IT’S ON US WORKSHOP

WTF IS A HEALTHY RELATIONSHIP?
INTRODUCTIONS
THIS MODULE WAS CREATED WITH YSL BEAUTE CONTINUING THEIR INITIATIVE ABUSE IS NOT LOVE TO EDUCATE AND BRING AWARENESS TO IPV
WORKSHOP AGENDA

• INTRODUCTION
• OVERVIEW OF IT’S ON US
• FACILITATOR’S GUIDE
• WORKSHOP
  o WHAT DOES “HAVING A HEALTHY RELATIONSHIP” MEAN?
  o ARE ALL OF YOUR CURRENT RELATIONSHIPS HEALTHY?
  o WHY DOES IT MATTER IF A RELATIONSHIP IS HEALTHY?
  o HOW CAN YOU CONTRIBUTE TO CHANGING THE CULTURE?
  o WHERE CAN YOU GO IF YOU NEED SUPPORT?
OVERVIEW OF IT’S ON US
S. 47

One Hundred Thirteenth Congress of the United States of America

AT THE FIRST SESSION

Begun and held at the City of Washington on Thursday, the third day of January, two thousand and thirteen

An Act


Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled,
STARTED IN 2014 BY PRESIDENT OBAMA AND VICE PRESIDENT BIDEN TO RAISE AWARENESS AROUND SEXUAL ASSAULT

OVER **440,000 PEOPLE** HAVE TAKEN THE “IT’S ON US” PLEDGE TO COMBAT COLLEGE SEXUAL ASSAULT

**500+ STUDENT** CHAPTERS HAVE HELD OVER 6,000 EDUCATIONAL AND ORGANIZING EVENTS IN ALL 50 STATES AND WASHINGTON, D.C.

CAMPAIGN → PROGRAM
THE PLEDGE

TO RECOGNIZE THAT NON-CONSENSUAL SEX IS SEXUAL ASSAULT.

TO IDENTIFY SITUATIONS IN WHICH SEXUAL ASSAULT MAY OCCUR.
THE PLEDGE

TO INTERVENE IN SITUATIONS WHERE CONSENT HAS NOT OR CANNOT BE GIVEN.

TO CREATE AN ENVIRONMENT IN WHICH SEXUAL ASSAULT IS UNACCEPTABLE AND SURVIVORS ARE SUPPORTED.
OVERVIEW OF 2022 EDUCATIONAL PROGRAMMING
OUR VISION

TO CREATE IN-HOUSE PROGRAMMING AND RESOURCES FOR STUDENTS THAT GIVES THEM THE TRAINING AND TOOLS THEY NEED TO END SEXUAL VIOLENCE ON COLLEGE AND UNIVERSITY CAMPUSES.
WTF IS A HEALTHY RELATIONSHIP?
HEALTHY RELATIONSHIP

“RESPECT FOR BOTH ONESELF AND OTHERS IS A KEY CHARACTERISTIC OF HEALTHY RELATIONSHIPS. IN CONTRAST, IN UNHEALTHY RELATIONSHIPS, ONE PARTNER TRIES TO EXERT CONTROL AND POWER OVER THE OTHER PHYSICALLY, SEXUALLY, AND/OR EMOTIONALLY.”

youth.gov
HEALTHY RELATIONSHIP SPECTRUM

All relationships exist on a spectrum from healthy to abusive, with unhealthy relationships somewhere in the middle.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| Respects your decisions and tastes | Accepts your friends and family | Trusts you | Is happy when you feel fulfilled | Gets your approval when making plans together | Ignores you on the days when you are angry | Blackmails you if you refuse to do something | Bullying your opinions and projects | Makes fun of you in public | Manipulates you | Is constantly jealous | Controls your outings, clothes, makeup | Goes through your texts, emails, apps | Inspires them to send them intimate photos | Isolates you from your family and friends | Calls you crazy when you approach them | "Gives a hula" when they are unhappy about something | Provokes, slaps, shakes or hits you | Threatens suicide because of you | Threatens to humiliate intimate photos of you | Forces you to watch porn | Forces you to have sex |

**ENJOY**
Your relationship is healthy when your partner...

**WARNING. SAY STOP!**
There is violence when your partner...

**PROTECT YOURSELF. GET HELP**
You are in danger when your partner...
EXAMPLES

HONESTY:
ALLOWS PARTNERS TO MAKE AGREEMENTS THAT ATTEND TO THE NEEDS AND DESIRES OF EACH INDIVIDUAL. DISHONESTY AND LYING IN A RELATIONSHIP CULMINATES IN DISTRUST AND WEAKENS THE FOUNDATION OF THE RELATIONSHIP.

TRUST:
CULTIVATES AN ENVIRONMENT OF OPEN COMMUNICATION, PROMOTING HONESTY AND ENSURING THAT BOUNDARIES CAN BE ESTABLISHED AND MAINTAINED BY YOUR PARTNER. A RELATIONSHIP ABSENT OF TRUST MAY BREED EMOTIONAL MANIPULATION, AND A DIMINISHED SENSE OF SECURITY AND RESPECT IN A RELATIONSHIP.
EXAMPLES

MUTUAL RESPECT:
ALLOWS PARTNERS TO CULTIVATE A SENSE OF EQUALITY
IN THE RELATIONSHIP BASED ON A MUTUAL
PRIORITIZATION AND RESPECT FOR EACH OTHERS’
BACKGROUNDS, NEEDS AND DESIRES IN A RELATIONSHIP.
ABSENCE OF MUTUAL RESPECT IN A RELATIONSHIP CAN
RESULT IN ASYMMETRICAL POWER DYNAMICS INCLUDING
MANIPULATION, TOXICITY AND UNSAFE RELATIONSHIPS.

INDIVIDUALITY:
MAINTAINING EACH PARTNER’S INDIVIDUALITY,
INCLUDING INTERESTS, PERSONAL TIME AND SPACE IS
IMPERATIVE IN ENSURING THAT RELATIONSHIPS DON’T
DISTORT A SENSE OF SELF OUTSIDE OF THE RELATIONSHIP.
WITHOUT A RESPECT FOR INDIVIDUALITY AND
INDEPENDENCE IN A RELATIONSHIP, THINGS MAY
CULTIVATE IN TOXICITY, CODEPENDENCY, AND
EMOTIONAL INSTABILITY.
POWER AND CONTROL IN YOUR RELATIONSHIP

VIOLENCE

- Using coercion and threats
- Using economic abuse
- Using emotional abuse
- Using male privilege
- Using isolation
- Minimizing, denying, and blaming

POWER AND CONTROL

NONVIOLENCE

- Negotiation and fairness
- Non-threatening behavior
- Economic partnership
- Shared responsibility
- Responsible parenting
- Honesty and accountability

EQUALITY

- Respect
- Trust and support
WHERE DOES YOUR RELATIONSHIP FALL ON THE RELATIONSHIP SPECTRUM?
HEALTHY
YOU COMMUNICATE WELL

UNHEALTHY
YOU DO NOT COMMUNICATE

ABUSIVE/TOXIC
YOU ONLY COMMUNICATE IN A HURTFUL, DEGRADING, OR THREATENING WAY
ACTIVITY
LET’S TALK ABOUT ALL THE BEHAVIORS THAT COULD FIT INTO THIS MIDDLE CATEGORY ON THE SPECTRUM SO THAT WE KNOW THE SIGNS BEFORE SOMETHING BECOMES ABUSIVE.

WHAT ARE SOME EXAMPLES OF BEHAVIORS YOU HAVE SEEN THAT MAY HAVE FIT INTO THIS CATEGORY?
IGNORING YOU ON DAYS THEY ARE ANGRY
BLACKMAILING
YOU IF YOU REFUSE TO DO SOMETHING
No 3
HUMILIATION
PUTTING
YOU
DOWN
No. 4
MANIPULATION
TO COERCE YOU INTO DOING OR SAYING SOMETHING
JEALOUSY
OVER
EVERYTHING
YOU DO
No 6
CONTROL
OVER WHERE
YOU GO
AND HOW
YOU LOOK
No 7
INTRUSION
GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION
No8
ISOLATION
CUTTING YOU OFF FROM FRIENDS AND FAMILY
INTIMIDATION
CALLING YOU
CRAZY AND
INSTILLING
FEAR
REMINDER: 9 SIGNS

№1 IGORING YOU ON DAYS THEY ARE ANGRY
№2 BLACKMAILING YOU IF YOU REFUSE TO DO SOMETHING
№3 HUMILIATING OR PUTTING YOU DOWN
№4 MANIPULATION - TO COERCE YOU INTO DOING OR SAYING SOMETHING
№5 JEALOUSY OVER EVERYTHING YOU DO
№6 CONTROL OVER WHERE YOU GO OR HOW YOU LOOK
№7 INTRUSION - GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION
№8 ISOLATION - CUTTING YOU OFF FROM FRIENDS AND FAMILY
№9 INTIMIDATION - CALLING YOU CRAZY AND INSTILLING FEAR
CHARACTERISTICS OF A HEALTHY RELATIONSHIP

• RESPECT FOR PRIVACY AND SPACE. YOU DON’T HAVE TO BE WITH YOUR PARTNER 24/7.

• YOUR PARTNER ENCOURAGES YOU TO SPEND TIME WITH FRIENDS AND FAMILY WITHOUT THEM, AND TO PARTICIPATE IN ACTIVITIES THAT YOU ENJOY.

• YOU FEEL COMFORTABLE EXPRESSING YOUR OPINIONS AND CONCERNS TO YOUR PARTNER.

• YOU FEEL PHYSICALLY SAFE AND YOUR PARTNER DOESN’T FORCE YOU TO HAVE SEX OR TO DO THINGS THAT MAKE YOU FEEL UNCOMFORTABLE.

• YOUR PARTNER RESPECTS YOUR WISHES AND FEELINGS AND YOU CAN COMPROMISE AND NEGOTIATE WHEN THERE ARE DISAGREEMENTS OR CONFLICTS.
SCENARIO ACTIVITY
READ THE FOLLOWING SCENARIOS AND GIVE YOUR BEST GUESS AS TO IF THE BEHAVIOR IS HEALTHY, UNHEALTHY, OR ABUSIVE.
SCENARIO #1

YOUR PARTNER OFTEN TRACKS YOUR LOCATION AND ASKS YOU TO ALWAYS UPDATE THEM ON WHERE YOU ARE AND WHAT YOU’RE DOING.

IS THIS BEHAVIOR HEALTHY, UNHEALTHY, OR ABUSIVE?
SCENARIO #2

YOUR PARTNER DISLIKES A FRIEND OF YOURS AND FREQUENTLY TALKS ABOUT THEM NEGATIVELY IN FRONT OF YOU.

IS THIS BEHAVIOR HEALTHY, UNHEALTHY, OR ABUSIVE?
SCENARIO #3

YOUR PARTNER EXPLAINS THAT THEY DON’T LIKE TEXTING WHILE AT WORK, BUT THEY’RE HAPPY TO PLAN DATES AND FOCUS ON YOU OUTSIDE OF THEIR JOB.

IS THIS BEHAVIOR HEALTHY, UNHEALTHY, OR ABUSIVE?
ASK YOURSELF...
• BASED OFF THE DEFINITIONS GIVEN: CAN YOU HAVE AN UNHEALTHY OR ABUSIVE RELATIONSHIP WITH A PLATONIC FRIEND?

• ARE ALL OF YOUR CURRENT RELATIONSHIPS HEALTHY?

• WHY DOES IT MATTER IF A RELATIONSHIP IS HEALTHY?

• THINKING BACK TO THE HEALTHY RELATIONSHIP SPECTRUM, WHY WAS SCENARIO 2 UNHEALTHY VERSUS ABUSIVE?
DOES THIS AFFECT YOUR MENTAL HEALTH?

Students that are at a higher risk of developing certain mental health issues may experience symptoms if their close relationships are not healthy.

On average, more than half of the women seen in mental health settings are being or have been abused by an intimate partner.
WHAT ABOUT YOUR PHYSICAL HEALTH?

“IN MOST SETTINGS, WOMEN WHO HAVE EXPERIENCED PHYSICAL OR SEXUAL VIOLENCE BY A PARTNER AT ANY TIME AFTER AGE 15 ARE SIGNIFICANTLY MORE LIKELY THAN OTHER WOMEN TO REPORT OVERALL POOR HEALTH, CHRONIC PAIN, MEMORY LOSS, AND PROBLEMS WALKING AND CARRYING OUT DAILY ACTIVITIES.” (WHO)
SCENARIO #1

YOUR PARTNER OFTEN TRACKS YOUR LOCATION AND ASKS YOU TO ALWAYS UPDATE THEM ON WHERE YOU ARE AND WHAT YOU’RE DOING.

HOW MIGHT THIS AFFECT YOUR MENTAL HEALTH?

HOW MIGHT THIS AFFECT YOUR PHYSICAL HEALTH?
HOW TO BUILD A HEALTHY RELATIONSHIP

• SET BOUNDARIES, ENFORCE THEM. THEY SHOULD ALWAYS BE RESPECTED.

• COMMUNICATION: SHARE YOUR FEELINGS, EVEN WHEN YOU DON’T AGREE, IN A WAY THAT MAKES THE OTHER PERSON FEEL SAFE, HEARD, AND NOT JUDGED.

• TAKE TIME TO BUILD TRUST. YOU SHOULD BOTH FEEL COMFORTABLE BEING HONEST AND VULNERABLE WITH ONE ANOTHER. YOU SHOULD BE ABLE TO RELY ON YOUR PARTNER.

• CONSENT: EVEN IF YOU ARE IN A LONG-TERM RELATIONSHIP, CONSENT IS ALWAYS NEEDED. THIS GOES FOR BOTH PHYSICAL AND VERBAL SITUATIONS - IF YOU ARE UNSURE YOUR PARTNER IS COMFORTABLE WITH SOMETHING (SEX, A CONVERSATION TOPIC) ASK THEM AND RESPECT THEIR ANSWER.
CHANGING THE CULTURE
HOW CAN YOU HELP SPREAD THIS INFORMATION SO UNHEALTHY RELATIONSHIPS HAPPEN LESS OFTEN?
SPREAD THE WORD!
EDUCATE YOUR PEERS AND YOUNGER STUDENTS

• NEW RESEARCH FROM THE NATIONAL INSTITUTE OF JUSTICE (NIJ) FINDS SCHOOL-LEVEL INTERVENTIONS REDUCED DATING VIOLENCE AMONG MIDDLE SCHOOL STUDENTS BY UP TO 50 PERCENT IN 30 NEW YORK CITY PUBLIC SCHOOLS
• THE COMBINATION OF THE CLASSROOM AND THE SCHOOL-LEVEL INTERVENTION ALONE LED TO A 32-47 PERCENT LOWER SEXUAL VIOLENCE VICTIMIZATION AND PERPETRATION SIX MONTHS AFTER THE INTERVENTION.
• STUDENTS RECEIVING THE SCHOOL-LEVEL INTERVENTION WERE MORE LIKELY TO SAY THEY WOULD INTERVENE AS A BYSTANDER SIX MONTHS AFTER THE INTERVENTION.

WHERE IS THIS INFO PROVIDED ON YOUR CAMPUS?

WHERE CAN YOU GO IF YOU NEED SUPPORT?

FOR ADDITIONAL INFORMATION OR SUPPORT IN LEAVING AN UNHEALTHY OR ABUSIVE RELATIONSHIP, CALL THE NATIONAL DOMESTIC VIOLENCE HOTLINE ANYTIME AT 800-799-SAFE (7233).
WANT TO LEARN MORE?

GO TO ITSONUS.ORG

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QUESTIONS?
RESOURCES FOR ANYONE EXPERIENCING IPV OR OTHER FORMS OF VIOLENCE:

RAINN HOTLINE: 800-656-4673

NATIONAL DOMESTIC VIOLENCE HOTLINE: THE NATIONAL DOMESTIC VIOLENCE HOTLINE IS STILL ACCESSIBLE 24/7. PLEASE CALL THEM AT 1-800-799-7233

NATIONAL HUMAN TRAFFICKING HOTLINE: THE NATIONAL HUMAN TRAFFICKING HOTLINE IS STILL ACCESSIBLE 24/7. PLEASE CALL THEM AT 1-888-373-7888 OR TEXT THEM AT 233-733

SUICIDE PREVENTION HOTLINE: THE NATIONAL SUICIDE PREVENTION LIFELINE IS STILL ACCESSIBLE 24/7. PLEASE CALL THEM AT 1-800-273-8255
THANK YOU!

FOR MORE RESOURCES VISIT ITSONUS.ORG