

NAME



CONSENT
is
SEXY

love
is LOVE is LOVE is LOVE

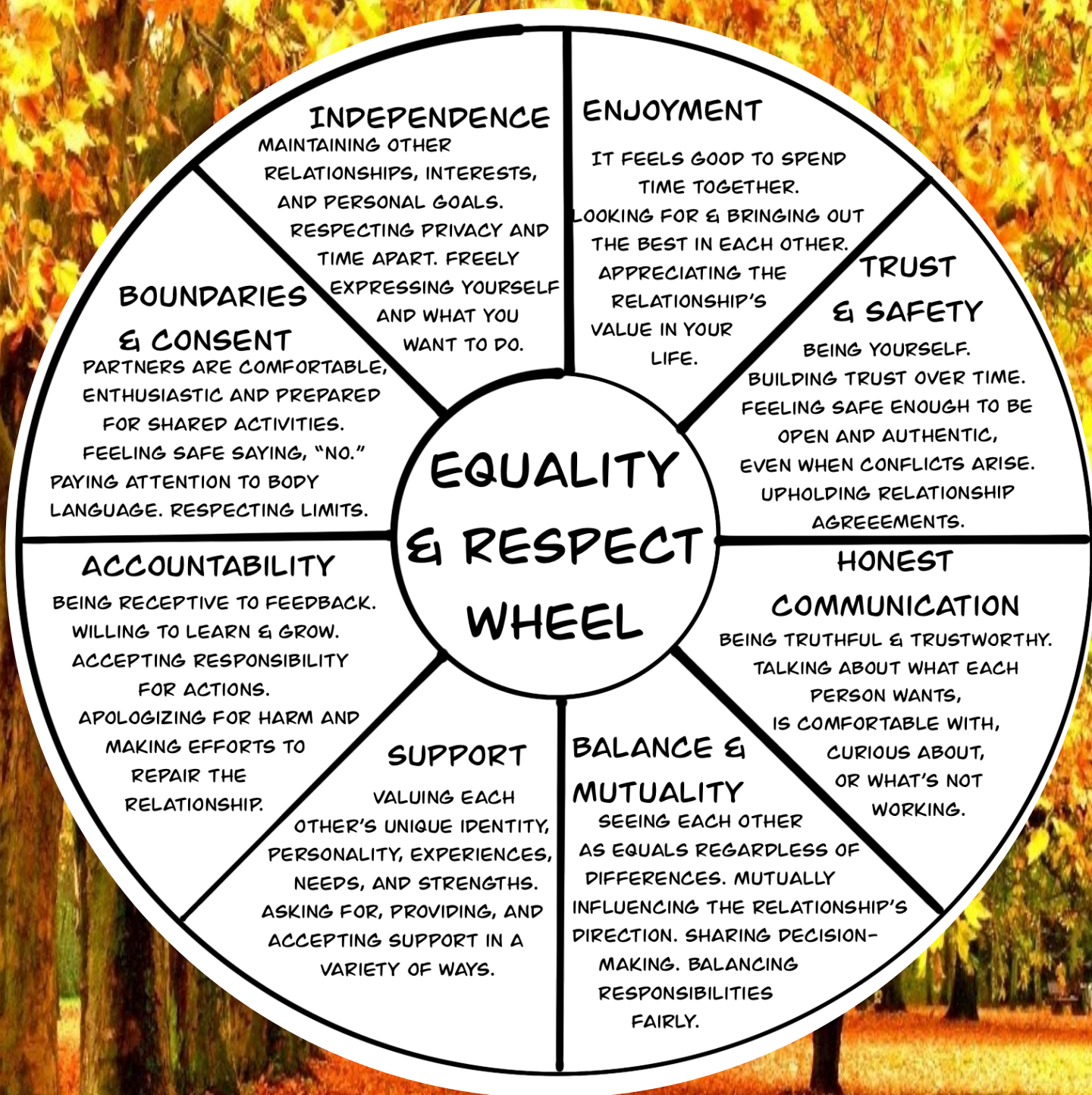
NEW BEGINNINGS

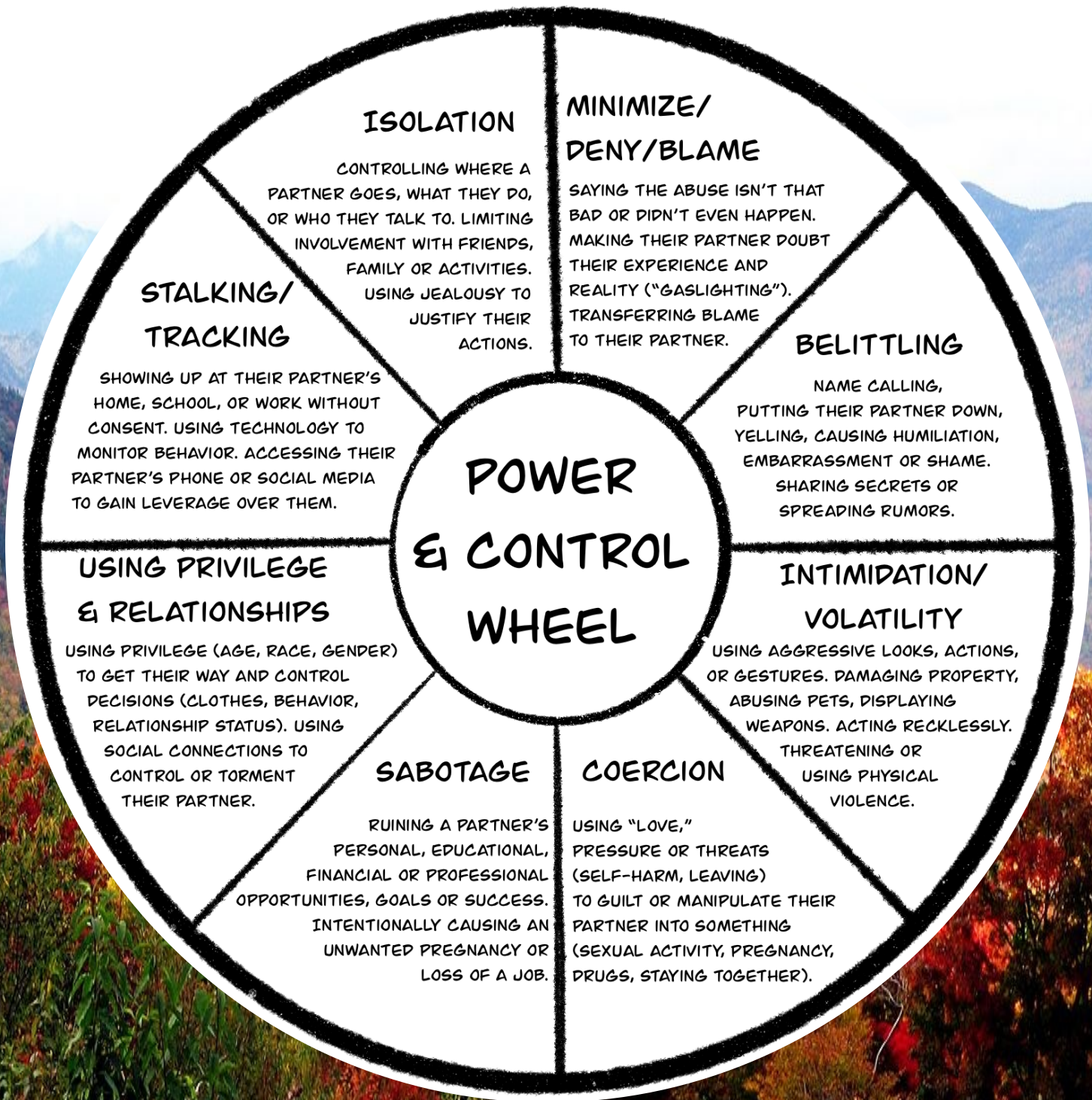
GUSHIN

xoxo

R-E-S-P-E-C-T!

SELF
love
comes 1st





How do I want to treat
and be treated by
other group
members?

What am I most excited
about learning in this group?

What do I enjoy most about
being a young person?

What do I dislike the most about
being a young person?

ISM

(type of oppression)

TARGET

(less power in society)

AGENT

(more power in society)

RACISM

People of color

White people

CLASSISM

Low-income, working class

Middle/upper class, wealthy

SEXISM

Transgender, gender queer, cis women

Cis men

HETEROSEXISM

Lesbian, gay, bisexual, queer

Heterosexual, Straight

ABLEISM

People with disabilities

Neurodiversity

Able-bodied

Neurotypical

AGEISM/ADULTISM

Elders, young people

Adults

NATIONALISM

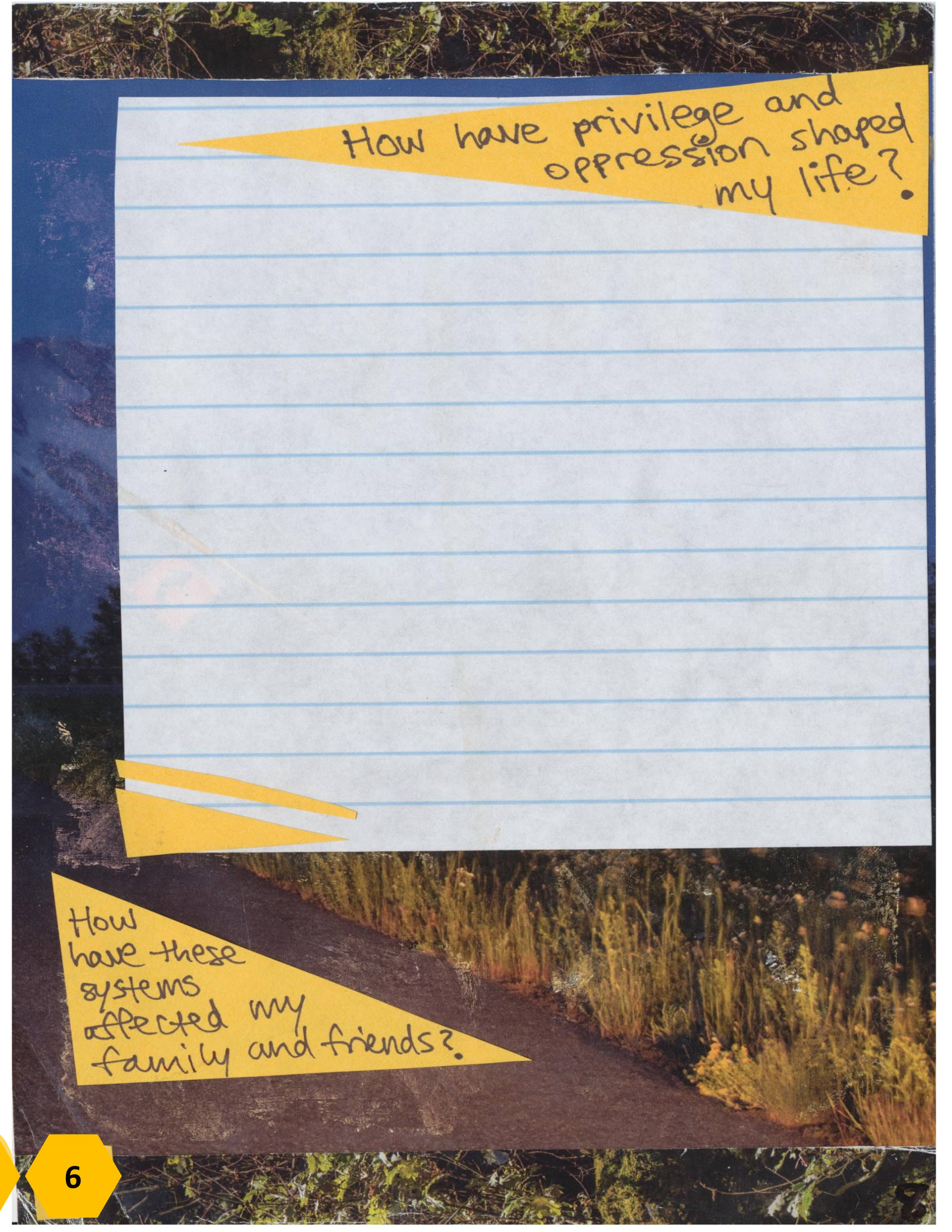
Foreign-born

Born in the United States

RELIGIOUS DISCRIMINATION

Muslims, Jews, Hindus, other religions

Christian, not religious



How have privilege and
oppression shaped
my life?

How
have these
systems
affected my
family and friends?

GENDER: the characteristics or behaviors a society defines as masculine or feminine.

Gender is socially
constructed.
(based on the
messages our society
sends us about
what it means
to be a
GIRL or **BOY**)

WHAT'S IN YOUR GENDER BOX?

How
can
you
break
free
from
the
box
?

TRANS

RIGHTS

ARE

HUMAN

RIGHTS



The Gender Unicorn

Gender Identity



- Female/Woman/Girl
- Male/Man/Boy
- Other Gender(s)

Gender Expression



- Feminine
- Masculine
- Other

Sex Assigned at Birth



- Female
- Male
- Other/Intersex

Physically Attracted to



- Women
- Men
- Other Gender(s)

Emotionally Attracted to



- Women
- Men
- Other Gender(s)

Graphic by:

TSER

Design by Landyn Pan and Anna Moore

How do you feel?

Powerless,
Demeaned,
Ugly

Flattered,
Attractive,
In Control

SEXUAL
HARASSMENT

How is your
self esteem?

LOWER

HIGHER

SEXUAL
HARASSMENT

FLIRTING

SEXUAL HARASSMENT:

(MAY INCLUDE)

- Insults
- Sexual Touching
- Threats
- Suggestive texts
- Sexual comments and jokes
- Spreading rumors about someone's sexual orientation, sexual activity
- Asking for favors

What does sexual harassment look like at my school?
How could I intervene?

What are some ways I can flirt without making that person feel uncomfortable?

HOW TO:

♥ FLIRT ♥ IN HEALTHY WAYS!

DO!

NOTICE
BODY LANGUAGE

UPLIFT
THE PERSON

SHOW INTEREST
IN HOBBIES + LIKES

Stronger Together

WHEN NOT TO
FLIRT?

- * THEY HAVE HEADPHONES ON
- * THEY ARE DOING HW/ OR READING
- * THEY SEEM SAD OR SERIOUS
- * THEY SAY THEY HAVE TO GO
- * LAUGHING & ALWAYS FUN.

DON'T!

TEASE IF YOU
ARE NOT SURE THEY
WILL LIKE IT

MAKE IT ALL
ABOUT YOURSELF

EXPECT FLIRTING
BACK - THEY DON'T
HAVE TO!

FLIRTING STYLES!

COMPLIMENT

"Your jokes
in class
today cracked
me up, you're
really funny!"

PLAYFUL

"You must be
WiFi, cuz
I'm feelin' a
connection."

CONVERSATION

"I noticed you
play soccer too!
Did you see
the game last
night?"

HOW TO: HANDLE REJECTION

HOW TO SAY "NO" (KINDLY):

- * "No, thank you!"
- * "I've been really busy."
- * "My Mom doesn't want me dating."
- * "Sorry" is optional!

REJECTION REPLIES:

- * "Ok, let me know if you change your mind!"
- * "Thank you for being honest with me!"
- * "Not what I was hoping to hear, but ok. Later!"

You're a better ear when you put love and intention into your listening.



* You are responsible for how you react to your emotions

REFLECTION...

What can I do if I am rejected?
Who can I talk to if I'm sad?

So you've been rejected....

Why would someone turn me down?

* too busy/stressed

* interested in someone else

* Just not that

* you might never know, that's ok.
No one owes you an explanation

in to you... that's ok!

*What boundaries
are important
to me?*

EMOTIONAL

- 1.
- 2.

PERSONAL

- 1.
- 2.

PROCESS

- 1.
- 2.

ENVIRONMENTAL

- 1.
- 2.

PHYSICAL

- 1.
- 2.

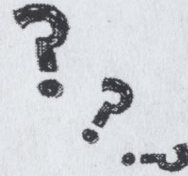
Qualities
I value in
someone
I'm dating:

- 1.
- 2.
- 3.
- 4.
- 5.



≡ Breaking up is a
normal part of
dating ≡

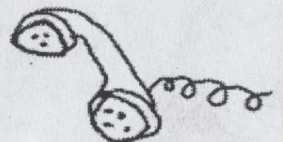
1. Believe your friends' story.
2. Make sure they're safe.
3. Let them know that they don't deserve to be abused. No one deserves to be abused. No one "asks for it."
4. Ask them a lot of questions to get them to think about the problem.
 - Do you think they have a right to decide who your friends are and how you should act around them?
 - How does their jealousy make you feel?
 - Are you afraid of their anger?
5. Ask them what their options are and what they can do (such as stay, leave, talk to their partner, get advice from a professional).
6. Let them know that abuse almost always gets worse over the course of a relationship. If the abuse is going to stop, then the person being abusive has to be willing to take actions to stop.
7. Encourage them to seek help. (Use community and personal resources.)



How
to
help
a
friend
who
is
being
abused

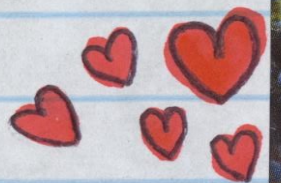
How
to
help
a
friend
being
abusive

1. Let them know that their behavior is *not* okay.
2. Tell them specifically what is abusive.
3. Let them know that they do have the ability to control their responses to anger, frustration, and pain.
4. Ask them a lot of questions to get them to think about their behavior and how their actions make their partner feel.
5. Help them see what will happen as a result of their violence.
 - Their partner will be afraid of them.
 - Their partner won't trust them.
 - Their partner may even leave them.
6. Support them in getting help and trying to change (use community and personal resources).



Dear _____,

Sincerely,





DIRECT

In the moment, directly intervene to prevent or stop the situation from happening.

DISTRACT


Divert attention from the situation. Interrupt without confronting the bully.

DELEGATE

Seek help from a friend, teacher, or anyone else in a better position to help.

What could I say
or do to interrupt
bullying

from each of the
3 D's?



SIGNS TO STOP:

- You intend to have sex no matter what
- You or your partner is intoxicated
- Your partner is falling asleep or passing out
- Your partner **stops** or is non-responsive

SIGNS TO PAUSE:

- You aren't sure what your partner wants
- You feel like you're getting mixed signals
- You haven't talked about what you want
- You assume you'll do the same thing as before

SIGNS TO CONTINUE:

- Partners come to a mutual decision about what they want
- Partners clearly express their comfort with the situation
- Partners feel safe and comfortable stopping at any time

My commitment
to making a
CHANGE

A vertical ivy branch with green, heart-shaped leaves runs down the left side of the page.

RESOURCES

New Beginnings Teen Portal

Teen.NewBegin.org

preventabuse@newbegin.org

One Love

JoinOneLove.org

Love Is Respect

LovelsRespect.org

1.866.331.9474 or text LOVEIS to 22522

Sample Safety Plan: loveisrespect.org/personal-safety/create-a-safety-plan

National Teen Dating Violence Hotline

1.800.799.7233

Teen Link

TeenLink.org

1.866.833.6546



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That's Not Cool

ThatsNotCool.com

WA State Coalition Against
Domestic Violence

WSCADV.org

National Domestic Violence Hotline

TheHotline.org

1.800.799.SAFE (7233)

Northwest Network of Bisexual, Trans, Lesbian &
Gay Survivors of Abuse

NWNnetwork.org

206.568.7777

Lifewire (24/7) (Serves East King County)

Lifewire.org

1.800.827.8840

100Conversations.org

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Any of these are warning signs of abuse. Want to talk?
Please call our **24-Hour Helpline at 206-522-9472**
or visit **www.newbegin.org**

IF YOUR PARTNER:

- Says "I love you" very early
- Always wants to know where you are
- Gets jealous for no reason
- Is angry when you don't respond right away to calls or texts
- Doesn't let you see family or friends
- Controls your money
- Calls you hurtful names
- Checks in with you at work more than you'd like
- Says they will hurt you, someone you love or your pet
- Says they can't live without you
- Physically hurts you or forces you to have sex