

# Sex Positive Affirmations

- **YOUR BODY IS** unique, can experience pleasure, and is NOT for others to control.
- **BODILY AUTONOMY** is a human right.
- **NO ONE** owns your sexuality.
- **NO** doesn't need an explanation.
- **MENSTRUATION** is totally natural; not gross or shameful; it is a powerful bodily process.
- **MASTURBATION** is totally normal & helps you build body-awareness.
- **WAITING FOR MARRIAGE** does not mean sex will be safe or the relationship will be healthy.
- **EXPERIENCES** don't determine your sexual orientation.

## Talk About Sex

Is there an adult in your life who can be a shame-free resource? If not, we can help! Having conversations about the below can help you be physically and mentally prepared & safer when it comes to sex.

- How do I use a condom?
- Should I be concerned about sexually transmitted diseases?
- How do I ask a partner to wear a condom or about an STD test?
- Should I get the HPV vaccine?
- What are different birth control options?
- What should I do if I am pressured to have sex?
- How do I make sure my partner is ready?
- What helplines can I call if I'm forced or someone I know is being forced?
- What are different ways to say NO?
- What are the cues other people give you if they are uncomfortable?
- What do you think constitutes a healthy relationship?

# Flirting vs. Harassment

## Flirting

- Flirting can be welcome attention, when both people participate and enjoy it. It should not make you feel bad or disrespected.
- Flirting is OK when it is between two young adults. It's not OK for adults to flirt with kids.

## Sexual Harassment

- Sexual harassment is attention/actions that are unwanted and make you feel bad. Ask the person to stop, if they don't, it's harassment.
- It is illegal to harass somebody. The key difference between flirting and sexual harassment is that sexual harassment is unwelcome. The contact was not invited or accepted. It doesn't matter how the harasser says they "meant it"; it only matters how the behavior makes you feel.
- Sexual harassment is never OK, and nobody ever deserves it. If you're harassed, report it.

*info modified from sutterhealth.org*

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## SEWA-AIFW

We provide **FREE**, confidential access to **Plan B/Morning After Pills & Condoms.**

Questions? [youth@sewa-aifw.org](mailto:youth@sewa-aifw.org)

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# Dating & Healthy Relationships

## FOR PRE-TEENS, TEENS, & YOUNG ADULTS



SEWA-AIFW

STOP THE SILENCE

# Cyber Stalking & Internet Safety

## Types of Cyber Stalking

- Using emails, texts, websites & social media to harass a victim and threaten victims family & friends.
- Publishing a victims personal info such as address & numbers or sexually explicit pictures online or subscribing them to porn/unwanted ads.
- Making up false personas in order to subversively make contact with a victim.
- Stealing a victim's online identity; posting pornographic pictures on a stolen social platform.
- Hacking into computers, phones, GPS to monitor location & communication.

## So how do you keep yourself and your data safe?

- **DO NOT** post your home address, phone numbers, vacation info, etc., anywhere online. Use a google number for privacy if needed.
- Use **SECURE PASSWORDS** to protect all of your accounts such as your computer, cellphone, banking information, emails and credit cards.
- **DO NOT** share your password data with **ANYONE**, regardless of how much you trust them.
- **DO NOT** give anyone your credit card or bank info.
- Set your Facebook/social media accounts to **PRIVATE**.
- Be suspicious of emails or phone calls that are asking for **ANY** personal info or social security number.
- **DO NOT** share or save sexually explicit images.
- Always **LOG OFF** and don't save passwords if accessing personal info, social media, accounts from a shared computer, friends phone, etc.
- Use a **GUEST** mode, **INCOGNITO** Mode, or other methods to log-in on any devices that are not yours or are shared.
- Use **2-STEP VERIFICATION** on various sites/accounts.

# Myths & Facts

- **MYTH:** *I know my friends, so I don't have to be cautious around them.*
- **FACT:** The majority of rapes and assault are perpetrated by someone known to the victim.
- **MYTH:** *Boys will be boys. Men can't control themselves when it comes to sex.*  
**FACT:** People have different levels of enjoyment when it comes to sex, and have different values when it comes to having sex. It is important to know your own values and boundaries, be able to communicate them to a partner, and be able to respect your partners boundaries.
- **MYTH:** *I have to have sex in order to keep my partner interested.*  
**FACT:** A partner is someone who is interested in respecting your boundaries, not pushing them.
- **MYTH:** *If I had a partner/boyfriend/girlfriend, I would be happy.*  
**FACT:** Happiness is not determined by your relationship status. It is found in the process of discovering your purpose and defining your own identity.
- **MYTH:** *A woman can't be raped by another woman; a man can't be raped by another man; a transgender person can't rape or be raped by a partner.*  
**FACT:** When a person has sex without consent, that is rape. Forcible sex can occur between any two people, including LGBTQ people.
- **MYTH:** *I'm on the pill, so I don't need other protection.*  
**FACT:** You and your partner might be each other's first sexual experience, but STDs do exist regardless. It is important for you both to take precautions with condoms, HPV vaccines, and other modes of protection.
- **MYTH:** *If you dress in more revealing clothing, or flirt, you are asking for sex.*  
**FACT:** Rape and assault can happen to **ANYONE**. You are only asking for it if you give **CONSENT**.

# What is Abuse

Unhealthy or abusive relationships take many forms, and there is not one specific behavior that causes a relationship to be categorized as such. However, the below behaviors are cause for concern.

- Excessive jealousy or insecurity.
- Invasions of your privacy.
- Unexpected bouts of anger or rage, or moodiness.
- Pressuring a partner into unwanted sexual activity.
- Blaming you for problems in the relationship and not taking any responsibility for the same.
- Controlling tendencies.
- Explosive temper.
- Preventing you from associating with other people
- Constantly monitoring your whereabouts.
- Falsely accusing you of things.
- Vandalizing or ruining your personal property.
- Taunting, bullying, or threatening.
- Physical violence.

If your partner frequently engages in these behaviors it may be wise to speak with someone with whom you feel comfortable. Adults who have experience with relationships may be able to provide advice that can help you to determine if you are in any danger. Trust your gut – if you think you are in danger or in an unhealthy relationship, you should end it. If you are afraid of confronting your partner, or fearful of what they may say or do:

- Reach out to a trusted friend, teacher, or parent.
- Surround yourself with people you feel comfortable with & activities you enjoy that will allow you to associate with positive people.
- Seek guidance from a school counselor/therapist.
- Call us! or the National Domestic Violence Hotline at 800-799-SAFE (7233).

info modified from [teendvmonth.org](http://teendvmonth.org)