

# **HELPING A FRIEND**

## **IT IS IMPORTANT TO KNOW HOW TO RESPOND WHEN A FRIEND TELLS YOU THEY HAVE BEEN SEXUALLY ASSAULTED.**

- Tell your friend you believe them and thank them for sharing what happened with you. Saying "I believe you" encourages someone to share their story and access support.
- Ask, and listen to, how they are feeling.
- Share resources with them (Doorways 24/7 hotline 703-237-0881) and/or involve a trusted adult.


*Let them know the hotline is a confidential and free service. Staff at the hotline can discuss all of the callers options for support.*

## **IT HAPPENS IN ARLINGTON**

- 20% of APS high school girls in grades 8,10, and 12 reported that someone they dated made unwanted sexual contact with them.\*
- Nearly 50% of APS high school girls in grades 8,10, and 12 reported having been sexually harassed at school.\*

## **BYSTANDER INTERVENTION**

- As a bystander, you may have an opportunity to step in when something isn't right. Stepping in can make all the difference, but it should never put your own safety at risk.
- Learn how to step in and prevent sexual assault safely at [www.rainn.org/articles/steps-you-can-take-prevent-sexual-assault](http://www.rainn.org/articles/steps-you-can-take-prevent-sexual-assault)

 Full results of the 2017 Arlington Youth Risk Behavior Survey can be found at [www.apcyf.org](http://www.apcyf.org)

## **3 THINGS YOU CAN DO**



### **KNOW THE RESOURCES**

**For free, confidential support 24/7 call the Doorways Hotline: 703-237-0081**

**Online/chat hotline:** [www.loveisrespect.org](http://www.loveisrespect.org)

Remember, if you feel comfortable, you can always consider talking to a parent, a school counselor or another trusted adult. If you do talk to an adult, be aware that some adults (including school staff) might have to tell others if they know a young person is being hurt; they are mandated reporters. If you are not sure what the adult will have to share with others, you can always ask them what they can keep confidential before you share.



### **LEARN MORE**

**APS:** [www.apsva.us](http://www.apsva.us) (search: harassment, assault, counseling, Title IX, etc)

**RAINN:** [www.rainn.org](http://www.rainn.org)

**Love is Respect:** [www.loveisrespect.org](http://www.loveisrespect.org)



### **GET INVOLVED**

Join Arlington's Healthy Relationships Task Force (Arlington HRT), a group of students from all APS high schools working together to raise awareness about sexual assault and healthy relationships among teens in our community. Email to join: [HRT-ProjectPEACE@ArlingtonVA.us](mailto:HRT-ProjectPEACE@ArlingtonVA.us)



@HRTArlington



# **CONSENT & RELATIONSHIPS**

CREATED BY ARLINGTON YOUTH, FOR ARLINGTON YOUTH



**FOR CRISIS SUPPORT, 24/7  
CALL: 703-237-0881**



# SEX AND RELATIONSHIPS

Sexuality is a healthy part of life and intimate relationships. A healthy relationship should be fun and make you feel happy and understood.

## WHAT IS CONSENT?

Consent means giving permission for something to happen. One area where consent is super important is in sexual interactions. Whether you want to hold hands, kiss, make out, or be more intimate, you need consent to ensure everybody involved is comfortable with what is happening.

## HOW DO YOU ASK FOR CONSENT?

Some fun ways you can ask for consent are:

"Can I touch you here?"

"Are you comfortable?"

"Is this okay"

"Do you want to slow down?"

*How will you ask for consent?*

Add your own! \_\_\_\_\_

## HOW DO YOU KNOW IF YOU HAVE CONSENT?

The only way to know for sure is if you directly ask them, "Would you like to \_\_\_\_?" Once you have gotten consent, it is important to ensure they continue wanting to engage in sexual activity with you. Some behaviors that show engagement are...

- Making eye contact
- Touching you and moving towards you
- Talking to you about what is going on and suggesting things to do

You should check in with them throughout to make sure you both are comfortable and okay with what is happening.

**If they hesitate or show lack of interest in what is happening, you should stop immediately until you have full consent to move forward. Forcing or pressuring someone to do something they don't consent to, or want to do, is sexual assault.**

## WHAT IS SEXUAL ASSAULT?

Sexual assault/abuse is any type of unwanted sexual contact. Sexual assault can be:

- Unwanted kissing, touching, or any other sexual contact
- Refusing to use condoms or not letting someone use birth control
- Sexual contact with someone who is drunk, drugged, unconscious or otherwise unable to give clear consent
- Pressuring, forcing, threatening someone to have, or perform sexual acts
- Putting someone down using sexual insults
- Forced sex (rape)

## WHAT IS SEXUAL HARASSMENT?

Sexual harassment can be comments, gestures, actions or attention that is intended to hurt, offend, or intimidate another person. With sexual harassment, the focus is on a person's appearance, body parts, sexual orientation or activity. Sexual harassment can be:

- **Verbal:** Any inappropriate comments or jokes that make one feel uncomfortable.
- **Physical:** Anyone touching, grabbing, kissing someone without consent.
- **Online:** Any sexual content posted or messaged that makes one feel uncomfortable such as photos, jokes or inappropriate links.

**Despite what you often hear, sexual harassment, assault and abuse does not just happen to girls but can happen to people of any gender. For more information about sexual assault and harassment visit: [www.rainn.org](http://www.rainn.org)**

For specific, legal definitions visit: <https://law.lis.virginia.gov>

