

paVeSurvivors.org

**HEALTHY DATING
HANDBOOK**

HOW DO I KNOW IF IT'S CONSENSUAL?

Mutual

Parties must agree mutually and freely without any use of deception. No one is withholding information that would cause the other person to not want to engage in sexual acts with them.

Ongoing

Consent is an ongoing process and can be taken back at any time. Throughout the sexual activity, consent is asked for and given, especially if the sexual act changes to a different sexual act

Verbal

Consent must be communicated, consent is not implied through a look or through clothing. If the individual is unable to verbally consent, they must communicate their consent using their primary method of communication

Enthusiastic

Free from hesitation, coercion, fear, and any other form of influence other than genuine interest in sexually engaging

Sober

In order to give informed consent, one should be free from significant cognitive impairment from the use of alcohol and/or other drugs

HOW TO RESPOND TO DISCLOSURE

01

Believe

Remind the survivor that you believe them.
Ex: "I believe you and thank you for sharing with me."

02

Resources

Let the survivor know there are resources available for them. Ex: "I know there are organizations for survivors- would you like me to help you contact any?"

03

Affirmations

Remind the survivor of their strength and courage.
Ex: "Thank you so much for your courage in sharing with me."

04

Voice

Let the survivor know they have a voice and you hear them. Ex: "If you are comfortable sharing, how do you feel today?"

05

Empower

Allow the survivor to take back the ability to make decisions about their healing.
Ex: "how can I best support you right now?"

WHEN SEXUAL VIOLENCE HAPPENS IN YOUR FRIEND GROUP

BELIEVE THE SURVIVOR.

And tell them that you do.

If a friend has chosen you to disclose to, it means they trust you, and you should trust that they are honest with you.

The rate of false allegations is incredibly low.

- ↳ Every survivor responds differently, don't base whether or not you believe them on their demeanor (crying, smiling, avoiding eye contact, etc.)
- ↳ Coming forward about an incident of sexual assault by a mutual friend is very difficult for the survivor, if they are truly your friend, you should believe them.

LET THEM LEAD.

Let them know they're not alone in this, and that you have their back.

Offering support doesn't mean forcing them to do anything.

- ↳ You can suggest courses of action, such as reporting, seeking therapy, or informing others, but let the survivor take the lead and respect their decision.
- ↳ Research shows that reactions that attempt to control the survivor's response lead to higher rates of post-traumatic stress, depression, anxiety, and lower perceptions of self-worth.
The Journal of Intrapersonal Violence

DISTANCE FROM THE PERPETRATOR.

It can be very invalidating for survivors to see a friend continue a relationship with someone who caused them great harm.

- ↳ Only interact with the perpetrator if the survivor says you should. They may fear that the perpetrator will retaliate if they know they've disclosed what happened.
- ↳ Only tell the perpetrator why you're ending the friendship if the survivor wants you to. Otherwise, you don't owe them an explanation.

LISTEN.

Oftentimes, the survivor just wants to be heard and have their traumatic experience validated.

To validate is to:

show you really hear someone and understand why they feel the way they do.

- ↳ Let them speak without interrupting them or asking for additional details.
- ↳ Show them with your body language that you're listening, don't go on your phone or turn away.
- ↳ Respect what they are and aren't willing to share with you.
- ↳ Don't ask them why they responded a certain way.

MANAGE YOUR RESPONSE.

It can be hard to hear this, especially if the perpetrator is a close friend.

While discussing it with the survivor, try your best to remain composed.

- ↳ Don't threaten to harm the perpetrator.
- ↳ Don't act shocked or surprised.
- ↳ Don't say things such as:
 - "I never expected that from ____."
 - "But ____ is so nice to me."
 - "I'm surprised ____ would do that."
 - "It could be worse."

TRAUMA ISN'T DRAMA.

Sexual violence is serious, it isn't something to gossip about.

What the survivor discloses to you stays between you and your friend.

- ↳ If the survivor wants you to inform others about the perpetrator's behavior, only share what they allow you to share.
- ↳ Treat their disclosure and experience with the respect it deserves.
- ↳ Be sure to thank the survivor for choosing you to disclose to. They only did so because they trust you.

BEING AN ACTIVE BYSTANDER

INTERVENTION DECISION STEPS:

1. RECOGNIZE THE PROBLEM
2. DETERMINE THAT SOMEONE SHOULD INTERVENE
3. ASSESS THE PERSONAL RISKS OF INTERACTING
4. ASSIST SAFELY

INTERVENTION TACTICS:

DIRECTLY

STEP IN AND SAY SOMETHING ABOUT THE INAPPROPRIATE BEHAVIOR

EX: "DON'T SAY THAT"

DELAY

REACH OUT TO THE AFFECTED PERSON WITH KINDNESS EITHER BEFORE OR AFTER THE INCIDENT

EX: "I'M SORRY THAT HAPPENED TO YOU. IS THERE ANYTHING I CAN DO TO HELP?"

DISTRACT

DRAW AWAY OR DIVERT ATTENTION BY CREATING A DISTRACTION

EX: "CAN YOU COME HELP ME WITH SOMETHING OVER HERE?"

DELEGATE

FIND SOMEONE ELSE TO HELP YOU ADDRESS THE SITUATION

EX: CALLING 911

DISRUPT

CHANGE THE SITUATION IN A USEFUL MANNER

EX: "SORRY TO INTERRUPT, BUT I'M A LITTLE LOST. CAN YOU GIVE ME DIRECTIONS?"

It Isn't Your Fault.

Consent, Coercion, and Digital Sexual Violence.



SEXTING

the consensual exchange of explicit photos, video, or audio of oneself and/or explicit messages with a partner or partners

IMAGE-BASED SEXUAL ABUSE (IBSA)

a form of sexual abuse where the perpetrator creates and/or shares sexually explicit images, videos, or audio of a person without their consent.

EXAMPLES OF IBSA

CYBER-FLASHING

SENDING SOMEONE UNSOLICITED NUDE IMAGES

NON-CONSENSUAL IMAGE DIST.

SENDING NUDES SHARED WITH YOU CONSENSUALLY WITHOUT THE PERSON IN THE PHOTO'S CONSENT

DEEPPAKES/AI

USING DEEPPAKE/AI TECHNOLOGY TO DEPICT SOMEONE'S LIKENESS IN A SEXUAL MANNER

How many people are sexting?

88%

adults 18+

(Stasko & Geller 2015)

1/5

teenage girls

(Thorn, 2020)

1/10

teenage boys

CONSENT

Mutual
Ongoing
Verbal
Enthusiastic
Sober

DIGITAL CONSENT

SENDING, RECEIVING, AND VIEWING NUDE IMAGES IS A SEXUAL ACT.

SENDING NUDE IMAGES WITHOUT CONSENT IS A CRIMINAL ACT.

EVERY TIME THE IMAGE IS SHARED WITHOUT THE SURVIVOR'S CONSENT, THEY ARE REVICTIMIZED.

INDIVIDUALS HAVE THE RIGHT TO CONTROL WHAT DOES AND DOES NOT HAPPEN TO THEIR BODY.

LIKE ANY OTHER SEXUAL ACT, YOU HAVE TO RESPECT THE BODY OF THE PERSON YOU'RE ENGAGING WITH

TECHNOLOGY IS INCREASING THE NUMBER OF IBSA SURVIVORS

How many people have had their nudes shared without their consent?

1/12

adults 18+

(Ruvalcaba & Eaton 2020)

8%

Teenagers

(Ruvalcaba & Eaton 2020)

COERCION

The act of using pressure, threats, alcohol or drugs, or force to engage in sexual activity with someone

COERCION CAN LOOK LIKE:



BADGERING, PESTERING

A "Yes" obtained after you have already received a no, begging, or pleading is not actually a "Yes."



SHAMING

Insulting or passing a judgement on someone if they refuse.



SUBSTANCES

Using substances to alter someone's state of mind in order to have sexual contact with them.



THREATENING

Threatening to harm, break-up with, or spread lies about someone for not engaging.



QUID PRO QUO

A favor or advantage granted or expected in return for something.



POWER IMBALANCE

When someone in the relationship is in a position of power, the person not in power may feel pressured to say "Yes" or continue the relationship.



LIES, DECEPTION, MANIPULATION

Being dishonest about oneself or misleading the person in any way.



PEER PRESSURE

Pressuring to conform to "what others are doing."

COERCION ONLINE CAN LOOK LIKE:



SEXTORTION

Threatening to expose sexually private information.



DIGITAL BLACKMAIL

Threatening to expose personal information.



CYBER-BULLYING

Sending harmful messages online to silence or get compliance from the victim.

SEXTING AND IMAGE-BASED SEXUAL ABUSE: A BRIEF HISTORY

2000 B.C.E.

OLDEST KNOWN SEXT: A LETTER
WRITTEN TO KING SHU-SIN

1660

FIRST NUDES: KING CHARLES II
COMMISSIONED NUDE PORTRAITS OF
HIS MISTRESS

1880

ADVENT OF THE KODAK CAMERA
ALLOWS ANYONE TO TAKE A PHOTO

1890

FIRST IBSA CASE: ACTRESS MARION
MANOLA SUES WHEN SHE WAS
PHOTOGRAPHED IN A REVEALING
COSTUME AND THE PHOTOS ARE SOLD
WITHOUT HER CONSENT

1900

NOVELIST JAMES JOYCE HAS "SEXT"
LETTERS TO HIS LOVER LEAKED

1953

CONSENSUALLY TAKEN PHOTOS OF
MARILYN MONROE ARE PUBLISHED IN
PLAYBOY WITHOUT HER CONSENT

1980

HUSTLER MAGAZINE RUNS A FEATURE
WHERE THEY PUBLISH USER-
SUBMITTED PHOTOS OF WOMEN

1997

AN EXPLICIT VIDEO OF PAMELA
ANDERSON AND TOMMY LEE IS
UPLOADED ONLINE WITHOUT THEIR
CONSENT

2010

THE FIRST CONVICTION FOR IBSA
HAPPENS IN NEW ZEALAND

NATIONAL SEXUAL ASSAULT HOTLINE
1-800-656-4673

CCRI IMAGE ABUSE HELPLINE
1-844-878-2274

NATIONAL CENTER FOR MISSING
& EXPLOITED CHILDREN
1-800-843-5678

What if I am sent someone else's nudes?

- 1) DELETE THE IMAGE FROM YOUR PHONE.
- 2) DO NOT SHARE THE IMAGE WITH ANYONE ELSE.
- 3) INFORM THE PERSON IN THE IMAGE THAT THEIR IMAGE IS BEING DISTRIBUTED.
- 4) IF THE PERSON DID NOT GIVE CONSENT, PROVIDE THEM SUPPORT.

How do I Support A Survivor?

- 1) TELL THEM YOU BELIEVE THEM.
- 2) TELL THEM IT IS NOT THEIR FAULT.
- 3) OFFER TO HELP FIND RESOURCES.
- 4) SUGGEST COURSES OF ACTION AND SUPPORT THEIR DECISION.

It Isn't Your Fault.

There is help available.



Take It Down

TAKE IT DOWN IS A FREE SERVICE THAT CAN HELP YOU REMOVE OR STOP THE ONLINE SHARING OF NUDE, PARTIALLY NUDE, OR SEXUALLY EXPLICIT IMAGES OR VIDEOS TAKEN OF YOU WHEN YOU WERE UNDER 18 YEARS OLD. YOU CAN REMAIN ANONYMOUS WHILE USING THE SERVICE AND YOU WON'T HAVE TO SEND YOUR IMAGES OR VIDEOS TO ANYONE.



TAKEITDOWN.NCMEC.ORG

Survivors.org 
Helping Survivors Thrive After Trauma

FIND MORE RESOURCES

#CCRI

Cyber Civil Rights Initiative

LEARN MORE ABOUT
IBSA LAWS

StopNCII.org

A FREE SERVICE THAT CAN HELP YOU REMOVE OR STOP THE ONLINE SHARING OF NUDE, PARTIALLY NUDE, OR SEXUALLY EXPLICIT IMAGES OR VIDEOS TAKEN OF YOU WHEN YOU ARE OVER 18.

Trauma Responses and the Four Fs

Survivors of sexual violence often deal with internal and external judgment after their assault.

Society, unfortunately, contributes to this judgment by passing shame, blame, and guilt on to survivors, especially those who do not exhibit presumed "appropriate" behavior during or after an assault. To eliminate sexual violence, one must consider their individual role in changing systemic norms surrounding responses to sexual assault, as a single response or a set of "appropriate" responses to sexual violence does not exist. We must address all trauma responses and acknowledge countless acceptable ways to react to the unacceptable act of sexual violence.

There is nothing an individual can do to cause themselves to be sexually assaulted. No matter their location, occupation, or appearance, there is nothing one does that causes such violence. It is 100 percent the fault of the perpetrator. Similarly, during and after an assault, there is nothing a survivor can do that makes them more or less worthy of support. Experiencing pleasure, lubrication, or orgasm during a sexual assault is common. It is the brain's response to stimuli and does not mean you wanted the assault to occur or that you consented. Through spreading awareness about possible trauma responses during and after a sexual assault, individuals can create a culture that allows more survivors to seek support and fewer to feel shame, blame, and guilt. Join PAVE as we spread awareness about different trauma responses and shatter the silence surrounding survivors of sexual violence.

How do our brains respond to danger?

Our amygdala is like the fire alarm of our brain, it tells us when we are in danger. When we are in danger, our amygdala causes us to be alarmed and on edge, rendering us unfit for anything but returning to safety by any means possible. This can usually cause us to respond in one of the following ways:



Fight

The body rushes with adrenaline and attempts to fight or confront its attacker.



Freeze

Also known as "tonic immobility," the body releases endorphins and becomes immobile in an effort to disassociate from what's happening and/or not feel as much pain.



Flight

The body rushes with adrenaline and attempts to run away from its attacker or escape conflict.



Fawn

Trying to avoid conflict altogether by pleasing the attacker. This often happens when the attacker is someone the survivor depends on or even cares for, like a parent or intimate partner.

GROOMING

WHEN SOMEONE BUILDS AN EMOTIONAL CONNECTION WITH SOMEONE ELSE IN ORDER TO MANIPULATE, EXPLOIT, AND/OR ABUSE THEM

CONSISTS OF:

- FULFILLING NEEDS
- MANIPULATION
- NORMALIZING ABUSE
- CONTROL

GROOMING

CAN HAPPEN
TO ANYONE OF
ANY AGE OR
GENDER

THE PROCESS

- 1** A RELATIONSHIP IS BUILT AND TRUST IS ESTABLISHED.
- 2 TESTING**
THE GROOMER WILL ENGAGE IN MORE ALARMING BEHAVIORS TO TEST HOW THE OTHER PERSON WILL REACT TO GUAGE HOW EASY IT WILL BE TO MANIPULATE THEM.
- 3 ISOLATION**
THE GROOMER WILL ISOLATE THE PERSON FROM OTHERS/ TRY TO ESTABLISH THAT THEIR CONNECTION IS "SPECIAL."
- 4 ABUSE**
THE GROOMER WILL USE THE TARGET FOR THEIR OWN PERSONAL GAIN.

10 COMMANDMENTS OF CLEAN COMMUNICATION

1 AVOID JUDGEMENT AND LOADED TERMS

INSULTS BREAK TRUST AND INTIMACY

2 AVOID GLOBAL LABELS

GLOBAL LABELS: ATTRIBUTING PROBLEMS TO THEIR VERY IDENTITY/PERSONALITY

3 AVOID "YOU-CENTERED" ACCUSATIONS

YOU-CENTERED ACCUSATIONS IMMEDIATELY CAUSE DEFENSIVENESS, MAKING COMMUNICATION DIFFICULT

4 AVOID BRINGING UP THE PAST

BRINGING UP PAST CONFLICTS DERAILS THE CONVERSATION FROM A SOLUTION AND INTENSIFIES CONFLICT

5 AVOID NEGATIVE COMPARISONS

NEGATIVE COMPARISONS ARE HURTFUL AND CAN CAUSE JEALOUSY

6 AVOID THREATS

ULTIMATUMS SHOULD BE AVOIDED AND A LAST RESORT

7 DESCRIBE EMOTIONS

DESCRIBE EMOTIONS RATHER THAN ATTACK WITH THEM. BE MINDFUL OF TONE.

8 OPEN BODY LANGUAGE

KEEP OPEN, NOT TENSE OR CLOSED-OFF, BODY LANGUAGE

9 DELIEVER WHOLE MESSAGES

WHOLE MESSAGES CONSIST OF: OBSERVATIONS, THOUGHTS, FEELINGS, NEEDS

10 USE CLEAR MESSAGES

BE DIRECT, STRAIGHTFORWARD, AND DON'T DISGUISE THE TRUE INTENT OF WHAT YOU'RE SAYING THROUGH A QUESTION OR JUDGEMENT

LET'S TALK BOUNDARIES



WHAT ARE BOUNDARIES?

Boundaries are guidelines, rules, or limits that a person creates to identify for themselves what are reasonable, safe, and permissible ways for other people to behave around them and how they will respond when someone steps outside those limits.

SIGNS YOU NEED TO SET BOUNDARIES:

- you take on other people's feelings as your own
- you put other people's needs first
- your needs aren't being met
- you feel burnt out by responsibilities
- you feel taken advantage of
- you feel disrespected
- you give a lot of your time to others
- you have a hard time saying "no"

7 TYPES OF BOUNDARIES

1 PHYSICAL

Include your right to:

- Protect your body and space
- Choose what kind of physical touch is okay (if any)

2 EMOTIONAL

Include your right to:

- Hold your own thoughts, beliefs, and feelings without judgment
- Not be held accountable for someone else's emotions
- Tell someone if the information or feelings put you in an uncomfortable position

3 SEXUAL

Include your right to:

- Ask for CONSENT and ask your partner to respect your sexual desires
- Define when, where, and how often you want to engage in sexual behaviors
- Change your mind during a sexual encounter
- Ask about your partner's sexual history

4 FINANCIAL

Include your right to:

- Protect your financial resources and spend your money as you choose
- Decline loaning money to others
- Get paid by your employer as agreed

5 DIGITAL

Include your right to:

- Establish limits surrounding the use of digital communication within a relationship
- Regulate the photos and personal information that gets posted online

6 NON-NEGOTIABLE

Include your right to:

- Determine what boundaries are "deal-breakers" for you that must be followed in order to feel safe

7 TIME

Include your right to:

- Protect how you spend your time
- Decline offers if they interfere with your time

HOW DO I SET BOUNDARIES?

1 IDENTIFY

Some things to consider:

- What causes you unnecessary stress?
- What areas of your life do you feel exhausted by?
- What do you value?
- Recognize what makes you feel uncomfortable.
- Consider the seven types of boundaries.

2 COMMUNICATE

Communicate Boundaries:

- Express your boundaries firmly and assertively.
- Don't raise your voice or approach with aggression.
- Be clear and straightforward.
- Try to focus on behaviors you do like, rather than just those **you don't**.

3 CONSEQUENCES

Explain what will happen if your boundaries are crossed:

- This is not about controlling or setting an ultimatum.
- In reality, this is about what they can expect if the boundary is crossed.
- EX: If you send me an email past 5 PM, I will not respond until the next business day.

4 ACCEPT

Some things to consider:

- Don't compromise on things that are very important to you.
- Accept the uncomfortable feelings that setting boundaries may bring up, such as guilt or shame.

HOW DO I KNOW IF MY RELATIONSHIP IS HEALTHY?

Honesty

is when partners don't hide important information from one another or obscure the truth in anyway.

Personal Boundaries

are respected without pushback or ridicule. You work as a unit, but also function as independent people.

Safety

relationships are safe when there is no concern for your physical or emotional well-being at the hands of, or due to the negligence of your partner. Partners should be dedicated to looking out for each other's best interest.

Trust

is when partners can believe one another, can rely on one another, and know they will treat each other well.

Respect

is about valuing and validating your partner(s) viewpoints, opinions, beliefs, and decisions. In respectful relationships, you follow boundaries without judgement and see importance in the relationship.

Communication

is open, honest, respectful, and free from manipulation.

Equality

is when you are treated as having the same value, rights, and opportunities. One person doesn't treat the other as 'less than'. Partners have equal say and power in the relationship.

Abuse *the act of causing harm or distress, in an attempt to exert control, especially for one's own advantage or pleasure*

Relationship Red Flags

Toxic Communication
Controlling Behaviors
Constant Stress
Dishonesty
Ignoring Needs
Hoping For Change
Inability To Apologize
Lack of Trust
Low-Self Esteem
Narcissism
Codependency
Grand Gestures Early On

THE CYCLE OF ABUSE

TENSIONS BUILD

THE ABUSER BUILDS TENSION, INCITING FEAR IN THE SURVIVOR

INCIDENT

THE ABUSER LASHES OUT IN SOME WAY, SUCH AS PHYSICAL, VERBAL, OR EMOTIONAL ABUSE

THINGS CALM DOWN, THE RELATIONSHIP MAY SEEM BETTER THAN BEFORE

CALM

THE ABUSER TRIES TO APOLOGIZE OR EXCUSE THEIR BEHAVIOR

RECONCILIATION

HEALTHY COPING SKILLS

TYPES OF COPING SKILLS

<h3>Self-Soothing</h3> <p><i>Comforting yourself through your five senses</i></p> <p>Something to...</p> <p><i>Touch Hear See Taste Smell</i></p>	<h3>Distraction</h3> <p><i>taking your mind off of the problem for a while</i></p> <p>Examples...</p> <p><i>Puzzles, Books, Artwork, Crafts, Knitting, Crocheting, Sewing Crossword Puzzles, Video Games</i></p>	<h3>Opposite Action</h3> <p><i>doing something the opposite of your impulse that's consistent with a more positive emotion</i></p> <ol style="list-style-type: none"> Affirmations and Inspiration Something Funny or Cheering
<h3>Emotional Awareness</h3> <p><i>Tools for identifying and expressing your feelings</i></p> <p>Examples...</p> <p><i>A list or chart of emotions, a journal, writing supplies, drawing/art supplies</i></p>	<h3>Mindfulness</h3> <p><i>Tools for centering and grounding yourself in the present moment</i></p> <p>Examples...</p> <p><i>Meditation recordings, grounding objects, breathing exercises</i></p>	<h3>Crisis Plan</h3> <p><i>Contact info of supports and resources, for when coping skills aren't enough</i></p> <p>Family/Friends Therapist Psychiatrist Hotlines ER</p>

When emotions become overwhelming

- R**eframe
the situation
change your perspective. Don't look at things as just black and white, try to identify the gray areas.
- E**ngage
in a distracting activity
if your emotions are unmanageable, try to redirect your attention to something else to regulate.
- S**omeone else
redirect your attention to supporting or talking to someone else.
- I**ntense sensations
take a cold shower or drink a hot tea. Intense sensations that are not harmful are good ways to release the emotions.
- S**hut it out
if possible, leave the environment that is causing the distress or go somewhere you feel relaxed.
- T**houghts
neutral thoughts
engage in thought patterns or mental activities that are neutral, such as counting to ten.
- T**ake a break
remove yourself from the issue in whatever way makes sense. Maybe this is just a nap or a day off of work.

Effective Stress Relievers



TAKE A WALK OR RUN



CREATE SOMETHING



ENJOY AROMATHERAPY



PRACTICE YOGA



EXPRESS GRATITUDE



POSITIVE AFFIRMATIONS



DISCONNECT

Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself a pep talk



Meditate

Problem-Focused Coping Skills



Work on managing time



Ask for support



Establish Healthy Boundaries



Create A To Do List

Holistic Healing

a type of healing that considers all parts of a person's wellness and is drawn from multiple different disciplines

TAPPING

tapping one's fingertips repeatedly on specific meridian points on the body.

SUPPORT ANIMALS

have different roles, abilities, and responsibilities, to help survivors thrive

TRAUMA-INFORMED YOGA

yoga that targets the physical aspects of trauma as well as the mental, unlike many traditional therapies.

SOUND HEALING

uses vibrations to improve the health of participants. brings relief, calmness, and a heightened awareness of the self and our environment