

IT COULD BE YOU.

A WAYFIND COLLECTIVE PODCAST



SEXUAL ASSAULT

SEXUAL

is a word we use when we talk about actions that involve someone's private parts. Your private parts are just that -->> **PRIVATE**. They're parts of your body that are only for you.

ASSAULT

means to touch, show, say, or do something hurtful to someone else on purpose.

SEXUAL ASSAULT

So when we put the two together, **SEXUAL ASSAULT** is when someone is inappropriate or hurtful with private parts - yours, theirs, or someone else's.

1 IN 10 students will experience sexual assault by their 18th birthday.

1 IN 4 adult women have a story of sexual assault.

1 IN 6 adult men have a story of sexual assault.

Sexual Assault is **ALWAYS WRONG**. Why? Because your body - **IS YOURS!**
And you should always get to decide what happens to your body!

The more you know about the topics of sexual assault and healthy relationships, the more you can protect yourself and the people around you.

SEXUAL ASSAULT

makes people feel confused. They might feel helpless, ashamed, alone, embarrassed, too scared to tell anyone, or like it's their fault.

THEY NEED TO KNOW:

1. *It's never their fault!*

They didn't do anything to make it happen... and it wasn't an accident.

2. *It can happen TO anyone! It can happen BY anyone!*

Someone you're related to, someone young - like you, or an adult that you're supposed to be able to trust - like a doctor, a pastor, or a teacher.

3. *Tell someone! Keep telling and don't stop until someone helps you - until you feel safe.*

HEALTHY RELATIONSHIPS

Know the difference between healthy & unhealthy relationships so you can:

1. set your standards for the kinds of relationships you choose to allow in your life &
2. help your friends spot when they might be headed toward unhealthy relationships.

CONSENT

is when you give **CLEAR PERMISSION** for something to happen.

Because your body is yours, you should ALWAYS have a say in what is allowed and what isn't allowed to happen to it - without the fear of what will happen after you answer.


You get to say YES, and you get to say NO.
The absence of a NO - does not equal a YES.
Only YES means YES.

QUESTIONS -- Think about these on your own, or discuss with a group or someone you trust.
After listening to this discussion on SEXUAL ASSAULT:

Q: What are you noticing happening inside of you?
What feelings are coming up and why do you think you're feeling that way?

Q: What is a good thing for you to remember and practice saying,
in the event someone ever starts to cross your boundaries with your body?

Q: When someone tells you something shocking that is hard to believe, how do you typically respond?
Do you think you could work on your responses to be more affirming of people's stories?


"Your voice really matters. Your choices matter so much. Your story matters."

