



Talking About It

Talking with our partner(s) can lead to sexual experiences that feel good and safe for everyone. We can talk about:

- › What feels good for us and for our partner(s)
- › Sexual things we do or don't want to try
- › Ways we give, ask for, and take away consent
- › Birth control or preventing and managing STIs

These conversations can feel hard to start, so try sharing this list with your partner(s). If the discussion does not feel safe, you can take a step back and think about where you might find support.

Feeling Safe

We all have the right to feel safe in our bodies and relationships.

Many of us have had experiences that violated our boundaries. No matter what, it is never our fault and it is okay to respond in different ways. We may not:

- › have the words to describe what we've experienced,
- › remember what happened clearly,
- › want to tell people what happened to us,
- › have clear feelings about the person who hurt us.

Your pain is real and matters and healing is possible.

Our Wellbeing

Abuse and sexual harm can affect our mind and body:

- ✗ The way we feel about our bodies
- ✗ Eating or sleeping differently
- ✗ Feeling anxious, depressed, a loss of control and/or safety
- ✗ Using substances more often or less safely than we would like
- ✗ Pelvic and genital pain or irritation

- ✗ Impacts to our immune system, digestion problems, or other pain

Seeing this list may be overwhelming but support is available and healing is possible.

Finding Support

Talking with a counselor, survivor advocate, healthcare provider, or friend can be a first step. Remember:

- Answering questions and sharing information is always your decision,
- If you choose to talk to a healthcare provider, you are in charge and can advocate for what you need,
- Note: some campus staff, like professors, RAs and coaches, are required to report incidents of abuse.

Healing is not a linear journey. It is important for us to practice patience and compassion with ourselves as we go through such a difficult experience.

Supporting a Friend

Are you worried about a friend being controlled or hurt?

- Tell them what worries you and that you care about them,
- Listen and believe them,
- Let them know support is available and give them this card – they get to decide what they do next.

Are you concerned that a friend may be hurting someone else?

- ask for clarification and share your concerns
- interrupt harmful jokes
- step in if a person is trying to hook up with someone who is too drunk or high to give consent
- share the Call for Change helpline that is on the back of this card

We all know people who have experienced violence or been violent. We help people in our community to get the support they need.

Confidential and free support:

Natl. DV Hotline (24/7)
safety + support
text "START" to 88788
800-799-SAFE (7233)

A Call for Change
for preventing harm
10am-10pm ET
877-898-3411



more info here!



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