

Let's Talk About Sex



**Text and
WIN!**

- Preventing Sexual Assault
- Relationship Quiz
- Community Resources
- Safe Sex

www.huronwomensshelter.com












How Healthy is my Relationship?

Following are two lists, one of healthy relationship characteristics and one of unhealthy traits. Many relationships have a combination of both. Read both lists and check the heart next to every statement that is true about your relationship.

IS IT HEALTHY?

-  Have fun together more often than not
-  Each enjoy spending time separately, with your own friends, as well as with each other's friends
-  Always feel safe with each other
-  Trust each other
-  Are faithful to each other if you have made this commitment
-  Support each other's individual goals in life, like getting a job or going to college
-  Respect each other's opinion, even when they are different
-  Solve conflicts without putting each other down, cursing at each other or making threats
-  Both accept responsibility for your actions
-  Both apologize when you're wrong
-  Are proud to be with each other
-  Encourage each other's interests - like sports & extracurricular activities
-  Have some privacy - your letters, diary, phone calls are respected as your own
-  Have close friends & family who like the other person and are happy about your relationship
-  Never feel like you're being pressured for sex
-  Communicate about sex, if your relationship is sexual
-  Allows each other "space" when you need it
-  Always treat each other with respect

IS IT UNHEALTHY?

-  Gets extremely jealous or accuses the other of cheating
-  Puts the other down by calling names, cursing or making the other feel bad about him or herself
-  Yells at and treats the other like a child
-  Doesn't take the other person, or things that are important to him/her, seriously
-  Doesn't listen when the other talks
-  Frequently criticizes the other's friends or family
-  Pressures the other for sex, or makes sex hurt or feel humiliating
-  Cheats or threatens to cheat
-  Tells the other how to dress
-  Has ever grabbed, pushed, hit or physically hurt the other
-  Blames the other for your own bad behavior
-  Embarrasses or humiliates the other
-  Smashes, throws or destroys things
-  Tries to keep the other from having a job or furthering his/her education
-  Makes all the decisions about what the two of you do
-  Tries to make the other feel crazy or plays mind games, goes back on promises
-  Uses alcohol or drugs as an excuse for hurtful behavior
-  Ignores or withholds affection as a way of punishing the other

This list is a way of identifying some of the healthy and unhealthy characteristics of your relationship - it does not cover every possible situation. You may want to share this list with someone in your support system, and talk about where you want to make changes in your relationship and how you can begin to do this.

The Teen Relationship Workbook by Kerry Moles, CSW. (Wellness Reproductions and Publishing).



LET'S TALK ABOUT SEX



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Funding Provided by the Southwest Local Health Integration Network (LHIN)



*Huron
Women's Shelter*

Crisis phone number 1-800-265-5506
Local 519-524-6245

Emergency Shelter & Main Office
376 Huron Road, Box 334
Goderich, Ontario N7A 4C6

www.huronwomensshelter.com



Sexual Assault/ Harrassment from a **Police** Perspective

By Joanna Van Mierlo of Goderich Detachment



LAWS

Assault

Without the consent of another person, he/she applies force intentionally to that other person, directly or indirectly i.e. push, slap, punch, kick, throwing an object at someone

Assault with a Weapon/ Assault Cause Bodily Harm

Every one who, in committing an assault,

- carries, uses or threatens to use a weapon or an imitation thereof, or
- causes bodily harm to the complainant

Weapon can be anything that is used as a weapon (i.e. knife, stick, lamp, shoe)

Sexual Assault

Comes from the assault section and includes sexual assault, sexual assault with a weapon, sexual assault causing bodily harm and aggravated sexual assault.

Force applied for a sexual purpose (i.e. kiss, buttocks grab, rape)

Forcible Confinement

Every one who, without lawful authority, confines, imprisons or forcibly takes a person

The fact that a person did not resist is not a defence unless the accused proves that the failure to resist was not caused by threats, duress, force or exhibition of force.

Criminal Harassment

No person shall engage in conduct listed below that causes another person reasonably to fear for their safety or the safety of anyone known to them.

- repeatedly following from place to place the other person or anyone known to them;
- repeatedly communicating with, either directly or indirectly, the other person or anyone known to them;
- besetting or watching the dwelling, or place where the other person, or anyone known to them, resides, works, carries on business or happens to be; or
- engaging in threatening conduct directed at the other person or any member of their family.

Threatening

Everyone commits an offence who utters, conveys or causes any person to receive a threat

- to cause death or bodily harm to any person
- to burn, destroy or damage real or personal property
- to kill, poison or injure an animal that is the property of any person.

CASE LAW

Consent: the voluntary agreement to engage in the sexual activity in question.

- Someone else cannot consent for you
- If you are unable to give consent, that means NO

- A person cannot abuse a position of trust/authority and counsel a victim to comply
- If your words or your actions say NO, that means NO
- You can change your mind and withdraw consent

What happens if I report a sexual assault to police?

- Seek medical help/crisis counselling and decide about the Sexual Assault Evidence Kit
- Victim's Bill of Rights – treated with compassion and respect
- Meet with an officer of the same gender if requested – trained to deal with sexual assaults and who will explain the process
- Provide a videotaped statement to begin the investigation
- Decide whether you wish to pursue charges if there are sufficient grounds to lay a charge
- If under 16, parents or guardian will need to be notified
- Seize any relevant evidence and investigate at the scene of the assault

Notes to Consider

- Alcohol/drug consumption is often a factor in sexual assaults...be safe and be smart
- Be clear about what sexual activities you want to happen and do not want to happen – people cannot read minds
- If you are in a situation of repeated abuse, REPORT IT. Only then can it be stopped.
- Public Mischief – accuse someone of a crime they did not commit or cause police to enter into an investigation of something that did not occur.

what is Sexual Harrassment?

Sexual harassment is

- Unwanted physical contact like touching and grabbing
- Rude jokes or suggestive remarks
- Leering or inappropriate staring
- Catcalls, embarrassing whistles, or similar sounds
- Insulting remarks about sexual orientation
- Names written on walls or desks (“For a good time, call...”)
- Displays of sexually offensive pictures, pornography or graffiti
- Using the word “girl” or “woman” as a put-down (for example, “You run like a girl”)
- Stalking

Sexual harassment is not

- A hug between friends
- Mutual flirtation that feels good for both people
- Sincere compliments

What’s the Harm?

- Sexual harassment is widespread in Ontario. In a survey of Ontario high school students
- Eight out of 10 female students said they had been sexually harassed at school
- Victims of sexual harassment revealed that the harassment had a dramatic effect on their lives. They experienced fear, loss of self-esteem, concern for their personal safety, intimidation, anger, isolation and mistrust of the opposite sex

- The majority of male students surveyed seemed to take the topic much less seriously, particularly when discussing being harassed by a female
- Male students who had been harassed by other males tended to take the issue more seriously
- Three out of 10 male high school students surveyed said that they were afraid of being sexually harassed

Source: “The Joke’s Over - Student to Student Sexual Harassment in Secondary Schools”, published by the Ontario Women’s Directorate, the Ontario Secondary School Teachers’ Federation and the Ministry of Education, 1995]

What to Do if You’re being Harassed

- Don’t blame yourself. You are not responsible for the harasser’s behaviour
- Do not ignore it. It probably won’t go away. People who have been sexually harassed report that it often gets worse.
- Talk to someone, like a friend or co-worker you trust. You might feel confused or worry that you are making a big deal out of nothing. You might be angry. It helps to talk about your feelings, and can help you decide what to do next.
- Get information. You need to know your rights and your options for action. Find out if your school or workplace has a policy on sexual harassment.

- Write a detailed description of the incident or incidents, including the following information:

1. what happened
2. where it happened
3. when it happened (list all dates and times)
4. who did the harassing
5. witnesses, if any
6. what you did in return
7. how the harasser acted in response
8. how you felt what effects it had on your life

- Talk with a parent, relative or an adult you trust. If it happens at school, you could speak to a teacher, guidance counsellor, vice-principal or principal. If it happens at work, you can speak to your supervisor or manager

Remember -

it is not your responsibility alone to make the harassment stop. The Ontario Human Rights Code and the Canadian Human Rights Act clearly state that others are responsible for taking action too. Teachers and principals are responsible if it happens in their classroom or school, or anywhere school-related activities are taking place. Employers are responsible if it happens in their workplace or wherever their employees do work-related activities. People who provide services or rental accommodation are responsible if it occurs on their property.

What should I Say to the Harasser?

- Speaking up clearly to the harasser right away about your objections may be enough. He may stop the offensive behaviour.

- Take someone with you when you talk with the harasser. Afterwards, he won't be able to say he didn't know he was bothering you. You will have a witness.
- Think carefully about what you want to say. Be specific. You don't need to explain why you object to his behaviour. Do not give him the chance to embarrass you by asking for more details than you want to talk about. Simply repeat that you object to his behaviour and want him to stop.
- Speak calmly to the harasser. Give him a chance to understand and change his behaviour.

Here are some suggestions:

"Sure I can take a joke. What I won't take is harassment. If you don't know the difference, I'll be happy to recommend some reading material."

"It makes me uncomfortable when you look at me that way. I am not questioning your intentions, but I am asking you not to do it again."

"I have told you before that I don't want to go out with you. I'm uncomfortable when you ask me out on dates. If you don't stop, I'll have to talk to (someone higher up - the teacher, principal, boss, owner)."

"If you touch me that way again, I'll report you so fast."

[These pages reprinted from the Ontario Women's Directorate - YOUTH Space web-site]

what to **Look** for in a **Partner**

What makes a relationship healthy?

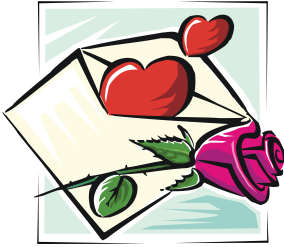
Two people who value equality and respect make a good start. Here are some characteristics you may want to consider in a potential boyfriend or girlfriend.

- Someone who supports your relationships with friends and family members.
- Someone who you feel safe with
- Someone who can resolve conflicts without resorting to violence or put-downs
- Someone who maintains his or her own friendships, and wants you to get to know his or her friends
- Someone who can apologize when he or she is wrong, and accept your apology when you're wrong
- Someone who is secure enough not to feel threatened by your friendship with people of either sex
- Someone who trusts you and expects to be trusted
- Someone who accepts responsibility for his or her own behavior, feelings and thoughts
- Someone who shares in decision-making
- Someone who supports your personal growth - encourages you to participate in activities that are good for you, like team sports or other athletic activities, clubs, a job or a hobby
- Someone who considers the relationship a partnership
- Someone who treats other people with respect.
- Someone who encourages you in your goals and dreams
- Someone who continues his or her own interests in outside activities, such as sports, clubs, a job or a hobby
- Someone who talks and listens
- Someone who you feel comfortable expressing your feelings and emotions with
- Someone who is comfortable with your having different opinions from him or her and does not take it as a personal insult when you disagree
- Someone who expects both partners to control their own money, and never uses money as a way of getting what she/he wants
- Someone who asks your opinion
- Someone who makes positive statements about your strengths

The Teen Relationship Workbook by Kerry Moles, CSW. (Wellness Reproductions and Publishing).

Relationship Crossword Puzzle

How much have you learned about healthy and unhealthy relationships? Use the clues below and your knowledge of relationships issues to fill in the words in the puzzle.

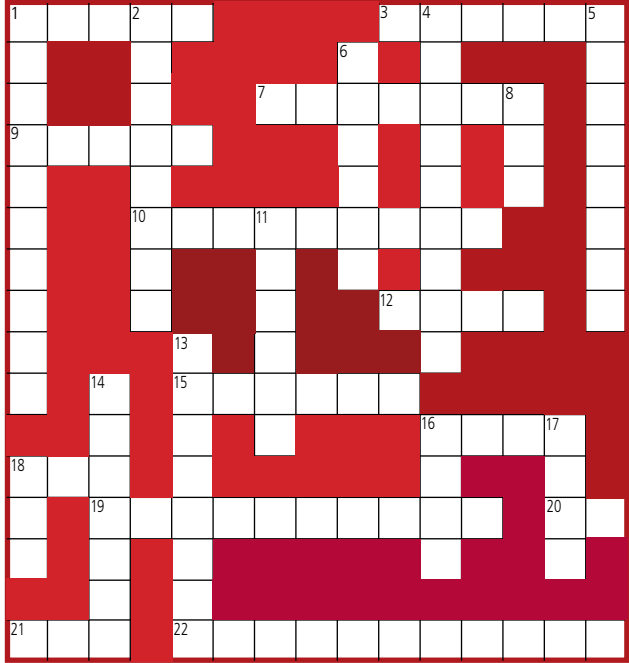


Across:

- An abusive relationship is based on one person trying to gain _____ and control over the other.
- It's like racism, but when a person is discriminated against based on their sex instead of their race.
- A person who is extremely _____ doesn't trust their partner. This is the number one warning sign of an abusive person.
- In a healthy relationship both people feel free to _____ their minds, but don't put each other down.
- A "Power & Control Tactic" when a person cuts his/her partner off from friends, family and activities.
- Date _____ is when someone you go out with forces you to have sex when you don't want to.
- When you convince someone to do something they don't want to do, using threats, manipulation, mind games, etc., you _____ them.
- One example of psychological abuse is playing _____ games.
- The best way to be sure someone agrees to have sex is to hear them say the word "_____".
- You can go to court to get an Order of _____.
- "No" means _____.
- A _____ line is a place you can call 24/7 to get help.
- Often abusers will tell their partners what to do, what to wear and who to hang out with as a way of _____ them.

Down:

- A person who acts like they own their partner is very _____.
- A healthy relationship is based on this, when both people have the same amount of value
- Put-downs, guilt trips, and humiliating one's partner are examples of this kind of abuse
- To act like abuse is "no big deal" is to _____ the abuse.
- Anyone who is in a violent relationship should develop a written _____ plan.
- A consequence of unsafe sex (abbreviation).
- In a healthy relationship, both people can talk and _____ to each other
- Using money to control one's partner is called financial or _____ abuse.
- In a healthy relationship, both people _____ each other's opinion even if they disagree.
- The stage in the Cycle of Abuse when the abuser is acting loving and kind, is the honey _____ stage.
- Often abusers will flat-out lie and _____ that the abuse ever happened.
- There are three parts of a relationship that need to be balanced: Me, _____ and Us.



what to Do?

What to do if sexual assault happens to you:

- ◆ Believe in yourself and know that you are not to blame. No one deserves to be sexually assaulted.
- ◆ Tell someone you trust. It is normal to feel a wide range of emotions over a long time.
- ◆ Get the medical attention you need
- ◆ Decide if you want to report the assault to the police or other authorities.
- ◆ Take time to recover. Talk to a counsellor for support. Your physical and emotional health and well-being are important.

What you can do to help someone who has been sexually assaulted:

- ◆ Believe her/him. Listen to her/him without judgement.
- ◆ Ask how you can be of most help to her/him.
- ◆ Encourage her/him, but **DO NOT** pressure her/him, to talk about the assault.
- ◆ Help her/him to make her own decisions. Don't "take over" for her/him -- she/he needs to regain a sense of control.
- ◆ Recognize your own feelings as separate from hers/him.



How can I reduce my risk of being drugged?

- ◆ Do not leave beverages unattended at parties or bars.
- ◆ Do not take beverages, including alcohol, from someone you do not know well and trust.
- ◆ At a bar or club, accept drinks only from the bartender or server.
- ◆ At parties, do not accept open container drinks from anyone.
- ◆ Be alert to the behaviour of friends, and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol may be in danger.
- ◆ If you or a friend feel dizzy, confused or have other unexplained symptoms after drinking a beverage, get to a safe place immediately by calling a family member, friend, the police or 911. If you think you have been drugged you should go directly to a hospital emergency room.
- ◆ When drinking alcohol in social settings, make arrangements with a friend so that you can leave together.



What can you do to avoid and prevent date and acquaintance rape?

Women

- ◆ Know that it's your right to decide whether, when and with whom you'll have sex. Set clear sexual limits before the date begins and communicate those limits. Be clear, honest and consistent in your verbal and non-verbal communications about sexual desires and limits.
- ◆ Trust your instincts. If you feel uneasy, uncomfortable or confused, give yourself permission to leave even if you fear you may hurt his feelings. It is more important to protect yourself. Get out of a dangerous situation as soon as you sense the danger.
- ◆ Be especially aware in social situations where a lot of alcohol and/or drugs are being consumed. Keep in mind that alcohol and drugs impair your judgement. Many assaults on women happen in those contexts.
- ◆ It is your right to set limits on what happens sexually. It's your

right to say no even if you've been attracted to someone or previously had sex with him or her. Be assertive. Don't let yourself be put in vulnerable situations.

- ◆ Expect acceptance and respect from all of your friends, including men you may choose to date or have sexual relationships with.

Men and Women

- ◆ Know which behaviour constitutes sexual assault.
- ◆ Fight for your rights. If you hear a sexist joke or comment, say something to challenge it. Examine your own behaviour and attitudes. Educate yourself to find out what you can do to create equality between men and women.
- ◆ Practise safe sex. This means always using a condom. Take responsibility for birth control. Talk about it with your partner.
- ◆ Don't use alcohol or drugs as a way to get sex. Intoxication is no excuse.
- ◆ Don't use force or threats of force to get someone to have sex with you. Don't intimidate someone with your body language or actions.

This page reprinted from "Sexual Assault Awareness for Teenagers"



Pregnant or think you Might Be?

Seeing your health care provider early in your pregnancy and then regularly throughout your pregnancy is very important!

One of the tests you will get is for sexually transmitted infections (STIs). Even if you've had the same partner for a long time, you should be checked. STIs in pregnant women can increase your risk of:

- miscarriage
- baby being born too early
- stillbirth

Some infections can be passed to your baby during pregnancy through the placenta or during the birth. Newborn infections may cause long-term health and developmental problems or may even be life threatening. **Most of these problems can be prevented if pregnant women receive prenatal care.**

Often there may not be any signs or symptoms of having a STI so it is especially important to see your doctor or nurse practitioner as soon as you are pregnant!

Whether pregnant or not the best way to avoid a STI is to abstain from sexual activity or to be in a monogamous relationship with a partner that has been tested and is not infected. Condoms when used correctly can reduce the risk of getting a STI.

For the Guys...

Boys and men can be victims of sexual assault and sexual abuse.

- Most assailants are men, but sometimes boys are sexually abused by women.
- Research tells us that about one in seven boys will experience at least one incident of unwanted sexual touching before they are 18.
- The assailant may be a family friend, a coach, a teacher, a babysitter... someone who is in a position of trust or authority.
- Being sexually abused as a child can have long-term negative effects.
- Sometimes it's hard for guys to ask for help. It's important to get whatever support you need to recover from a bad experience in childhood. Talk to someone you trust about what's happened. Maybe it's a good idea to work with a counsellor to sort out what you need.
- More men are speaking out about the abuse they've experienced. Former NHL hockey star, Theo Fleury, has written a book (Playing with Fire) about what happened to him as a result of being abused by his hockey coach.
- When men are sexually assaulted as adults, it is almost always by men. Some people think a woman can't sexually assault a man. But if a woman has more power in a relationship, she can abuse that power to pressure the man sexually. If things happen that the man didn't want and didn't agree to, that's sexual assault.



Of course, men need to think about their responsibility to be respectful of their sexual partners.

- If you want to be sexual with someone, ask first. Don't put pressure on a woman to have sex. You can have a successful social encounter without "scoring". Don't assume you have a right to have sex with a woman just because you want to.
- If you don't get a clear response, don't go any further. Uncertainty does not mean "yes". Don't assume you know without asking if a woman wants to have sex. Speak up if you feel you're getting a double message from a woman. If you are still confused, don't have sex with her.
- Listen respectfully and respond. If a woman says "no", she means no. Stop whatever you're doing. Don't assume you have a right to control what happens sexually.
- Don't use any kind of pressure, coercion or manipulation to get someone to have sex with you.
- Don't assume that because you have had some sexual contact, more is okay. Just because you think a woman has been friendly or flirtatious doesn't mean you can have sex with her.
- Don't intimidate a woman with your body language or actions.

Did Something Happen when you were a Kid?

Unfortunately, many children suffer abuse from the adults in their lives - physical, emotional and sexual

- Any time an adult uses a child for their sexual gratification, this is abuse.

- Sexual abuse may involve physical touching, or a visual or verbal interaction in which the adult sexualizes the child or adolescent.

- About one in four girls, and one in seven boys, will experience some form of sexual abuse in childhood or adolescence.

- It is against the law for an adult to sexually touch a child or to make the child sexually touch them or someone else

- Sexual abuse may be committed by a person under age eighteen when that person is either significantly older than the victim, or when he or she is in a position of power or authority over the child or teenager.

- “Incest” refers to sexual abuse committed by a person who is a blood or legal relative of the victim.

- When children are sexually abused, it is usually very hard for them to grow up feeling okay about themselves and their relationships, unless they get help to recover from those experiences.

- Sexual abuse can cause serious difficulties in later life: low self-esteem; phobias; “flashbacks”; eating disorders; depression; anxiety; distorted body image; addictions; memory difficulties; chronic pain; relationship difficulties; sexual difficulties.

- You have a right to speak out about your abuse and get help, whether it happened once or many times.



If you were sexually abused, it is not your fault. Sexual abuse is always the adult's responsibility.

For support contact the Sexual Assault Recovery program at
Huron Women's Shelter 1-800-265-5506 or 519-524-5333

Sexting isn't Sexy

Information in part supplied by Kids Help Phone www.kidshelpphone.ca



Have you ever laughed at embarrassing photos of someone online? Ever received an upsetting text from someone you don't know?

What's the big deal?

Cyberbullying can happen day or night. You might turn off your phone and computer, but the hurtful messages will be waiting for you the moment you turn them back on. Being a target is scary and isolating. Many teens are afraid to tell anyone they're being cyberbullied because they're afraid they will lose their online privileges. It doesn't have to be that way. You can choose to be safe.

Are you cyberbullying?

If you've ever sent a cruel email or text, posted pictures of someone online without permission, or said nasty things about someone on a blog, you have cyberbullied. It might seem harmless, but the consequences for the person getting cyberbullied can be very serious.

What about sexting or cyber sexual harassment?

Sexual harassment can include unwanted phone calls, e-mails, letters.

You have the right to speak up about inappropriate behaviour that is making you feel uncomfortable and to get support.

Sexual predators are people who try to get you to trust them and then betray that trust. They might have an online chat with you for a few days or weeks before asking you to meet them somewhere by yourself, or trying to get you to take off your clothes in front of a webcam.

Did You Know?

Some forms of online bullying are considered criminal acts. *Sharing explicit photos of other teenagers can be considered distribution of child pornography or possession of child pornography and can lead to being arrested.*

Is this cyberbullying?

Cyberbullying involves using any kind of technology to hurt or intimidate another person, their reputation, or their relationships. Here are some examples of cyberbullying:

- Sending hurtful emails or texts
- Harassing other players in online video games
- Posting embarrassing photos without permission
- Creating blogs to make fun of someone
- Inventing fake pages on social networking sites like Facebook, to ridicule someone
- Rating people in online polls

What can I do about it?

- If you feel tempted to hurt someone online, find something else to do. Turn off your computer and take a walk.
- Move the computer to another room where other people can see it
- Always ask for permission before posting pictures of someone else
- Think before you hit "send."
- Call Kids Help Phone and speak to a counsellor: 1-800-668-6868.

Why should I stop?

- Think about the consequences. Cyberbullying can make you the centre of intense gossip at school, or get you into serious trouble.
- If you cyberbully, people might not want to know you-online or in real life
- Cyberbullying is wrong. You can get into trouble from the police.
- Just because someone has cyberbullied you doesn't mean you should cyberbully, too. Have the courage to break the cycle.
- Cyberbullying isn't funny. People who are cyberbullied feel frightened, alone, or ashamed. Would you like feeling this way?

where to
Turn
for
Help



Huron Women's Shelter, Second Stage Housing and Counselling Services
24 Hour Crisis Line : 1-800-265-5506

Victim Services of Huron
1-866-863-4108

Huron OPP Emergency Response – 911
Detachment Office 1-888-310-1122

Huron Perth Centre
519-482-3931

HIV/AIDS Network of Huron County
519-482-1141

Huron Perth Children's Aid Society
Huron: 1-800-265-5198
Perth: 1-800-668-5094

Huron County Health Unit
519-482-3416

Kids Help Phone
1-800-668-6868

Huron Safe Homes for Youth
1-800-361-1640

Sexual Assault Crisis Line
1-800-265-5506

Sexual Assault Counsellor at Huron Women's Shelter
School Guidance Counsellor, Clergy Member, or Trusted Adult