

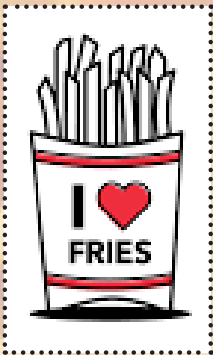


$$\text{ABUSE} = \text{PATTERN} \frac{\text{POWER} + \text{CONTROL}}{\text{friend or partner}}$$

- It can be **PHYSICAL, EMOTIONAL, SEXUAL, VERBAL, TECHNOLOGICAL, and / or FINANCIAL.**
- No matter why it happens, abuse is not okay and it is never justified.
- Abuse is a learned behavior, but ultimately, it is a choice.
- If you are involved in any abuse, talk to a trained, trustworthy counselor.

If you need help, call our helpline: 877-STEPS-94 (877-783-7794) Mon-Fri, 9am to 6pm or the NYC Dating Violence Hotline at 1-800-621-HOPE (4673)

CONSENT is FRIES



Freely given - Because it is **ASKED FOR FIRST**: without pressure, manipulation, force, or intoxication. And a "no" is okay.

Reversible - We can change our minds at any time, even if we've done something before.

Informed - Being honest and open about what you are asking consent for.

Enthusiastic - If someone isn't really into something, it is not consent.

Specific - Saying yes to one thing doesn't mean saying yes to any other things.

It is also **CLEAR** and made while **CONSCIOUS!**

.....
Non-consent = bullying / harassment / violence / abuse

Intensity

Over the top behavior that feels like too much too soon. Lying to cover up insecurity. Obsessive behavior

Jealousy

Irrational, angry behavior when you speak with someone he or she perceives as a threat. Persistently accusing you of flirtatious or inappropriate behavior.

Anger

Overreacting to small issues. Losing control. Violent outbursts. Making you feel afraid.

Control

Telling you what to wear, who to hang out with, when to speak or what to think

Alcohol

Becoming overly-emotional after drinking. Sabbing, threatening to harm oneself, becoming violent or angry. Not remembering what happened while drunk. Using 'I was drunk' as an excuse for poor behavior.

Isolation

Insisting you only spend time with him or her. Making you dependent on him or her for money, love, or acceptance

Criticism

Calling you names. Brainwashing you to feel worthless.

Sabotage

Making you miss school, work, or something important to you by starting a fight, pretending to be sick, breaking up with you, or hiding your phone or keys.

Blame

Making you feel guilty. Making you feel like everything is your fault.

WARNING SIGNS OF AN UNHEALTHY RELATIONSHIP

HARASSMENT is:

... any **NON-CONSENSUAL SEXUAL ATTENTION THAT MAKES A PERSON FEEL UNSAFE, UNCOMFORTABLE, OR THREATENED***,

... **PHYSICAL** (unwanted touch), **VERBAL** (teasing, catcalling), **NON-VERBAL** (gestures, photos, stalking), **TECHNOLOGICAL**,

... and it is **ILLEGAL**.

RESPECT: PEOPLE, CONSENT, & BOUNDARIES.

* Our intentions do not matter nearly as much as our actual impact on others**.

** How do you want to affect others?

