to take action to keep myself safe:
2. These are some things that have kept me safe in the past:
3. These are some things that I tried that didn't keep me safe. I will know not to rely on these things in the future:
4. If I know there is going to be an argument, I will try to go to a place where other people might hear and/or a place where there is less risk of injury (avoid kitchens, bathrooms, garage, anywhere near weapons or without an exit).
5. These are some people I can call for help:
6. This is a code word I can use to let people know I'm scared or need help:
7. These are some safe places for me to go if I'm not feeling safe:
8. **No one deserves to be abused. This is not my fault.**

The Effects Of Date Rape Drugs Include...

Drowsiness, dizziness, muscle relaxation, confusion, impaired judgment, nausea, vomiting, reduced inhibitions, loss of or impaired memory, impaired motor skills, loss of control, reduced levels of consciousness, or loss of consciousness, coma

SIGNS YOU MAY HAVE BEEN DRUGGED...

- ◆ If you've been drinking alcohol, you feel more intoxicated than normal in relation to the amount of alcohol you consumed.
- ◆ You wake up feeling "fuzzy" and very hung over (you have a memory lapse).
- ◆ You cannot remember what happened after you had a drink.
- ◆ You feel as though someone may have had sex with you, but you cannot remember.

IF YOU SUSPECT A FRIEND HAS BEEN DRUGGED...

- ◆ Get your friend to a safe place. Stay with him or her at all times.
- ◆ Get medical attention immediately.
- ◆ Request that a urine sample be taken so that it can be tested for the presence of drugs.
- ◆ When your friend recovers, talk to her or him about the possibility of filing a report with the police.

STAYING SAFE:

DO...

- ⇒ discard your drink if it tastes or looks differently than it should, i.e., salty, foamy, cloudy, residue.
- ⇒ bring your own drinks to parties if you can.
- ⇒ be alert to the behaviors of your friends.
- ⇒ confront someone if you see them drug another person's drink or a punchbowl, and warn others.

DON'T...

- ⇒ leave your drink unattended.
- ⇒ accept open containers at parties, unless you've seen the drink be opened or poured.

Remember: If you are raped or drugged, it is not your fault. No one deserves to be raped!

DATE RAPE DRUGS: What You Should Know

There are many drugs being used on college campuses, at high school parties and in bars and clubs that are commonly referred to as "date rape drugs" because they are actively being used to incapacitate and rape victims. Below are the drugs most commonly referred to as "date rape drugs":

ROHYPNOL (also known as roofies, roachies, la rocha, the forget pill)

- ◆ is like Valium but is at least 10 times stronger;
- ◆ is illegal in the U.S. to manufacture, distribute or possess, but is legal by prescription in 64 countries;
- ◆ older pills are a white tablet, single or double-scored on one side and "roche" or "RH" and "1" or "2" circled on the other side; often found in original blister-wrap packaging; tasteless, colorless, and odorless;
- ◆ newer pills are oval and have a dark green exterior and light blue interior; in carbonated drinks they dissolve more slowly and the blue dye floats to the top; won't dissolve in non-carbonated drinks;
- ◆ effects felt 20-30 minutes after ingestion and can last up to 12 hours; can cause amnesia for up to 8 hours.

GHB (also known as liquid ecstasy, liquid X, grievous bodily harm, easy lay)

- ◆ most GHB is "homemade" and is extremely dangerous, as its potency may vary from sample to sample;
- ◆ is a colorless and odorless liquid and is often carried in water bottles and other containers; has a slightly salty taste;
- ◆ is metabolized quickly by the body so that its effects are felt within 15 minutes;
- ◆ usually causes 3-6 hours of loss of consciousness and poor memory of events;
- ◆ can be life threatening when ingested with other drugs or alcohol.

KETAMINE (also known as Special K)

- ◆ comes as a liquid, white pill, or powder that dissolves easily in liquid;
- ◆ is a general anesthetic used in veterinary medicine;
- ◆ typically found at clubs, bars, and raves;
- ◆ effects are similar to those of LSD and PCP but last an hour or less; BUT your senses, judgment and coordination can be affected for 18 to 24 hours.

WHAT ARE THE EFFECTS OF THESE DRUGS?

Rohypnol, GHB and Ketamine are all central nervous system depressants. Alcohol often increases the effects of these drugs on individuals and the combination can sometimes be life-threatening.

Safety Plan For Breaking Up:

If you have decided to break up with an abusive partner it is important to have a well planned safety plan in place before attempting to end the relationship. Sometimes the breakup period is the most dangerous time in the relationship.

1. I will plan the breakup carefully with the help of people I trust. If I don't have friends I can trust, I can talk to a trusted teacher or adult or call my local abuse hotline. The more people who know what's going on and the more people who can look out for me and support me, the safer I am. These are the people I will tell and/or ask for help:
2. Getting a *Relief From Abuse Order* is an option if I think I might be in further danger. It is not a guarantee of safety, but is a legal court order that says my ex-partner must stay away from me and can be arrested if he/she does not. I can call my local Domestic Violence Hotline, or the local court or police department for assistance.
3. It is not safe to break up with my partner in an isolated place. I will try to do it in public, with people near who are part of my safety plan. If necessary, I will do it by phone or letter. This is where and when I will break up with my partner:

This is who I will ask to be near:
4. I will be very clear with my partner that I am ending the relationship and that my decision is non-negotiable. These are the words I will use:
5. I will try to be prepared for my partner's reaction. It could be violent, or my partner may be very sad and cry, or may try to be very sweet and win me back.
6. After breaking up, I will avoid being alone with my ex-partner or being in a situation where s/he might try to corner me or "talk me out of" the break-up.

I will think about these things:

Do I need to change any routines?

Who are my support people?

What will I say or do if my ex calls me?

What will I say or do if my ex shows up at my home?

...at my school or job?

What is Sexual Violence?

SEXUAL VIOLENCE: is a term used to describe crimes like sexual assault, rape, child sexual abuse, and sexual harassment. Sexual violence is not about sexual attraction. Sexual violence is about **POWER** and **CONTROL**. The terms "rape" and "sexual assault" are often used interchangeably.

SEXUAL ASSAULT:

According to Vermont law, sexual assault is defined as contact or intrusion, however slight, into the genital, anal, or oral opening of another by an object or any part of the body:

- ▶ without a person's consent;
- ▶ when force or the threat of force is present;
- ▶ when a person coerces another;
- ▶ when a person is under the age of 16;
- ▶ and/or when drugs or alcohol are given to a person without his or her knowledge or permission.

SEXUAL ASSAULT ALSO INCLUDES: situations when or where you cannot consent because you are drunk, unconscious or incapacitated in some way.

RAPE is not the same as sex. Rape is one way a person exerts power and control over another.

RAPE and **SEXUAL ASSAULT** most often happen to women, but men are victims, too. Rape can happen to anyone regardless of their gender, race, class, age, size, appearance or sexual orientation.

Anytime anyone forces you to have sexual intercourse against your will, it's rape.

It's rape even if the other person is your partner.

It's rape even if you were drinking or using drugs.

It's rape no matter what you were wearing.

Just because
s/he was
afraid to
kick scream
bite
fight cry
tell
doesn't mean
s/he wasn't
raped.

What is Consent?

- ▶ Consent means to give your **PERMISSION** by saying "yes."
 - ▶ Sex without consent is against the law. Being under the influence of alcohol or drugs can interfere with your ability to consent.
 - ▶ Consent is active, not passive.
 - ▶ Consent is only possible when there is **EQUAL POWER** between the person who asks for it and the person who gives it.
 - ▶ Giving in because of fear or embarrassment is not consent.
 - ▶ You and your partner always have the right to say "no," and you always have the right to have your answer respected and accepted.
 - ▶ If you say yes at first, you can always change your mind. A **RESPECTFUL PARTNER** will be okay with that. If a person continues to force or pressure you after you've changed your mind, it is not consent.
 - ▶ Consent is not possible when there has been deception or manipulation.
 - ▶ To give your permission, you must be able to say "yes" or "no" **WITHOUT PRESSURE**.
 - ▶ If you can't say "no" comfortably, then "yes" has no meaning.
 - ▶ If one person is unwilling to accept "no," then "yes" has no meaning.
 - ▶ Giggling, changing the subject or squirming away does not communicate a "yes" or a "no" and is not consent.
 - ▶ If someone gets you to do something through lying or coercion, you did not give consent, because that person tricked and/or manipulated you.
 - ▶ **TRUST YOUR FEELINGS.** If you feel you are being pressured into unwanted sex, you are. You don't have to be "nice".
- YOU ALWAYS HAVE THE RIGHT TO SAY "NO."**