

At some point in their lifetime
53% of women, 47% of transgender respondents, and 29% of men reported experiencing contact sexual violence.*

Restoring Power

What is Sexual Violence

Because sexual violence is so prevalent, it's important that we know how it shows up in relationships, warning signs, and what to do if we, or someone we care about, has experienced it.

Forms of Sexual Violence

- Any nonconsensual sexual contact (Kissing, hugging, fondling, groping)
- Pressuring/asking repeatedly until answer is "yes"
- Using power or control to sway someone to saying "yes"
- Threatening someone until they comply
- Harassment and/or stalking
- Taking and/or sending sexual photos or videos without explicit consent
- Forcing someone to watch sexual content
- Reproductive coercion (tampering with birth control)
- Rape
- Incest
- Trafficking and exploitation
- Child sexual abuse

Effects of Sexual Violence

- **Emotional:** Feelings of anger, confusion, anxiety, shame, fear, grief, disconnection or numbness, dissociation, spiritual disconnection
- **Physical:** Somatic symptoms (headaches, stomachaches), changes in sleep patterns, changes in eating/hunger, fatigue
- **Cognitive:** Changes to sense of self, feeling distrustful of the world, decreased sense of control, blaming self or others
- **Social:** Isolating, difficulty trusting others or over-dependence on others, difficulty asking for help, fear of social stigma



For more information:
nyfs.org

Consent

HEALTHY CONSENT:

- Includes a clear and enthusiastic "yes"
- Is ongoing and required for each specific sexual activity
- Involves clear communication; Establish boundaries with your partner about what you are both comfortable and uncomfortable with
- Can be withdrawn at any time by any party
- Is required by law

CONSENT IS NOT:

- Assumed; is no clear "yes"
- A free pass to engage in other sexual activities
- A lack of resistance. Staying silent, saying "maybe," or being in fear of saying "no" does not establish consent
- Determined by a prior or current social relationship.
- Established by behaviors like flirting, accepting a drink, or dressing a certain way

Action

WARNING SIGNS:

- Fear of rejecting your partner's sexual advances
- Being made to feel powerless, guilty, embarrassed, or afraid within the relationship
- Feeling unable to set boundaries within the relationship
- Having your feelings mocked or ignored
- Your partner threatening to leave you or cheat on you if you don't engage in sex
- Justifying your partner's concerning behavior out of a sense of duty to them
- Noticing any of the previously listed effects in yourself
- Feeling isolated and/or cut off from your social supports
- Avoidance of certain people and places, changes in behavior or personality
- Feeling pressured to exchange sexual acts for money, resources, or connection

YOU CAN...

- Consider talking to a trusted person in your life
- Choose to meet with an advocate to talk through options, including support, safety planning
- Consider seeking medical care
- Choose to make a police report
- Choose to access therapeutic services, through group or individual therapy
- Call NYFS at 651-486-3808 to access advocacy and/or therapy services
- Call the national 24-hour sexual assault hotline at 1-800-656-4673
- Call the MN crime victim 24-hour support line at 1-866-385-2699 or text 612-399-9977