



Healthy Relationships

Guiding Our Girls

* Trigger warning - Relationship dysfunction, abuse, including rape, is discussed throughout.

Presentation Guide

- Recognizing Unsafe & Safer People
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- Talking With Your Child If Suspecting Abuse
- Things to Know About Sexual Assault
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- What to do if Raped
- Rebuilding Life

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01 Recognizing Unsafe & Safer People

Safer Relationships

People that encourage us to be and become our best are safer to be in a relationship with. A relationally safer person is able to be connected yet gives space for both people to be themselves and knows they are responsible for their own emotional wellbeing, not the other person.

Below are traits of safer or healthier people to have a relationship with compared to those who are less safe. It's helpful to think of this as a spectrum from less safe to more safe.

Unsafe/Less Safe

Think or presents as having it all together
Is defensive
Is self-righteous
Apologizes but keeps repeating the same mistakes
Avoids working on their problems
Demands trust
Acts perfect
Blames others
Lies
Is stagnant
Avoids emotional closeness in relationships
Concerned mostly about the needs of self
Unsympathetic to others' pains or emotions
Can't or doesn't set or respect boundaries
Confronts with guilt, shame or not at all
Condemns
Creates parent/child, superior or inferior relationships
Unstable overtime (more and more unreliable)

Safer

Admits their weaknesses
Are open to feedback
Are humble
Apologizes and seek to change their behavior
Deals with their problems
Earns trust
Admits their faults
Takes responsibility for their actions
Tells the truth even when it hurts
Grows
Seeks for emotional closeness
Concerned also about the needs of others
Sympathetic to others' pains or emotions
Allows people to say "NO" and respect it
Confronts with truth in love and grace
Forgives
Desires and creates equality inter relationships
Consistent overtime (very reliable)

Unsafe/Less Safe

Negative influence on those in relationship
Gossips
Envious
Relationally independent or dependent
Entitled
Self-harming or self-destructive
Struggles with intimacy (closeness)
Insecure with attachment
Lives in Law
Seeks to control others or be controlled
Rejects bad parts of self and good parts of others. Or focuses on good parts of self and bad parts of others.

Safer

Positive influence on those in relationship
Keeps others' secrets confidential
Genuine happiness for others' success
Relationally interdependent
Humble, giving and serves others
Practices healthy self-care
Pursues healthy intimacy (closeness)
Feels secure with attachment
Lives in Grace
Controls self
Accepts self/others as whole with both good and bad parts.

From: Safe People by Dr. Henry Cloud & John Townsend

Discussion Guide

Read through the traits and chat about:

- What stands out the most?
- What emotional reactions do you have when reading this?
- Do any of these traits seem similar to relationships in your life?

- What types of body sensations do you get in any of these unsafe dynamics? (Does your heart beat faster? Do you fidget more? This is your body telling you something to listen to.)
- What would you like to do different in connecting with others?
- What are warning signs you want to

02 Signs of Narcissism

What is a Narcissist?

This term is used to describe a set of traits a person displays, and also part of a personality disorder, Narcissistic Personality Disorder (NPD).

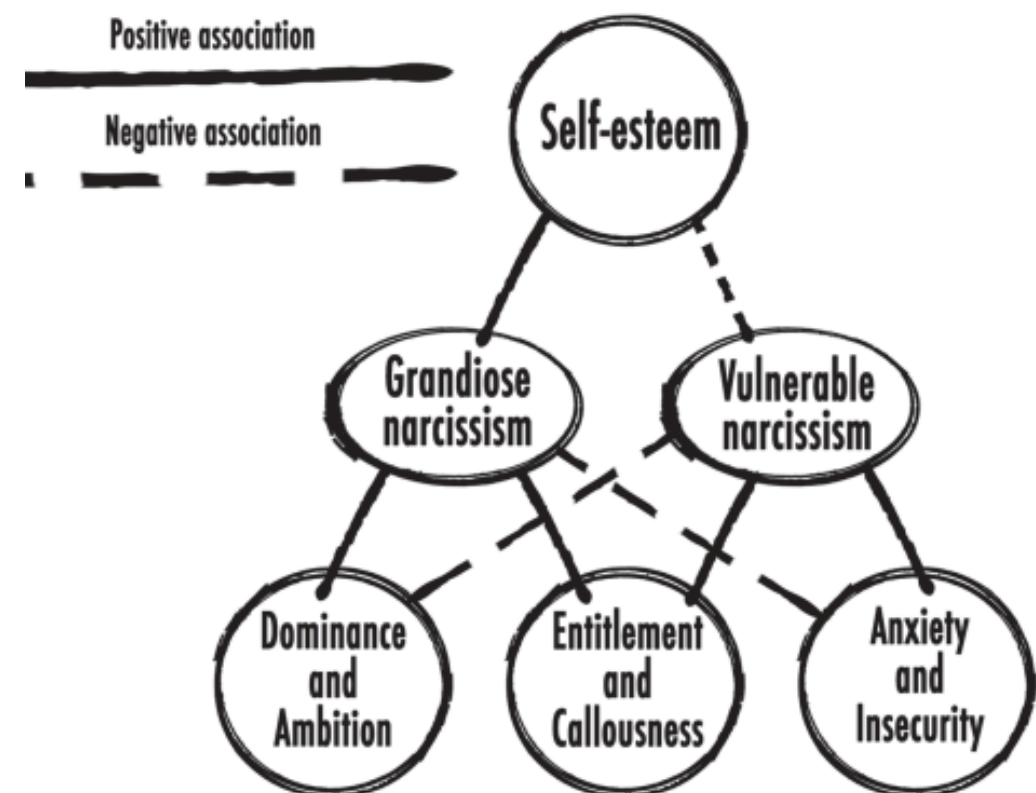
As we live in the age of entitlement, most people will display some degree of narcissism but do not have NPD. NPD is complex and an extreme set of narcissistic traits. Outside of NPD are narcissistic characteristic traits. Unfortunately these words are often used interchangeably, but are not the same. These handouts refer to traits of narcissism, not NPD.

At it's core narcissism is about:

1. Self-importance - believing they and their needs matter more than others. Tend to be extrinsically motivated.
2. Antagonism - putting self up and others down. (Bragging, bullying, showing off, dominance, demanding respect, stewing that others about what they deserve or how they were mistreated, etc.)
3. Sense of entitlement - believing that since they matter more they deserve to be treated that way.

There are 2 types of narcissism: *Grandiose Narcissism* and *Vulnerable Narcissism*, although people can display a mixture of these traits. The core of narcissism remains but it presents in different ways. These traits can be seen everyone from a good-looking athletic jock to a gamer or geek.

Grandiose and Vulnerable Narcissism



03 Two Types of Narcissism

Vulnerable Narcissism

These people tend to be:

1. Introverted
2. Depressed
3. Easily hurt by others criticism
4. Low self-esteem but see themselves as deserving special treatment.
5. Want others to build their self-esteem.
6. They are often described as infantilized spoiled child, thin-skinned, hypervigilant, shame child and shy.
7. In relationships they appear needy and insecure in the attachment, seeking reassurance from their partner.
8. Harder to identify.

Examples:

Woody Allen as Alvy Singer in *Annie Hall*. George Costanza in *Seinfeld*.

Effect on the relationship: The partner may feel needed and helpful at first. Then over time, sometimes years, the burden of building their partners self-esteem can weigh them down. The partner is left without the emotional support they might need in their life. Additionally the person the vulnerable narcissism traits may be offended by the slightest criticism and withdraw from the relationship.

Grandiose Narcissism

These people tend to be:

1. Ambitious
2. Driven
3. Charming
4. Boldness that draws people to them (but later often repels people because of the self-centeredness and lack of empathy.)
5. High self-esteem, generally feel good about self.

“They become reactive in the face of a threat. In addition, they don’t typically feel sad or depressed, but instead, aggressive and angry. They lash out at those they believe are criticizing them or treating them unfairly” (Campell, 2020)

These are people you will see more them in your life: we work for them, often date them and are entertained by them.

Examples:

Tony Stark in *Iron Man*, Gilderoy Lockhart in the *Harry Potter* series, Gaston in *Beauty and the Beast*, Miranda Priestly in *The Devil Wears Prada*.

Effect on the relationship: Grandiose narcissists believe that they are in control of the relationship (e.g., game-playing, the principle of least interest) and feel at liberty to treat their partner in whatever way most benefits the narcissist (e.g., low commitment, infidelity, aggressive behavior). Rates of cheating are highest among those with grandiose traits.

04 Types of Narcissism - Examples



Grandiose Narcissist:
Outgoing & Charming

Your favorite blogger talks about the high-status people she meets and the fancy places she goes. She nam-drops constantly, and you get the sense that she sees herself as superior to most people. She expertly turns conversations back toward herself and her experiences, no matter the topic. However, she is also charming and entertaining, which makes her likable despite her self-centeredness. You think that you two could be friends.



Vulnerable Narcissist:
Insecure & Depressed

An acquaintance of yours is shy and insecure. He seems depressed but at the same time a bit full of himself. He wants everything done his way, doesn't show a lot of compassion for others, and complains that people don't realize how smart he is. You have talked to him about his depression, but he can't take responsibility for it. To him, all of his problems are a result of the unfair treatment the world has given him. If only the world recognized his brilliance, everything would be okay.



Combination of the two:
Arrogant & Defensive

Your coworker uses his Twitter account to brag about his accomplishments at work, although you don't consider them to be as significant as he does. He belittles coworkers and is incapable of showing gratitude to others who help him with his projects. He expects special treatment, and when he doesn't get it, he is mean and vindictive. Some people call him "prickly" because he is so reactive to criticism. Despite all of these flaws, the boss likes him. He is seen as a go-getter, but you see him more as a suck up.

Guiding Truths

As part of preparing to find people who are safer to form healthier relationships with the following principles apply:

1. We can be okay if everyone doesn't like us. We are still of worth. We don't need everyone to like us.
2. We can speak up with boldness. (Examples: Jesus, Mother Theresa, Gandhi, Buddha.)
3. In relationships, including dating, it needs to be good, feel good and make sense in both feeling and logic.
4. To see red flags, we have to be willing to look at situations from different perspectives.
5. Character Discernment is a skill to be developed. The skill of discerning if someone is a safer or less safe person. Discerning takes time.
6. Boundaries are healthy! It is understanding of what we will allow in our lives. It is our job to hold our boundaries. Boundaries are not controlling people.
7. Are you the romantic, trusting, naive type, and unwilling to put people through the test of time? You are especially vulnerable to being with an unsafe person. Character comes out over time.

8. **Safety breeds safety.** Safe people make us better people for being around them. Consider, does the relationship make us more critical? Aloof? When around that person do your other relationships suffer?
9. The first theme of a relationship is Connection.
10. The second theme in a relationship is separateness. It builds healthy loving relationships. "We" is still you and me. Two individuals. We want to protect the separateness of the other person. Separateness is the ability to maintain emotional, physical and spiritual property lines between you and others. Separate people take ownership for what is theirs and do not take ownership for things that are not theirs. When we are separate we bring good things close and keep away those things that aren't good.
11. Love withers and dies without separateness. It is simply impossible to connect if we are not free to disagree. That type of love would be compliance and people pleasing. It is not real love. It's trying to win love. We need to be able to respectfully disagree. Test the safety of a relationship. Try it out by disagreeing respectfully and see what happens.
12. A piece of staying safe in relationships is dealing with any fears of aloneness and become assertive.

From: Safe People by Dr. Henry Cloud & John Townsend

Discussion Guide

- What do you notice in this information on narcissism and safe people?
- Who are examples in media of vulnerable or grandiose narcissism and what do you think of the individual? (Examples: the groom in Monsters vs. Aliens; the Lemur King in Madagascar; Michael & Dwight in The Office)
- What relationships in your life do you think are safer or healthy?
- Out of your friendships are there any who are less safe or displaying traits of narcissism?
- In what ways might someone with narcissistic traits pressure you?
- What challenges do you think a partner of a grandiose or vulnerable narcissism would face in a long term relationship?
- How do you want to respond when someone in your life displays traits of narcissism? What if it is:
 - Your boss
 - A classmate/coworker
 - A friend
 - Someone your dating or marry
 - A family member
- Role play responding to someone pressuring you and what you want your self talk to be afterwards. (Practicing builds confidence and skill.)
- How would you like a parent to bring up if they are concerned you might be in a relationship with someone who has narcissistic traits?
- Which of the guiding truths would you like to become strong in?

Tips For Making These Conversations Go Better

- Chat with an easy manner. Monitoring your own emotional responses and intensity. Take a break to calm if needed.
- Chat often. Chat in relaxed settings.
- Do activities with your child, especially things your child is interested in.
- Have someone you can talk openly with about these topics yourself and support regarding talking with your child.
- Help your child know they are not in trouble during these chats.
- Be a guide and listener not a lecturer. Allow them to explore their own perspectives.
- Be okay with silence, give them time to think.
- Ask their opinion, how things make them feel in their body & emotions.
- Avoid being critical or judgmental of other people.
- Express appreciation for the sharing of thoughts, feelings, experiences and opinions.
- Keep the information shared within appropriate limits of confidentiality.



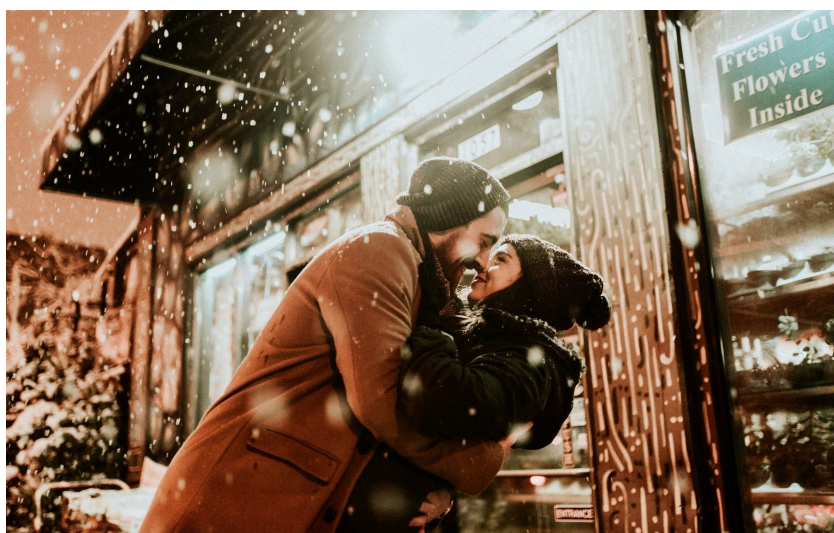
Dating Apps

Whether a highly rated app, an app designed for religious groups to find people of similar values, dating apps have hazards. Prepare your child with knowledge that:

1. They will be propositioned for making out, blow jobs, hand jobs, sexting, exchanging sexual pictures, sex, etc. For some, these may be the only people who are reaching out to them on the dating apps.

Example: “Hi. Do you want to get together and make out with me and my twin brother. You won’t even know who you’re making out with.”

2. They may be told hurtful things, especially if refusing to engage in certain ways.
3. They will be ghosted (suddenly the person not responding) at times by people they felt connected with.
4. They will be “matching” is often based on appearance.



Physicality

Many teens and young adults are caught off guard when they find their date, even a first date or blind date, wants to kiss, make out or go further on early in the relationship, or even the first meeting.

Educate your child that this might happen and rehearse how they would like to respond. Discuss what they think of this. Help your child notice sexual feelings and arousal as normal but that they do not have to be acted on. Learning to be mindful of the sexual desires can be helpful in developing healthy views of sexuality and self control.



Boundary Violations

Many assume the other person will know they do not want to:

1. Engage physically
2. Only progress intimately to certain points

Unfortunately, not everyone sees things the same way. We seek to do what we can to protect our “no” and communicate our “yes”. Yet, if someone does not respect a no and continues to act in a violating way it does not mean it is the victims fault.

Learn to Have Boundaries - Holding a boundary is not about getting others to act in a certain way but is about the individual choosing what they will and will not do when someone does something they are not okay with.

For example if a person has a boundary to not drink yet there is alcohol served at a party, they get to decide what they will do in response to protect their boundary.

Discussion Guide

Dating Apps

- What do they look for when choosing who to engage with on a dating app?
- How could dating apps and the possible interactions affect their view of self?
- How to they would like to respond to these situations?
- What type of red flags are they looking for in online dating?
- What safety guidelines do they want to follow if meeting someone from an app?
- Staying safe in dating means using others to help warn of hazards, staying close to those you have trusted over time and being open to their feedback. How can we maintain communication to do this?

Physicality In Dating

- What type of physical engagement are you comfortable with?
- Role play what to do or say if someone wants to go further than you are okay. Role playing helps the brain and body practice how to respond.
- How can physicality early in the relationship help the relationship? How can it interfere in the relationship?
- Identify now ways dating relationships can be disused. As a parent learn from your child what would make it easier for them to talk with you.
- Do they know what to do if they chose to be sexually active to increase their protection from pregnancy and sexually transmitted diseases?

Boundary Violations

- What are overt and subtle ways their boundaries are violated?
- What responses are appropriate or inappropriate if someone is violating your boundary?
- How do you try to respect others boundaries?
- How do you express that you would like someone to change?
- Teach assertive communication. This includes:
 - Asking for what you want and saying no clearly. Do not assume others will figure out what you want.
 - Appearing confident - eye contact, tone of voice.
 - Being fair to self and others.
 - Sticking to your own values.
 - No apologizing for things that do not need to be apologized for - we don't apologize for existing, having an opinion or making a request.

Red Flags

Things to look for in relationships:

Are they living up to their commitments to me?

Are they here for me only when I am here?

Do they tell me no when they don't have time?

Do they make promises they can't keep?

Am I the last in a string of broken relationships?

Do others warn me about their pattern of relating?

Cope Ahead Skill

The Cope Ahead skill is intended to have us consider how we might be prepared in some way to help us reduce stress ahead of the time. Additionally, we rehearse the plan ahead of time so that we are prepared to cope skillfully with emotional situations.

1. Describe the situation that is likely to prompt uncomfortable emotions. Check the facts. Be specific in describing the situation. Name the emotions and actions likely to interfere with using your skills.
2. Decide what coping or problem-solving skills you want to use in the situation. Be specific. Write out in detail how you will cope with the situation and with your emotions and action urges.
3. Imagine the situation in your mind as vividly as possible. Imagine yourself in the situation now, not watching the situation.
4. Rehearse in your mind coping effectively. Rehearse in your mind exactly what you can do to cope effectively. Rehearse your actions, your thoughts, what you say, and how to say it. Rehearse coping effectively with new problems that come up. Rehearse coping effectively with your most feared catastrophe.
5. Practice relaxation after rehearsing.



Key Signs of an Abusive Relationship

An abusive relationship isn't just limited to physical violence. It can include sexual, emotional and physical abuse, and may involve control of your finances. Here are some signs to look for.

Controlling and Possessive Behavior

- They check on you all the time to see where you are, what you're doing and who you're with
- They try to control where you go and who you see, and get angry if you don't do what they say.

Being Unreasonably Jealous

- They accuse you of being unfaithful or of flirting
- They isolate you from family and friends, often by behaving rudely to them.

Put-Downs

- They put you down, either publicly or privately, by attacking your intelligence, looks, mental health or capabilities
- They compare you unfavorably to others
- They blame you for all the problems in the relationship, and for their violent outbursts
- They say things like, 'No one else will want you.'

Threats

- They yell or sulk, and deliberately break things that you value
- They threaten to use violence against you, your family, friends or a pet.

Physical and sexual violence

- They push, shove, hit or grab you
- They force or trick you into having sex or doing things you don't want to do
- They harm you, your pets or your family members.

Gaslighting

Gaslighting aims to create a great amount of confusion and self-doubt, feelings of incompetency and fear in the other person. This form of psychological abuse sows seeds of doubt, leading to individuals questioning their own feelings, memory, instincts and sense of reality. Many are unable to see it occurring.

People who are gaslighting will:

1. Lie about things you know to be true.
2. Accuse you of doing the things they are doing.
3. Call you crazy, emotionally unbalanced, or too sensitive.
4. Undermine you in subtle ways.
5. 5. Deflect and distract.

Things you might feel in an abusive relationship

'My partner isn't violent all the time – they love me'

Your violent partner may act lovingly towards you at other times and may truly feel sorry for their horrible behavior. So it might be hard to stay angry and upset with them. However, there is quite a high chance that their violent behavior will continue.

'Maybe it's my fault'

You may begin to think that you're to blame for your partner's abusive behavior. An abuser may excuse their behavior by saying something like, 'It wouldn't have happened if you hadn't...'. The truth is that no matter what you do, another person's abusive behavior is never your fault. 'Things will get better – they didn't mean to hurt me'

After a violent episode, it's common for both you and your abuser to try and downplay what happened with excuses, apologies or promises to change. You may feel embarrassed or scared to acknowledge what actually happened. Things might settle down for a bit, but it's often only a matter of time before abuse happens again. It's very difficult to completely get rid of physical abuse in relationships, and any abusive behavior, without professional help.

'It's so confusing – I'm sure they didn't mean it'

If you're experiencing abuse, things can feel really confusing, especially if it's your first relationship or if it is the first time your partner has shown abusive behavior towards you. You might not be sure what to expect next. Abusers often try to influence your sense of what's real, to make you feel confused or even that you're going crazy. This is known as 'gaslighting'.

'I'm scared of what will happen if I leave them'

It's not unusual to feel afraid of leaving the person who's abusing you. You might feel unsafe, or scared of what the person might do to you or themselves. You might also feel that you aren't capable of making it on your own. It's important to remember that there are people who can help you every step of the way.

From <https://au.reachout.com/articles/signs-of-an-abusive-relationship>

Video: Don't Confuse Love and Abuse

Short animated clip on how abusive teen relationships might look.

<https://www.youtube.com/watch?v=1L6HB97lbrQ>

12 Signs of Abuse - What Your Child May Show



Emotional Abuse

They might:

- Have a shift in mood - is quieter, more distant, unhappy, scared or upset
- Behave aggressively
- Be antisocial or act like they are a lot older
- Skip school
- Find it hard to make friends
- Have unexplained pain
- Wet the bed

Some people will not show signs of being abused.

If you think you are seeing signs such as the ones listed here. Watch what the person does and says. Take written notes if you have any concerns.

Some will show these signs but are not being abused. However these signs can mean they could benefit from further mental health support.



Physical Abuse

They might have:

- Unexplained bruises, cuts, burns or welts on their body
- Hypervigilance (always looking out for danger) and difficulty trusting people
- Aggressive behavior or trying to dominate and control other people
- Show overwhelming emotional responses to normal situations (known as 'emotional storms')
- doing poorly at school
- slower physical development
- finding it hard to make friends
- Low self-esteem
- mental health issues such as depression or anxiety
- wearing long sleeves or pants in hot weather



Sexual Abuse

They may have:

- Spending more time on their own.
- Engaging risky behavior - speeding, drugs, alcohol
- Become scared to be alone with someone
- Become withdrawn, detached, sad or have mood swings
- Trouble developing or maintaining relationships
- Become violent and aggressive
- Having sleep issues, wetting the bed or nightmares
- Having suicidal Behaviors
- Engaging in sexual behavior or talk which seems to be beyond their age
- Having unexplained body pain or headaches
- Having UTIs or STD symptoms
- Confusion about their sexual identity
- Secretive about communications

13 Talking With Your Child If Suspecting Abuse

Discussing Abuse Concerns

1. **Prepare** - Prep yourself to be calm.
2. **Identify Changes** - Let your child know you have noticed that they don't seem to be acting as they do normally (for example, they may seem sad or unwell).
3. **Listen** - The person may tell you something about what they are experiencing. Listen, don't judge them and don't pressure them or say words you want them to say. It's important that the words are theirs. Let them know that you are there to listen to them at any time.
4. **Stay calm & Listen More** - If the person tells you about any abuse, remain calm and listen rather than trying to investigate. It is not your job to try and find out more or to counsel them.
5. **Reassure** - Thank them for telling you, let them know you believe them and want to help. Tell the child they are not in trouble and that they have done the right thing. **If they are a minor, don't promise to keep it a secret because you will need to report it to the police.**

If no concerns are shared by your child at the time of the conversation, give it time, observe them, then ask again at a later time. Some people need to be asked on multiple occasions before they will share that something has occurred.



14 Things to Know About Sexual Assault

UTAH AGE OF CONSENT LAWS			
DISCLAIMER: This is merely a summary of Utah laws on Sexual Offenses and is not intended to provide legal advice. Please consult an attorney for specific legal advice.			
Age	Sexual Intercourse	Oral/Anal Sexual Activity	Vaginal/Anal Penetration
16-17	<p>Cannot consent to person 7+ years older but less than 10 years older if person knew or reasonably should have known the age of the minor</p> <p>Cannot consent to person 10+ years older</p> <p>Penalty: 3rd Degree Felony</p> <p>U.C.A. 76-5-401.2(2)(a), 2(b)(i), (4)</p>	<p>Cannot consent to person 7+ years older but less than 10 years older if person knew or reasonably should have known the age of the minor</p> <p>Cannot consent to person 10+ years older</p> <p>Penalty: 3rd Degree Felony</p> <p>U.C.A. 76-5-401.2(2)(a), 2(b)(ii), (4)</p>	<p>Cannot consent to person 7+ years older but less than 10 years older if person knew or reasonably should have known the age of the minor</p> <p>Cannot consent to person 10+ years older</p> <p>Penalty: 3rd Degree Felony</p> <p>U.C.A. 76-5-401.2(2)(a), 2(b)(iii), (4)</p>
14-15*	<p>Never can consent</p> <p>Penalty: 3rd Degree Felony (unless <4 year age difference, then class B misdemeanor)</p> <p>U.C.A. 76-5-401(2)(a), (3)</p>	<p>Never can consent.</p> <p>Penalty: 3rd Degree Felony (unless <4 year age difference, then class B misdemeanor)</p> <p>U.C.A. 76-5-401(2)(b), (3)</p>	<p>Never can consent</p> <p>Penalty: 3rd Degree Felony (unless <4 year age difference, then class B misdemeanor)</p> <p>U.C.A. 76-5-401(2)(c), (3)</p>
<14*	<p>Never can consent.</p> <p>Penalty: 1st degree felony</p> <p>U.C.A. 76-5-402.1(1)-(2)</p>	<p>Never can consent.</p> <p>Penalty: 1st degree felony</p> <p>U.C.A. 76-5-403.1(1)-(2)</p>	<p>Never can consent</p> <p>Penalty: 1st degree felony</p> <p>U.C.A. 76-5-402.3(1)-(2)</p>
<p>IMPORTANT: There is no lawful defense to that the person did not know or was mistaken about the victim's age.</p> <p>See U.C.A. 76-2-304.5.</p>			

15 Things to Know About Sexual Assault

What is consent?

The legal definition of consent differs from state to state. In general, consent is an active, verbal agreement to engage in sexual activity with someone. **Sexual activity without your consent is rape or sexual assault.** If you are underage, under the influence of alcohol or other drugs, coerced, under duress or force or sleeping, you do not have the capacity to give consent. Consent is required for all sexual interaction. The majority of sexual assaults occur between two people who know each other and even trusted each other.

What is coercion?

If someone pressures, tricks, or emotionally forces another to agree to sexual activity, this is considered sexual coercion. This includes:

- “Wearing a person down” until they say yes.
- Use of threats (i.e., if you don’t do this, I’ll get you in trouble)
- Intimidation (with looks, gestures, or body language)
- Encouraging or forcing you to drink or do drugs
- Use of a weapon
- Not respecting someone saying “no” or “stop”

Myths About Sexual Assault

Myth: It isn’t rape if the person did not fight back. It also can mean they wanted the sexual experience.

Fact: Due to hormone reactions in the body/brain people may respond with Fight, Flight, or FREEZE. The hormones released at the time of the trauma determine the response. The various hormones (catecholamines, cortisol, opiates and oxytocin) are produced at different amounts by the body/brain. Which hormones or how much of each hormone released by the body, determines the response to the situation. These hormones also effect memory, causing memory to be fragmented, things forgotten or events out of order.

The person does not get to choose the hormones released or how they affect the brain and body. During an assault some become paralyzed, called tonic immobility, by their own body during the event.

Myth: If someone says they were raped but their story doesn’t make sense, it means they’re lying or covering something up.

Fact: Memories are recorded completely differently in traumatic situations vs normal situations. The hormones that affect the body/brain’s response during a traumatic situation also impact the way the memory is recalled. The sequence of events, and who/what/when/where is often out of order or absent.

16 Things to Know About Sexual Assault

Myths About Sexual Assault

Myth: Sexual assault is an act of lust and passion that can't be controlled.

Fact: Sexual assault is about power and control and is not motivated by sexual gratification.

Myth: A lot of victims lie about being raped or give false reports.

Fact: Only 2-8% of rapes are falsely reported, the same percentage as for other felonies.

Myth: A person cannot sexually assault their partner or spouse.

Fact: Nearly 1 in 10 women have experienced rape by an intimate partner in their lifetime.

Myth: People that have been sexually assaulted will be hysterical and crying.

Fact: Everyone responds differently to trauma—some may laugh, some may cry, and others will not show any emotions.

Myth: Men are not victims of sexual violence.

Fact: 1:6 men are sexually abused. This may be higher as men have a lower rate of reporting.

Myth: If a parent teaches a child to stay away from strangers they won't get raped.

Fact: 60% of child sexual abuse cases are perpetrated by someone the child knows outside the family, and 30% are assaulted by family members.

Myth: Getting help is expensive for survivors of assault.

Fact: Services such as counseling and advocacy are offered for free or at a low cost by sexual assault service providers.

Myth: There is no reason for a victim not to report being raped to law enforcement.

Fact: Rape is the least reported and convicted violence crime in the U.S. There are many reasons why victims may choose not to report to law enforcement or tell anyone about what happened to him/her. Some include:

- concern for not being believed
- fear of the attackers getting back at him/her
- embarrassment or shame
- fear of being blamed
- pressure from others not to tell
- distrust of law enforcement
- belief that there is not enough evidence
- desire to protect the attacker

Discussion Guide

Prepare your child to know sexual assault occurs and if it occurs to them what to do, and discuss how you each want to respond to these disclosures. To aid in this discussion you might consider asking:

Having the Conversation

- What would make you most nervous in telling me if anything that occurs that makes you uncomfortable?
- How do you want me to respond if you share something has occurred to make you uncomfortable? Role play having this conversation.

Understanding Consent

- What do you understand consent is and is not?
- What situations have you seen where people pressure others into doing something they do not want to do?
- Practice what you can say if others want to engage physically more than you want.
- What types of thoughts and feelings come in your body when you think of saying no to someone?
- Brainstorm times it will be harder to speak up.

* Express love for your child in these conversations.*



18 What to do if Raped

Get safe, don't change appearance, get to the hospital.

You don't have to decide right away if you're going to talk with the police about what happened or press charges against the person who assaulted you. (Minors do not get to choose if charges are pressed). But just in case you do, it's important that the doctor or nurse you visit can collect any evidence that might be on your body.

- Don't take a shower or bath or wash off any parts of your body.
- If you can, don't go to the bathroom, comb your hair, eat, smoke, drink or take any drugs.
- If you change your clothes, take the clothes you were wearing during the assault to the hospital or police department in a paper bag.

Get medical care.

If worried about being exposed to HIV, there is a medication - PEP (Post-Exposure Prophylaxis) which can help prevent getting HIV after being exposed. Treatment needs to be started within 72 hours of being exposed.

If concerned that you could be pregnant, an option some use is the morning-after pill, also known as emergency contraception. It needs to be taken within 5 days after unprotected sex.

If worried about STDs, get tested. Most people don't show any symptoms, so testing is important.

Find Support.

Dealing with the aftermath of rape or sexual assault can be overwhelming. But it does not have to be faced alone. It may help to talk to a trusted friend, family member, or counselor. The Rape, Abuse, and Incest National Network (RAINN) has a 24-hour, 7-day a week support line that can be called or texted.

Afterwards many people feel:

- Shattered, in a fog, or crazy
- In denial that the event occurred
- Mood swings
- Suspicious
- Confused about the events
- Unsure if they wanted what occurred or caused the situation to occur

19 What to do if Raped

Consider Talking With Police

Sexual assault is a crime and you have the right to report it to the police and press charges against the person who assaulted you — if you want to. (This applies only to adults. Minors do not have the right to choose if charges are pressed.)

You can call the police yourself, or have a rape crisis counselor or someone you trust do it for you.

The police will ask you questions, and they'll also talk to you about whether or not you want to press charges. Police can also help get you to a doctor or nurse for an exam as soon as possible. The decision to call the police or not is yours to make (applies only to adults), and not everyone decides calling the police is right for them.

If a minor the youth will be interviewed, usually at the Children's Justice Center, by a detective.

Resources

National Sexual Violence Resource Center
<https://www.nsvrc.org/>

RAINN/Rape, Abuse, and Incest National Network
<https://www.rainn.org>

Utah Sexual Offense Laws
<https://le.utah.gov/xcode/Title76/Chapter5/76-5-S401.html>

Need to talk to someone?

The National Sexual Assault Hotline

Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider. Information shared is confidential.

How can the hotline help?

Calling the National Sexual Assault Hotline gives you access to a range of free services including:

- Confidential support from a trained staff member
- Support finding a local health facility that is trained to care for survivors of sexual assault and offers services like sexual assault forensic exams
- Someone to help you talk through what happened.
- Local resources that can assist with your next steps toward healing and recovery
- Referrals for long term support in your area
- Information about the laws in your community
- Basic information about medical concerns

The Healing Path

When leaving an unhealthy relationship, whether due to sexual misconduct, abuse or other unhealthy behaviors, challenges remain on the road of moving forward in life. Below are challenges that can arise during and after leaving the relationship as the individual seeks to rebuild life.

Fears and Feelings

Many fears and senses can arise that need to be sorted through including:

- Rejection
- Abandonment
- Unworthiness
- Shame
- Lovability

It is common for people to feel:

- Shattered or crazy
- Unable to trust themselves
- Feel suspicious of others (or everyone),
- More reactive, irritable and moody.
- It inappropriate to speak their story

Things That Can Help

1. Be very gentle with self. Overreacting is understandable after abusive events.
2. Create safety. Create a safety plan. Make changes to your schedule to maintain your safety.
3. Identify and explore the many feelings that will come. Feelings may include sadness, panic, missing the person, anger.
4. Practice making choices, learning to trust self.
5. Grieve. Grieve the loss of relationship and reality being different from desired.
6. Overcome psychological isolation and emotional dependence. Share your story with those who have earned the right to hear your story to increase emotional strength and support.
7. Talk to trusted people. Identify how much you want to share. Consider if the person has traits of a safer person.
8. Attend therapy with a trauma informed therapist. Group therapy can also be helpful in reducing shame and having a community of support that understands.
9. Avoid making un-necessary big choices in the first year following the events.
10. Engage in self care and activities (this is important even though many do not want to do this at first).
11. Practice gratitude daily by writing 3 gratitude each day. Studies show focusing on gratitude can help reducing depression and psychological distress.

Navigating Gaslighting

In moving forward with life, there may be individuals who disagree with the circumstances, reporting of events, or ways the experience is recounted. Pressures may arise from the other individual involved, their family, co-workers, employers, school mates, teachers, church members, etc. Gaslighting may occur. The following can aid in navigating gaslighting.

1. Recognize when it is occurring. Common gaslighting phrases:
 - "You're making things up."
 - "That never happened."
 - "You're being dramatic."
 - "You're blowing things out of proportion."
2. Minimize contact. Don't chat in the halls or go out. Often there is a hidden agenda.
3. Keep a record. Write down what you believe occurred and occurs as the events unfold. A written record can help you in sorting out reality and be a reference guide if things are twisted or denied. Journal your feelings so you can evaluate your own thoughts and experiences.
4. If needing to interact, keep conversations simple. Know your purpose when entering the conversation. Know what you would like to accomplish, resolve & main points you would like to get across.

5. Be willing to leave the conversation.
6. If needing to interact, try not to become enraged, as this may be twisted to try to make you look bad and them the victim. Stay mindful of your emotions and label what is occurring. Give ambiguous responses to their twisting statements like, "Really?" Or "I'm confused."
7. If noticing a gaslighting attempt state you are confused then ask them to clarify the contradictions: "You say this didn't happen, but I have a photo of it. I don't understand. Will you clarify what you meant."
8. Don't worry about trying to "outsmart" the gaslighter. Even if you have evidence they will lie, twist, minimize, deflect or deny. Recognize what is their behavior and what is your reality.

What to Say When Someone is Gaslighting You

If you hear the gaslighting phrases, try these go-to phrases:

- "My feelings and reality are valid. I don't appreciate you telling me that I am being too sensitive."
- "Don't tell me how to feel; this is how I feel."
- "I am allowed to explore these topics and conversations with you. Do not tell me I am being dramatic."
- "I know what I saw."
- "I will not continue this conversation if you continue to minimize what I am feeling." (Then, implement the boundary.)

Adapted from: <https://www.mindbodygreen.com/articles/how-to-deal-with-gaslighting>