RELATIONSHIP STATUS

Read this! If you are in a relationship, ever want to be in one, or ever even maybe might consider having sex...

I told her not to talk to him... She's my girlfriend.
THANK YOU!

A big thanks to Sam Carbaugh, cartoonist and illustrator, for lending us his skills to make this booklet more enjoyable. He did the cover art and a bunch of the cartoons inside. The others are clip art. Bet you can tell the difference. You can find more of Sam’s work at: samcarbaugh.com

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

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What is this book all about?

**Relationships.** All kinds. They happen everywhere – *home, school, online, on the phone*, everywhere. They also happen to everyone!

Relationships can be exciting, complicated, super easy, really messed up, awesome, high stress, supportive, controlling, good, bad, serious...the list goes on.

**In this book we explore:**

- How to know if you are being a supportive friend or partner
- What consent and coercion mean in sexual relationships
- How to know if the person you’re in a relationship with is supportive or controlling
- What to do if you are worried about your or a friend’s relationship

**Relationships can be hard to figure out...**
This book gives you lots of information to think about. There are stories, lists, activities, and resources to help you sort it out, know what to do if your friends need help, and find support for yourself if you need it.
You’re in a lot of “relationships”.

We all have relationships with a variety of people. The information in this book can be used in all types of relationships because supportive relationships are all built of the same stuff:

★ Trust
★ Communication
★ Respect

Practicing supportive relationships with friends and family will make it easier to have healthy dating relationships.

Supportive relationships are more fun!

Who do you have relationships with?

- Best Friend/ BFF/ Bestie/ BFL
- Boyfriend/ Girlfriend
- Friend with benefits
- Hook up
- Make out/ bed buddy
- Sibling (brother, sister, step or half)
- Parent
- Other family member
- Special someone
- Crush
- Fling
- Classmate
- Teacher
- Pal
- Partner
- Study partner
- Friend
- Teammate
- Other: ___________________
Words words words
There are so many words that are used to describe how relationships are working.

For **supportive** relationships, we hear words like: *healthy, positive, caring, loving, considerate, kind, fun, respectful and thoughtful.*

For **controlling** dynamics, we hear words like: *abusive, unhealthy, coercive, harmful, mean, bad and messed up.*

We use lots of these words in this book, but mostly “supportive” or “controlling”.

**Boy? Girl? Straight? Gay?**
*It doesn’t matter, this book is for you!* EVERYONE is included..... gay, straight, lesbian, transgender, bi, queer or questioning, people with disabilities and people who are Deaf or hard of hearing.

**JUST SO YOU KNOW:**
Because we wanted to include everybody and all kinds of relationships, this book uses “gender neutral” language (not using him or her all the time).
Things aren’t good and people are getting hurt. We want to give you the tools so that you don’t hurt someone or get hurt and you know what to do if you are worried about someone (how to be an active bystander!).

**Did you know that...**

- **44% of sexual assault and rape victims are under the age of 18.**
  (U.S. DOJ 2004 National Crime Victimization Survey)

- **Approximately 1 in 5 female high school students reports being physically and/or sexually abused by a dating partner.**
Lots of things impact our choices….media, culture, family, and friends.

Some kids grow up in families or communities where they see adults or older siblings using violence or threats to control and limit someone else’s choices.

They may learn that it is ok for one person to emotionally and physically hurt another. Some of them (not all!) may go on to make those choices in their relationships and be bullies or hurt other people.

We often see TV, movies, video games, or music videos where cruel and violent choices are shown as cool or entertaining. This kind of entertainment gives us the messages that it is normal or acceptable to force, manipulate or pressure someone into something they don’t want to do, including sexual activity.

IT’S NOT.

Unfortunately, there are a lot of bad examples of how to act out there, and few that show us true respect for another person.

The good news is… we can all learn to make healthy, supportive, non-violent choices in our relationships!
WHAT DO SUPPORTIVE OR CONTROLLING RELATIONSHIPS LOOK LIKE?

In a CONTROLLING relationship, one person makes the other person’s world get smaller.

One person:

- makes it hard for the other to hang with friends
- says the other can’t wear certain clothes
- makes the other person afraid
- makes the other person feel like there is no choice but to do what they want, their way all the time
- may say things that pressure the other person into sexual activity
- threatens to hurt one or both of them if they don't get their way
- is sometimes really sweet or caring for a little while, but can flip out at any moment
In a **SUPPORTIVE** relationship, both people are equals.

They both:

- don’t need to change to make the other happy
- give each other space to hang out with friends and family or by themselves
- feel safe bringing up things that make them upset and do so in a way that doesn’t make the other person feel bad
- decide on what to do together or take turns
- check in about sexual activity with each other often
- make it comfortable for either of them to say no if one of them doesn’t want to do something

*The relationship makes them feel better about themselves WAY MORE than it stresses them out.*

**HOW DO YOUR RELATIONSHIPS MAKE YOU FEEL?**
Let’s look at a couple of stories to see how controlling vs. supportive choices look in a dating relationship:

**Alex and Sam**
Sam and Alex are going out. They are psyched to spend A LOT of time together. They like to:

- **hold hands,**
- **hangout,**
- **make out,**
- **watch movies,**
- **talk about their problems together,**
- **walk to class together,**
- **chat online and text each other.**

Things are going great. They go to a school dance together. When Alex goes to talk to some friends, Sam starts to dance with someone else. Alex sees this and has a choice about how to respond. *Here’s what might happen.*
<table>
<thead>
<tr>
<th>Supportive</th>
<th>Controlling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alex asks another friend to dance too. They all dance together! At the end of the night, Sam and Alex are making out in the car and things start getting heated up. Alex asks Sam if they could go a little further than last time. Sam says, “No, not yet, Ok?” Alex says “Cool” and they kiss more until it’s time to go.</td>
<td>Alex pulls Sam away and out of the room. Alex starts to yell at Sam and says Sam can’t act that way with other people. Then Alex kisses Sam really hard and aggressively while holding Sam’s arms down. Alex then makes them leave saying it would be better to be alone.</td>
</tr>
<tr>
<td>Sam loves how much more fun everything is when Alex is around.</td>
<td>Sam thinks that the jealousy is a sign of affection at first.</td>
</tr>
<tr>
<td>Alex likes meeting Sam’s friends and getting to know Sam better.</td>
<td>Alex doesn’t want Sam hanging out with anyone else and gets mad and gives Sam the cold shoulder if Sam does go out with friends. Sam stops returning friends’ calls and hanging out with them to avoid Alex’s bad reaction.</td>
</tr>
<tr>
<td>Alex texts Sam a lot. Sam doesn’t like it and asks Alex to chill out a little. Alex listens to Sam and asks how much texting feels ok.</td>
<td>Alex sends Sam texts all the time wanting to know what Sam is doing and who Sam is with. When Sam doesn’t answer them, Alex gets mad and starts saying that Sam “doesn’t care” about Alex and they should break up. Sam reminds Alex that Sam can’t answer all the texts because Sam’s parents put a limit on how many Sam can use. Alex doesn’t seem to care and keeps texting.</td>
</tr>
</tbody>
</table>
Jordan and Taylor have been together for a couple of months. Jordan is into sports and plays on the school team. Taylor isn’t as into sports but supports Jordan as much as possible.

Taylor has a job at a local restaurant and tries to work as much as possible to save up for college. Sometimes Taylor’s work schedule conflicts with Jordan’s games. Here is what might happen.

What kinds of things would you like to do with someone you are dating?
<table>
<thead>
<tr>
<th><strong>Supportive</strong></th>
<th><strong>Controlling</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Jordan asks Taylor to be there as much as possible and offers to drive Taylor to the games and back if Taylor doesn’t mind getting there early for warm up.</td>
<td>Jordan says Taylor needs to be at every game and that Jordan can’t play as well if Taylor isn’t there.</td>
</tr>
<tr>
<td>Sometimes Taylor has to work and can’t go to the game. Taylor usually texts a ‘good luck’ message to Jordan before the game though.</td>
<td>When Taylor is scheduled to work at the same time as the next game, Jordan gets really mad and starts yelling, throws the soccer cleats against the wall and grabs Taylor’s phone to see the list of recent calls. Jordan doesn’t believe Taylor has to work and thinks that Taylor is cheating.</td>
</tr>
<tr>
<td>Jordan texts the scores back to Taylor after the games Taylor can’t get to and sometimes stops by Taylor’s work for a quick hug.</td>
<td>Taylor starts to get pissed and yells back. They both yell for a while and then settle down. They start hugging and making out. Jordan says, “I can’t stand the thought of you leaving me” and then “You should quit your job.”</td>
</tr>
</tbody>
</table>
Another way to understand the tactics that abusive partners use is through the *Power and Control Wheel*.

You may recognize some of the tactics in the spokes of this wheel from our scenarios earlier. These tactics are used to exert power and gain control over another person. There are many forms of violence that teens can experience in relationships. *Sometimes there is no physical or sexual violence at all* – but, an ongoing feeling that physical or sexual violence is possible. Sometimes it is many other factors that make it unsafe for one partner.

**Abusive behavior is not a ‘loss of control’ or a ‘crime of passion’… it is a choice!**

**CHECK IT OUT!**

You can link to an interactive power and control wheel and see video diaries that talk about each spoke of the wheel from a teen perspective.

http://www.loveisrespect.org/resource-center/power-and-control-scenarios/
Used with permission from loveisrespect.org and adapted from the original domestic violence P&C Wheel of the Domestic Abuse Intervention Project in Duluth, MN.
A word about

Jealousy

It can feel kind of good if your partner expresses jealousy. It might feel cool to think that someone likes you so much that they’d be jealous of your time apart, for instance. Jealousy is a normal part of many relationships.

But, some kinds of jealousy can be controlling and mean.
If your partner or friends act jealous, ask yourself some questions...

Q: Is this jealousy like... “I am so jealous of you....you are such a great artist” or “I wish I were more like you”?

This is more like admiration—not jealousy! This might be ok as long as it isn’t over the top.

OR

Q: Is it more like..... “I saw you talking to her and I don’t like it” or “Your friends are taking too much time away from ‘us’”

This is ‘controlling jealousy’...not ok!

Two very different things.
Warning Signs of Controlling Relationships

.When one person ....

- Is jealous and possessive toward the other. Doesn’t like the person they are dating to spend time with friends or family.
- Won’t accept a break up.
- Follows, stalks, watches, constantly calls and texts their girlfriend/boyfriend to keep tabs on them.
- Pressures or makes their girlfriend/boyfriend feel guilty for not wanting to engage in sexual activity.
- Tries to control their girlfriend/boyfriend by being jealous, threatening, guilting, or making the other feel afraid to disagree.
- Doesn’t take their girlfriend/boyfriend’s feelings seriously.
- Is scary. Makes their girlfriend/boyfriend feel they have to constantly watch what they say and do.
- Is violent. Has a history of fighting, getting angry quickly, or brags about hurting others or using weapons.
- Has EVER said “If you really loved me, you would...”.
- Pressures their girlfriend/boyfriend to use alcohol or drugs.
- Mistreats then blames their girlfriend/boyfriend. Says that the other provoked the abuse, made it happen, and should’ve known better.
- Has a history of bad relationships and blames their old partner for all the problems or is never to blame for anything.
# QUIZ: HOW IS YOUR RELATIONSHIP?

**HAVE I...**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Felt guilty or bad about myself because of something that my girlfriend/boyfriend said or did or made me feel in our relationship?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>2. Felt nervous or worried without knowing why?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>3. Gotten jealous when my girlfriend/boyfriend made a new friend or hung out with their friends and family?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>4. Called, texted, walked by my girlfriend/boyfriend’s locker or classrooms, or drove by her/his house a lot?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>5. Had body pains, such as stomachaches or headaches, when I thought about ways that my girlfriend/boyfriend treated me in our relationship?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>6. Made fun of my girlfriend/boyfriend or called them names <strong>and/or</strong> made fun of their appearance?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>7. Stopped enjoying the company of family and friends, preferring instead to be alone or just with my girlfriend/boyfriend? <strong>And/or</strong> stopped enjoying activities that I used to like?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>8. Used alcohol or drugs because my girlfriend/boyfriend threatened to force me to <strong>and/or</strong> to handle what was happening in our relationship?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>9. Been physical with my girlfriend/boyfriend like pushing or slapping?</td>
<td>Y</td>
<td>N</td>
</tr>
<tr>
<td>10. Accused my girlfriend/boyfriend of flirting or cheating even if I wasn’t sure that’s what happened?</td>
<td>Y</td>
<td>N</td>
</tr>
</tbody>
</table>
11. Taken out my frustrations on my girlfriend/boyfriend, like snapping out at them?  Y  N

12. Felt worried about my weight because of something my girlfriend/boyfriend said or did? And/or used diet pills to lose weight because of how my girlfriend/boyfriend made me feel?  Y  N

13. Had bruises or an injury because of something that my girlfriend/boyfriend did to me?  Y  N

14. Threw things if I was mad at my girlfriend/boyfriend or did things like hit walls or drive dangerously?  Y  N

15. Not been able to use a condom or birth control with my girlfriend/boyfriend, and worried that ‘we’ were pregnant or that I had an STI (sexually transmitted infection)?  Y  N

16. Talked down to or embarrassed my girlfriend/boyfriend in front of others?  Y  N

17. Had sex with my girlfriend/boyfriend even if I thought she/he didn’t want to go that far?  Y  N

18. Felt that my sexlife was out of my control?  Y  N

19. Considered or attempted suicide?  Y  N

20. Threatened to commit suicide if my girlfriend/boyfriend tried to leave me?  Y  N
**What’s your score?**

If you put ‘yes’ for any of these questions:
3, 4, 6, 9, 10, 11, 14, 16, 17, 20
you may be USING power and control in your relationship.
The more times you put a ‘yes’, the more likely that your behavior is abusive and damaging to your girlfriend/boyfriend and to yourself. The first step to ending these behaviors is to become aware of them and admit that they are wrong. It is important that you take responsibility for this problem and get help to end it. Reach out to an adult you trust, a guidance counselor, or a local counselor. Check out this website for information and help: www.loveisrespect.org

If you put ‘yes’ for any of these questions:
1, 2, 5, 7, 8, 12, 13, 15, 18, 19
you may be in a relationship that is harmful to you.
The more times you put ‘yes’, the more likely that your girlfriend/boyfriend is using abusive behavior to control you. Remember that abuse can get worse over time. It can start out as emotional abuse and lead to more severe emotional abuse and physical and sexual abuse. Make your emotional and physical health a priority! Reach out to someone you trust.

Think about calling Vermont’s hotlines:
**Domestic/Dating Violence 1-800-228-7395;**
**Sexual Violence 1-800-489-7273**
or check out this website: www.loveisrespect.org

See the ‘Reaching Out’ section of this booklet for more information on resources available to you!

Quiz adapted with permission from Break the Cycle www.breakthecycle.org
Most teenage bodies and brains are hard wired to start having thoughts about sex. Some of you will start experimenting with what feels good. You have to decide for yourself what you do and don’t want to do. And you have to respect someone else’s choices about their boundaries *all the time*. Before there is sex, there has to be communication.

Sexual activity includes:

<table>
<thead>
<tr>
<th>Kissing</th>
<th>Contact between any genitalia (penis or vulvas) and any other body part</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touching or kissing breasts or butts</td>
<td>Masturbation in front of someone</td>
</tr>
<tr>
<td>Rubbing bodies under or over clothes</td>
<td>Penetration of any part of a person’s body or any object into the genital or anal opening of another</td>
</tr>
<tr>
<td><strong>Being naked with another person</strong></td>
<td></td>
</tr>
<tr>
<td>Sending nude photos or provocative messages through email or text (sexting)</td>
<td></td>
</tr>
</tbody>
</table>

ALL of these activities (and probably a few more we didn’t think of) require CONSENT from the other person. **ALL TOUCH SHOULD BE CONSENSUAL.**

CONSENT means that at the time of the act (what you are doing together), there are words AND physical actions that show that BOTH people FREELY agree and REALLY want to do the same thing.
Consent can only be FREELY given if:
***************************************************************

**There is a sufficient balance of power in the relationship.** There is no significant age*, developmental or status differences. One person doesn’t have authority over the other (like a teacher, coach or tutor). And no one has used or threatened to use violence over the other. * See the law chart on the next page.

**Both people are aware of the consequences of sexual activity, both positive and negative, and know what will happen next.** Decisions have been made together about birth control and STI/HIV protection, both people agree to what types of contact are okay, both people understand what it means for their relationship together.

**It is safe to say ‘no’.** There is no pressure, tricks or manipulation to say ‘yes’, no threats of harm or embarrassment. There are no negative consequences for saying ‘no’, no teasing, no pressure, no jokes or telling other people.

**You’re BOTH sober.** If someone is drunk or high, even just a little, they can’t really say ‘yes’ for sure.

**Each type of sexual activity has clear consent from each partner every time.** Just because you did it once, doesn’t mean you automatically can do it again without checking in.
Anyone involved can change their mind at any moment. If you said ‘yes’, but get nervous or unsure, you can totally stop and say ‘no’. If your partner wants to stop, be cool with it.

Consent is AWESOME... because when you’re sure you know what the other person wants, you know that they are having fun too and it will be more pleasurable for both of you.

Talk about what you are interested in trying or comfortable doing with your partner BEFORE you get into the heat of the moment. Communication is SEXY!

Oh, and here is what Vermont law says about the age of consent (how old you have to be to legally consent):

<table>
<thead>
<tr>
<th>Person 1 Age</th>
<th>Person 2 Age</th>
<th>Is it Legal</th>
</tr>
</thead>
<tbody>
<tr>
<td>14</td>
<td>14</td>
<td>NO</td>
</tr>
<tr>
<td>14</td>
<td>16</td>
<td>NO</td>
</tr>
<tr>
<td>15</td>
<td>18</td>
<td>YES</td>
</tr>
<tr>
<td>15</td>
<td>19</td>
<td>NO</td>
</tr>
<tr>
<td>16</td>
<td>19</td>
<td>YES</td>
</tr>
</tbody>
</table>

The age of sexual consent in Vermont is 16 unless both people are between the ages of 15 and 18. A person under the age of 15 can not legally consent to sex. (13 VSA § 3252)
Friends or More?
Jayden and Cal have been friends for a long time. They are both in 8th grade. They hang out with a group of other friends all the time, some of whom are dating each other. One weekend, they are all hanging out listening to music. They all decide to start playing a version of spin the bottle where the person who the bottle points towards kisses the spinner. Everyone seems to have a lot of fun playing the game, and Jayden and Cal kiss a couple of times during it.

The group moves on to doing other things and it is soon time for them all to head home. Jayden and Cal live in the same direction and start walking together. On the way home, Jayden talks about really liking kissing Cal and wants to do it again. Jayden asks Cal to kiss.

Cal really wants to kiss again, but asks if it means that they are going to be more than friends. They are both feeling awkward. Jayden really likes Cal and confesses to a having a crush for a while. Jayden wants more than friendship. Cal does too! They stop walking and kiss each other. It’s just a closed mouth kiss, and then they hug. Then they kiss more deeply. Jayden asks if that was okay, if Cal liked it. Cal giggles, puts arms around Jayden and asks if they can do it again. They kiss some more. And some more.

They realize they need to get home, so they start walking, both of them let their hands dangle and touch each other’s, they start to hold hands, look at each other and smile.
Thinking about it:

1. What do you think about how they communicated with each other?

2. When and how was consent communicated?

3. If Cal wanted to say no, was it safe? What might have happened if Cal didn’t want to do anything?

4. What could Jayden say to make Cal feel comfortable if Cal didn’t want to do anything? How could Jayden respond to “no”?

5. How do you think Cal feels about Jayden asking if the kissing was okay?

6. How would you feel if you were one of the people in this story?
is any form of unwanted sexual encounter: physical, verbal or emotional. If someone expresses that they don’t want to do something or aren’t sure, you need to stop. Without consent, it is sexual violence.

Some forms of sexual violence are illegal. This is called “Sexual Assault” and under Vermont law it 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 when there is no consent.

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

RAPE and SEXUAL ASSAULT most often happen to females, but males can be victims too. Child sexual abuse happens at nearly the same rate for boys and girls. Sexual assault can happen to anyone regardless of their gender, race, class, age, size, appearance or sexual orientation.

If you have experienced sexual violence, whether you think it was illegal or not, you can call the sexual violence hotline anytime to talk to someone about what you might be feeling and your options for help. The hotline numbers are listed in the resource section along with some other places that might help. It is never your fault; no matter what you were wearing or what choices you made leading up to the violent act.
Coercion is used in an attempt to convince a person to do something they might not want to do. Some lines may feel good to hear (like: “You’re the only one who really understands me”), but these lines may imply more than a compliment.

Below are several types of coercive lines. It’s not cool to use these lines on anyone, ever. Instead, use good communication and be patient with your partner. We aren’t all ready to do stuff at the same time. In supportive relationships and interactions, we talk to the people we are with and make sure they feel good.

| Persuasion          | “I know you really want to.”  
|                     | “Have another drink, I want to REALLY get to know you.”  
|                     | “Come on, the other girls do it.” |
| Blame               | “But you can’t say ‘no’ now, you got me all excited. You can’t do this to me and stop.” |
| Put-Downs           | “I guess it’s true what everybody says... you’re a tease.” |
| Pressure            | “You said you loved me, why can’t you show it?” |
| Blackmail           | “If you don’t, I’ll tell everyone you did anyway.” |
**Can you think of times when you or someone you know used any of these lines?**

**LISTEN UP:** No means no, all the time.

It’s not a tease, it doesn’t mean try harder, it doesn’t mean keep going.

**These things also mean no:**

<table>
<thead>
<tr>
<th>WORDS</th>
<th>ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I don’t know.”</td>
<td>looking away or uncomfortable</td>
</tr>
<tr>
<td>“I don’t like this.”</td>
<td>uncomfortable</td>
</tr>
<tr>
<td>“Ow” “Wait”</td>
<td>stalling</td>
</tr>
<tr>
<td>“I’m nervous.”</td>
<td>moving away</td>
</tr>
<tr>
<td>“Can we just talk ”</td>
<td>blocking</td>
</tr>
<tr>
<td>“Please, just slow down a little”</td>
<td>putting clothes on</td>
</tr>
<tr>
<td>“I’ve never done this before”</td>
<td>stopping</td>
</tr>
<tr>
<td>“uuummmm...”</td>
<td>not responding</td>
</tr>
<tr>
<td></td>
<td>crying</td>
</tr>
</tbody>
</table>
PREDATORY DRUGS

Some people who perpetrate sexual violence use predatory (or date rape) drugs to manipulate their victim. While you may have heard of a few of these, it is important to know that the number one predatory drug used is **ALCOHOL.** 🥃 🍻

Sometimes a perpetrator will sneak more liquor into someone’s mixed drink. Sometimes a perpetrator just takes advantage of someone who has been drinking.

Names for some of the other drugs known to have been used include: Ecstasy, GHB, Rohypnol (Roofies), Ketamine (Special K), and Cocaine.

**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.

Seek help if you are experiencing any of these.
IF YOU SUSPECT A FRIEND HAS BEEN DRUGGED…

★ Get your friend to a safe place. Stay with them!
★ Get medical attention immediately.
★ At the hospital, request that a urine sample be taken so that it can be tested for drugs.
★ When your friend recovers, talk to your friend about the possibility of filing a report with the police.

HEY BUDDIES!

There is a lot YOU can do to stop sexual and dating violence before it’s too late. Here is a short list:

⇒ You can call out your friends when they are using controlling tactics with you or other people.
⇒ Don’t let your friends bully other people.
⇒ If you see someone hurting or scaring someone – intervene, tell them to back off! Or if you don’t feel safe doing that...
⇒ Get an adult or someone else.
⇒ If your friend is telling jokes or stories that make fun of someone else, walk away or tell them it’s not cool, don’t laugh.
Computers, TV, magazines and newspapers, video games, cell phones and radio; we are surrounded by technology and media. These can be great ways to communicate with other people and find information and entertainment. There are also negative sides of these tools.

Media, along with parents and friends, help shape our ideas and attitudes. We learn a lot about relationships and how to act by what we see. What do you see when you look at the media around you?

TV shows made for teen audiences highlight coercive sexual relationships. Reality shows and popular movies ‘entertain’ us with controlling and unhealthy relationships. How does this influence the choices we make in real relationships? If we don’t see things that show us how to act respectfully with support and caring, how will we learn how to do that?

Not only does our use of technology and media often feed us violent images and unhealthy stereotypes, it can also create some risky situations and make it easier for people to hurt us or for us to hurt others.
Digital abuse happens when someone uses technology to make your life worse. They can do this in many ways. The most common experiences among teens are:

**SEXTING**...the act of sending sexually explicit messages or pictures electronically, primarily using cell phones but other devices can be used too.

In Vermont, it is not illegal to send an image of yourself to someone who wants to receive it, but it’s not a good idea. Once you send that image, you have no more control over it. You might think that the person you sent it to is trustworthy, but what happens if they get mad at you? Or if their friend picks up their phone and decides to forward your image around to a lot of people or post it online?

If someone sends you an image, even if you asked for it, delete it right away and never show it to anyone else. *It may be illegal for you to possess the image.*

REMEMBER- it is never EVER okay to pressure anyone to send you pictures.
TEXTUAL HARASSEMENT...the act of using a mobile phone to send someone unsolicited text messages of any nature. These can be texts from someone known or unknown. Sometimes these messages are sexual, sometimes just mean or creepy. This also includes texting someone (even your boyfriend or girlfriend) over and over, demanding they respond, threatening them, or just annoying them.

CYBERBULLYING... the use of cell phones, instant messaging, e-mail, facebook, Twitter or other social media to harass, threaten or intimidate someone. It can happen by one person or a group of people. This might look like multiple posts to someone’s facebook wall or comments on a photo. Anytime you are using technology to be mean to another person, you are cyberbullying.

CYBERSTALKING...is when the person you’re dating or someone else uses technology to keep track of where you are or contact you when you don’t want them to. Phones, computers, facebook and other media tools can make it really easy for someone to do this. Often, if someone is being cyberstalked, the stalker is also following them in real life.
If you are upset with someone...

THINK BEFORE you post or text something hurtful or inappropriate:

☐ Get away from the computer or put down your cell phone and take a second to think first

☐ Go for a walk

☐ Talk to someone about the best way to respond

☐ Write what you feel like saying and then send it to yourself, read it later, is it really what you want to say?

**What else could you do?**

If you are being digitally harassed, there is help!

Lots of other teens are also dealing with this. There is help. **Call one of the hotlines** listed in the back of this book.

If you’re being harassed on facebook you can go to their Help Center and report the harassment and have comments or images removed from other people’s profiles.

Most social networking or online gaming sites allow you to report abuse.

Block or unfriend anyone who isn’t respecting you.

**Tell someone. If they can’t help, tell someone else. Keep talking until you are heard.**
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Search and you shall find...

TRUST
HARD WORK
COMMITMENT
ENCOURAGEMENT
SAFETY
EMPATHY
RESPECT
FRIENDSHIP
HONESTY

JEALOUSY
POSSESSIVENESS
OBSESSION
THREATENING
CRUELTY
VIOLENCE
CONTROL
FEAR
MANIPULATION
SAFETY PLANNING

If your partner is abusive and controlling you... what you are experiencing is NOT YOUR FAULT. You cannot control your partner’s abusive behavior.

You **CAN** think about taking action to keep yourself as safe as possible. Safety plans are especially crucial when leaving an abusive relationship because your abuser may become more dangerous during this time. Whether you decide to leave the relationship or not, a safety plan may help create some safety for you.

Here is a short safety plan to start your thinking. You can learn more about safety planning at: www.loveisrespect.org

1. When I notice my partner using these abusive behaviors (red flags), I will know it’s time to take action to try and keep myself safe: (list behaviors)

2. These are some actions that I can take that have kept me safe in the past: (think about school, home, and other places)

3. These are some people and places that I will try to reach out to for help: *(See the ‘Reaching Out’ section.)*
4. These are some safe places for me to go if I’m not feeling safe:

5. I will remember that my partner can use technology to track me. I can block certain numbers from calling or texting and turn off my GPS. I can ‘unfriend’ someone, change my social network privacy settings and change my online passwords.

6. I will program important numbers, like police and hotlines, into my cell phone or somehow keep them with me. (See the resource list in the back.)

7. If I have experienced physical or sexual violence, threats of physical harm or stalking, I can consider getting a ‘Relief from Abuse Order’. An RFA is a legal court order that makes the person who hurt me stay away from me.

To find out more about RFAs, I can:
Check out www.vtnetwork.org; Teen Abuse Protection Orders in Vermont.

Call the Vermont Dating and Sexual Violence hotlines:
Domestic/Dating Violence 1-800-228-7395
Sexual Violence 1-800-489-7273

You are not alone, help is available.
REACHING OUT

Reaching out for support can be hard - whether you are scared for your safety in your relationship or worried that you may be abusive toward your girlfriend or boyfriend. **Not** reaching out for help may lead to your relationship becoming more dangerous and isolated. There are people who will listen to you, believe you and help you with your decisions.

If you have experienced physical, emotional or sexual violence, or have been abusive to someone - **the sooner you talk to someone - the sooner you will know what options you have.** You may just need someone to listen to you and connect you to resources that can help.

“What if my relationship is scary or I have experienced sexual violence?”

★ **Talk to a friend** - especially one you trust who will not judge you but be real with you!

★ **Consider talking to a safe adult** - maybe your parents, maybe a friend’s parent or someone from school.

★ **Check out the helplines, hotlines, and websites on the next few pages.**

★ **Connect with your local domestic or sexual violence program** - you can ask lots of questions about your options, legal rights for victims and available services.
Remember that some adults, like teachers and coaches, are mandated to report child abuse (including sexual abuse of people under 18). This doesn’t mean you shouldn’t talk to them, but if you disclose harm to them, they may have to tell.

**If you are under 18:** To ensure that your communication is private, you don’t have to use your real name or say where you are from.

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<tr>
<th>Domestic/Dating Violence</th>
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<tbody>
<tr>
<td>Sexual Violence</td>
<td>1-800-489-7273</td>
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Hotline advocates will let you know right away if they are mandated reporters or if you can speak confidentially.

**Should I get a Relief from Abuse Order?**
If you have experienced physical or sexual violence, threats of physical harm or stalking, you can consider getting a ‘Relief from Abuse Order’. An RFA is a legal court order that makes the person who hurt you stay away from you.

**To find out more about RFAs, you can call one of Vermont’s hotlines and visit here:**
http://www.vtnetwork.org/education/teen-dating-violence/

If there is domestic violence in your home and one of your parents is getting hurt, you can call the Vermont Domestic Violence Hotline to talk: 1-800-228-7395
“What if I have been abusive to my dating partner or have used sexual coercion?”

The first step to ending these behaviors is to become aware of them and admit that they are wrong. Then...

★ **Talk to a friend or adult** that can be honest with you and hold you to your commitment to change your behavior.

★ **Find some help** - talk to a guidance counselor or find a local counselor. Making these kinds of changes usually means finding ongoing support over a period of time.

★ **Look at the people around you.** If your family or friends are also abusive in their relationships, you may want to find ways to spend less time with them. If that’s not possible, at least pay attention to how you feel when you witness others being abused.

★ **Remember that some adults, like teachers and coaches, are mandated to report child abuse (including sexual abuse).**

★ **Call the Dating Violence Helpline:** 1-866-331-9474 (5pm-3am) or live chat on www.loveisrespect.org (5pm-3am access to live peer advocates)
If you are under 18 years old, you may want to consider not using your real name and not giving identifying information (like where you live) to ensure that your conversation remains confidential.

<<< CRISIS HELP, CHAT AND HOTLINES >>>

ONLINE
Sexual Violence: www.rainn.org
Online Hotline: 24/7 access to someone to talk to

Dating Violence: www.loveisrespect.org
Chat Online: 5pm-3am access to live peer advocates

PHONE/ LOCAL
Vermont Statewide Hotlines:
Domestic/Dating Violence: 1-800-228-7395
Sexual Violence: 1-800-489-7273 (RAPE)

Safespace (for LGBTQQ survivors of violence):
1-866-869-7341 (M-F 9a-6p)

Deaf Vermonters Advocacy Services: 🎤
Videophone or Hearing: 802-661-4091

Child Abuse Reporting: 1-800-649-5285

PHONE/ NATIONAL
Dating Violence: Loveisrespect.org Helpline (5pm-3am):
1-866-331-9474 Or TTY 1-866-331-8453 📩

Sexual Violence: National Sexual Assault Hotline
1-800-656-HOPE

Child Abuse: Childhelp 1-800-4-A-CHILD
<table>
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<tr>
<td>Addison Co. &amp; Town of Rochester WomenSafe</td>
<td>388-4205 or 1-800-388-4205</td>
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<td>Bennington Co. PAVE</td>
<td>442-2111</td>
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<td>Caledonia, Orleans, &amp; Essex Co. The Advocacy Program at Umbrella St. Johnsbury Office</td>
<td>748-8645</td>
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<td>Newport Office</td>
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<td>Caledonia, Washington &amp; Orleans Co. AWARE (Hardwick Area)</td>
<td>472-6463</td>
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<td>Chittenden Co. Women Helping Battered Women (Dating violence) HOPE Works (Sexual violence)</td>
<td>658-1996 863-1236</td>
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<td>Franklin &amp; Grand Isle Co. Voices Against Violence/Laurie’s House</td>
<td>524-6575</td>
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<td>Lamoille Co. Clarina Howard Nichols Center</td>
<td>888-5256</td>
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<td>Orange &amp; Northern Windsor Co. Safeline</td>
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<td>Rutland Co. Rutland County Women’s Network</td>
<td>775-3232</td>
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<td>Washington Co. Circle (Dating Violence) Sexual Assault Crisis Team (Sexual Violence)</td>
<td>1-877-543-9498 479-5577</td>
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<td>Windham Co. (including village of Bellows Falls) Women’s Freedom Center</td>
<td>254-6954 or 1-800-773-0689</td>
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<td>Windsor Co. (Northeast) WISE</td>
<td>1-866-348-9473 or 603-448-5525</td>
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<td>Windsor Co. (Southern and town of Rockingham) New Beginnings</td>
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<<< OTHER IMPORTANT HELPLINES/HOTLINES >>>

LOCAL

Teen Crisis Line (Headrest) for teens and adults:
1-800-639-6095

Outright Vermont: Lesbian, gay, bisexual, transgender and questioning youth support in Vermont: 802-865-9677

NATIONAL

LGBTQQ Resources:
Trevor Lifeline (Crisis suicide line): 866-488-7386
TrevorChat: www.thetrevorproject.org/chat
(not for suicide crisis) free, online chat

Suicide Prevention:
National Suicide Prevention Lifeline:
www.suicidepreventionlifeline.org
1.800.273.TALK (1-800-273-8255)
Support for suicide or mental health crisis; Spanish available

Runaway:
National Runaway Switchboard:
www.1800runaway.org
1.800.RUNAWAY (1-800-786-2929)
Resources for runaways and family members; Spanish available
INTERNET RESOURCES
<<< VIOLENCE AND EMOTIONAL SUPPORT >>>

www.vtnetwork.org
VT Network Against Domestic and Sexual Violence: Resources on dating and sexual violence and how to get help in Vermont

www.RU12.org/safespace
Safespace: Emotional support, referrals, and advocacy to LGBTQQ survivors of violence in Vermont

www.rainn.org
Rape, Abuse and Incest Network: Lots of information and resources about sexual violence; 24/7 confidential online hotline

www.mystrength.org
The MyStrength Campaign: Information for young men to take action to stop rape

www.loveisrespect.org
Love is Respect: Lots of resources on healthy relationships and dating violence; limited chat and helpline access

www.dcf.vermont.gov/fsd/reporting_child_abuse
Vermont Department For Children and Families: Information on how to report child abuse; mandated reporting

www.burstingthebubble.com
Bursting the Bubble: Youth living with domestic violence and abuse; Interactive support for youth

www.outrightvt.org
Outright Vermont: Lesbian, gay, bisexual, transgender and questioning youth support in Vermont

www.teenlineonline.org
Teen Line: Operated by teens for teens; live chat support
<<< MORE INFO ON RELATIONSHIPS AND SEX >>>
(WE ♥ THESE WEBSITES!)

www.scarleteen.com
Scarleteen: “Sex ed for the real world”

www.amplifyyourvoice.org
Amplify Your Voice: A national project for peer to peer education for teens about sexual health; features blogs, message boards and a rich online community, including special sections for GLBTG and young women of color.

For GLBTQQ: www.amplifyyourvoice.org/youthresource
For young women of color: www.amplifyyourvoice.org/mysistahs

www.advocatesforyouth.org
Advocates for Youth: Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.

www.thatsnotcool.com
That’s Not Cool: Information for teens on textual harassment, how to communicate your boundaries and deal with pressure to send risky pictures or engage in other sexual activity.
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Vermont Network Against Domestic and Sexual Violence 2011