



IT'S ON US WORKSHOP

WTF IS A HEALTHY RELATIONSHIP?



INTRODUCTIONS



ABUSE IS NOT LOVE

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
 - WHAT DOES "HAVING A HEALTHY RELATIONSHIP" MEAN?
 - ARE ALL OF YOUR CURRENT RELATIONSHIPS HEALTHY?
 - WHY DOES IT MATTER IF A RELATIONSHIP IS HEALTHY?
 - HOW CAN YOU CONTRIBUTE TO CHANGING THE CULTURE?
 - 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

To reauthorize the Violence Against Women Act of 1994.

*Be it enacted by the Senate and House of Representatives of
the United States of America in Congress assembled,*



White House Task Force to
Protect Students from Sexual Assault

Violence Against Women Act



Violence
Against
Women
Act



Annie Flanagan for Huff

— PRIDE 2019 —

**How A Feminist Activist Found Herself
Working With Biden In The White House**



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.

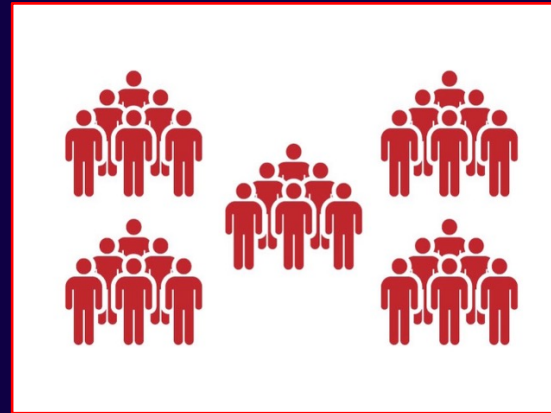
TO **CREATE** AN ENVIRONMENT IN WHICH SEXUAL ASSAULT IS UNACCEPTABLE AND SURVIVORS ARE SUPPORTED.



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.





WORKSHOP FACILITATOR'S GUIDE

[LINK](#)



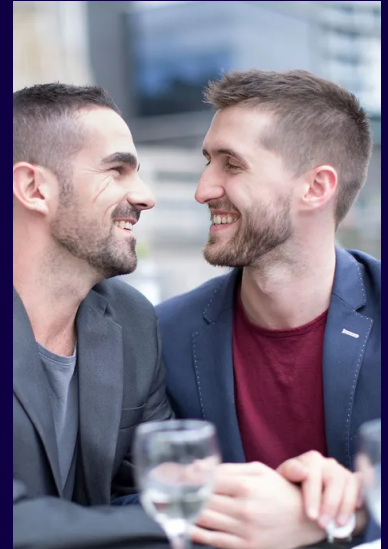
WTF IS A HEALTHY RELATIONSHIP?



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](https://www.youth.gov)





HEALTHY RELATIONSHIP SPECTRUM

ALL RELATIONSHIPS EXIST ON A SPECTRUM FROM HEALTHY TO ABUSIVE, WITH UNHEALTHY RELATIONSHIPS SOMEWHERE IN THE MIDDLE.



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





**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?



**ABUSE
IS NOT
LOVE**

Nº1

IGNORING

YOU ON

DAYS THEY

ARE ANGRY

IT'S ON
US

YSL
BEAUTE



Nº2

BLACKMAILING

YOU IF YOU

REFUSE TO DO

SOMETHING



Nº3

HUMILIATION

PUTTING

YOU

DOWN



Nº4

**MANIPULATION
TO COERCE YOU
INTO DOING
OR SAYING
SOMETHING**

N°5

JEALOUSY

**OVER
EVERYTHING
YOU DO**



Nº6

CONTROL

**OVER WHERE
YOU GO
AND HOW
YOU LOOK**



IT'S ON
US



Nº7

INTRUSION

**GOING THROUGH
YOUR PHONE
OR TRACKING
YOUR LOCATION**



Nº8

ISOLATION

**CUTTING YOU
OFF FROM
FRIENDS
AND FAMILY**



Nº9

INTIMIDATION

CALLING YOU

CRAZY AND

INSTILLING

FEAR



REMINDER: 9 SIGNS

Nº1 **IGNORING** YOU ON DAYS THEY ARE ANGRY

Nº2 **BLACKMAILING** YOU IF YOU REFUSE TO DO SOMETHING

Nº3 **HUMILIATING** OR PUTTING YOU DOWN

Nº4 **MANIPULATION** - TO COERCE YOU INTO DOING OR SAYING SOMETHING

Nº5 **JEALOUSY** OVER EVERYTHING YOU DO

Nº6 **CONTROL** OVER WHERE YOU GO OR HOW YOU LOOK

Nº7 **INTRUSION** - GOING THROUGH YOUR PHONE OR TRACKING YOUR LOCATION

Nº8 **ISOLATION** - CUTTING YOU OFF FROM FRIENDS AND FAMILY

Nº9 **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

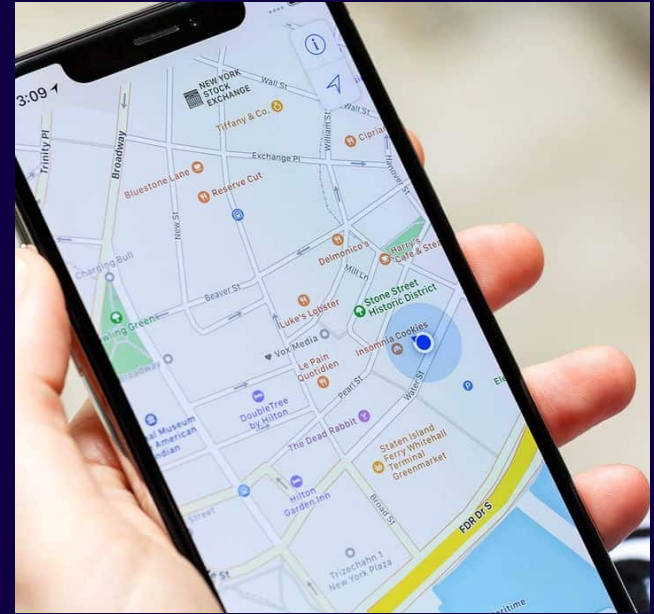


**READ THE FOLLOWING SCENARIOS AND
GIVE YOUR BEST GUESS AS TO IF THE BEHAVIOR
IS **HEALTHY**, **UNHEALTHY**, OR **ABUSIVE**.**

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)



LET'S GO BACK TO....

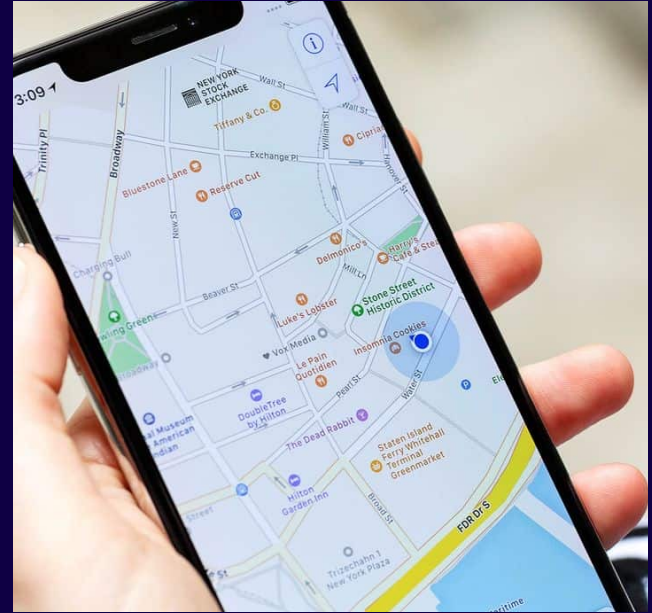


SCENARIO #1

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.

[HTTPS://YOUTH.GOV/FEATURE-ARTICLE/JUSTICE-DEPARTMENT-RESEARCH-SHOWS-SCHOOL-LEVEL-INTERVENTIONS-REDUCE-DATING-VIOLENCE](https://youth.gov/feature-article/justice-department-research-shows-school-level-interventions-reduce-dating-violence)



**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](https://www.itsonus.org)

**FOR ADDITIONAL INFORMATION OR SUPPORT IN LEAVING AN UNHEALTHY OR ABUSIVE RELATIONSHIP,
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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](https://www.itsonus.org)



POST TRAINING SURVEY

[BIT.LY/IOUPOSTTRAININGSURVEY](https://bit.ly/IOUPOSTTRAININGSURVEY)

