IN THIS BOOKLET, WE TALK ABOUT...

CELEBRATING YOUR SEXUALITY

PREVENTING & HEALING FROM SEXUAL ABUSE & VIOLENCE

BEING AN ALLY TO OTHERS WHO ARE HEALING

INFORMATION ABOUT SEX & SEXUALITY

TRUSTING YOUR SELF

generation FIVE

ending child sexual abuse within 5 generations

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MY BODY MY LIMITS MY PLEASURE MY CHOICE

A POSITIVE SEXUALITY BOOKLET FOR YOUNG PEOPLE

INSECURITIES

by Liz Garcia

Insecurities.....
Ignored by ignorance and denial,
My mind wishes for me,
To close my eyes and run.

ANYWHERE.

Hidden behind my thoughts are more secrets,
Boiling up,
Behind my,

Eyes.

In my grip is my shame,
Leaking is my dignity.

My hopes
I inhale with every step,
Exhaling with nightmares that chase me.
Drinking my dreams,
A cup full of intoxicated,

Wonders.

Inner strength formed my shadow,
After faith disappeared.

A stalker who has become depression,
Become my addiction,
A drug,
That was fed to me while young.

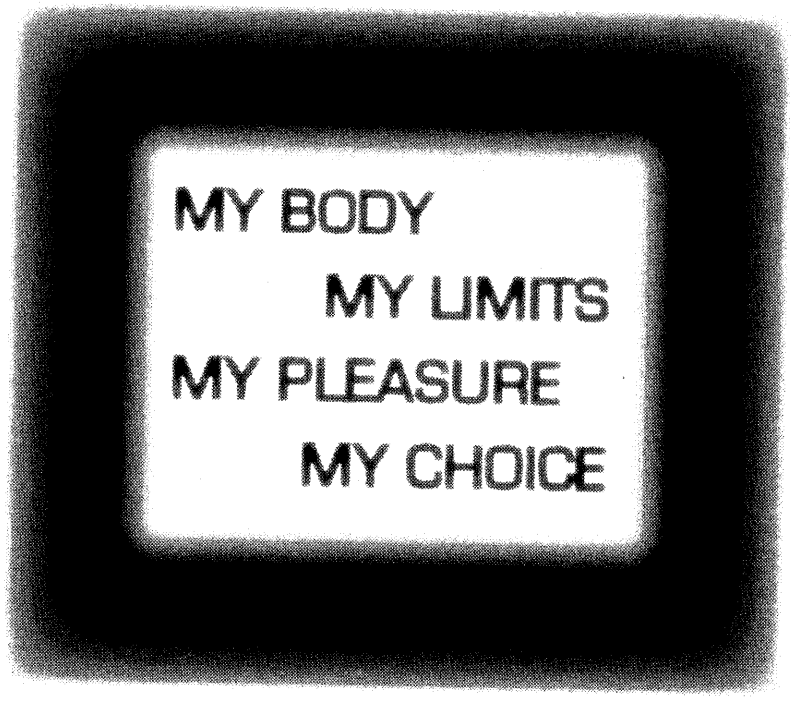
Deception is far behind me,
A race which I came second.

Curiosity beat me which left questions afloat,
Answers playing a game
"Tag your it"

I haven't catched one
Yet.

Time joins my health on a debate,
Who's wrong and who's right?

Will it ever end?



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This booklet is free to young people.
Organizations can contact us for more information or if they would like to order copies.

Please contact generationFIVE
at (415) 861-6658 or order on-line
at http://www.generationFIVE.org.

CREATED BY:

generation FIVE

ending child sexual abuse within 5 generations

generation FIVE is a non-profit organization committed to ending child sexual abuse within five generations. Through survivor leadership, community organizing, and public action, generation FIVE works to respond to and heal the impact of child sexual abuse on individuals, families, and communities. This booklet is one of the projects to come out of generation FIVE's community trainings.

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able to notice when you are triggered and the more you will be able to make choices to have the life you want.

White Supremacy: System of domination based upon race or ethnicity in which white people maintain power and privilege at the expense of people of color and ethnic minorities.

MY PLEASURE

MY LIMITS

Trauma: Trauma is an experience that causes someone physical, emotional, spiritual or mental harm. Some examples of trauma include: sexual, psychological or physical abuse, racism and other social oppressions, a car accident, social isolation, etc. Trauma can happen in a single moment or over a long period of time. Someone who has gone through trauma often needs to heal on more than one level. For example, someone recovering from a car accident will not only need to physically heal, but will need support emotionally, mentally and spiritually to recover from the harm of the accident. Often, healing from a physical accident (like a car or bike accident, etc.)—which causes feelings like helplessness, shame, hopelessness and fear—will bring up the emotions about a trauma that happened in the past. Trauma impacts a person/people on a very deep level, affecting basic feelings like trust, confidence and self-worth, safety, the desire to live, the ability to feel one's emotions (including positive emotions like love, as well as emotions that normally keep us safe, like fear) and the ability to connect with other people.

Triggers: A 'trigger' is something that automatically reminds you of a traumatic situation you've been in. The trigger might outwardly seem a lot or a little like the trauma you experienced. For example, if you were sexually traumatized, then being in any, or certain, sexual situations might trigger you. Or, you might get triggered by just being around someone who looks like the person who offended against you. When you are triggered, your body takes over and decides what is safe. This means you might suddenly feel strong emotions (or no emotions) that seem out of place for the situation you're in. You might feel shame, sadness, fear, overwhelmed, you might feel unable to move or make a decision, you might feel a strong sensation of wanting to get away, or you might feel numb. When you get triggered, remember that your body is trying to take care of you. Your response is one that once kept you as safe as you could be. The more you heal, the more you will be

MY BODY

WHY DOES THIS BOOKLET EXIST & WHAT DOES IT HAVE TO DO WITH ME?

Whether you love sex, are curious about sex, or aren't sure how you feel about sex, this booklet is for you. It is meant to talk about, celebrate, and heal sexuality.

For those of you who have made a decision to have sex, it is meant to support you in developing you sexuality and sexual relationships that are safe, positive and pleasurable.

Some of the pages in this booklet are written specifically for youth who have been disrespected by child sexual abuse, date rape and/or other forms of sexual violence.

The information included here is important even if you're not a survivor of sexual abuse. You may not have been abused, but it's likely you know someone who has. **1 in 3 girls and 1 in 6 boys experience child sexual abuse.** This includes your friends, family members, classmates, and neighbors.

You can support the survivors in your life by learning about child sexual abuse and being willing to listen and talk about it.

MY CHOICE

WHAT IS POSITIVE SEXUALITY?

Pos·it·ive | poz i tiv | adjective
something that helps you become the person you want to be, living the life you want to live. Something that you feel good about now and that you will still feel good about later.

Sex·u·al·it·y | sek shoo al i te | noun
having to do with the sexual parts of ourselves (our bodies, thoughts, beliefs and feelings).

Sexuality has to do with what and who we desire and how we act on our desire. Some people's sexual identities are closely related to their desires. However, sexual identity has to do with a lot of other things too, such as someone's political and/or religious beliefs. 4 examples of how someone's sexual identity might relate with their desires and actions are listed below:

- A woman who is attracted to men and women might identify as a lesbian for political reasons.
- A man who is attracted to other men and sometimes acts on it, but identifies and lives as straight.
- A man or woman who is attracted to the opposite sex and identifies as straight, but who chooses to be abstinent for some period of time.
- A woman who is attracted only to other women, and identifies as lesbian or queer. [This is a good example of when someone's sexual identity and desire are closely related.]

It is important to notice that the choices people make about sexual identity have a lot to do with social norms and conditions. In our society, many people who are attracted to the same sex feel like they have to stay "in the closet" [hide it] because of *heterosexism/homophobia*. Supporting positive sexuality means accepting and understanding people's choices, while working to end the social problem of *heterosexism*. Feeling positive about your sexuality is an important part of life and love.

*See glossary at back of booklet when you see an *italicized* word.

curable. Other STIs, such as herpes, AIDS, and genital warts, all of which are caused by viruses, have no cure. Most STIs are now treatable. The sooner you notice symptoms and go to the doctor, the more likely you are to get successful treatment. All STIs were historically incurable, which is part of why they were considered so horrible to get [left untreated, syphilis can cause insanity; before people knew that herpes spread through touch, people may have infected other parts of their bodies, like their eyes, which can cause blindness].

Sexually Transmitted Diseases (STD): See Sexually Transmitted Infections.

Syphilis: Caused by a tiny organism [Traponema pallidum] that burrows into the moist mucous membranes of the mouth or genitals. There are three stages of syphilis. The first stage lasts 1-5 weeks. During this stage, a chancre [ulcer, sore] forms and it is extremely contagious. [If the chancre is outside the vagina or on the testicles [balls, scrotum], then condoms may not prevent transmission. Also, if the chancre is in the mouth, it can be spread by kissing.] Some people's bodies will get rid of the syphilis organism on their own. But one out of four people will go onto have the second stage of syphilis. The second stage lasts 4-6 weeks. Symptoms are hair loss, a sore throat, white patches in the nose, mouth and vagina, fever, headaches and a skin rash. There can be lesions [sores] on the genitals that look like warts. These and the skin rash are highly contagious and can be spread by casual contact [wherever the rash is, like on the palms of the hands]. The third stage of syphilis is not contagious, but can cause a lot of damage to the internal organs and brain, and can lead to death.

Tested: "Getting tested" refers to getting HIV and STD tests. It is recommended that sexually active people do this before becoming sexually active with a new partner.

Traits: Similar to "characteristics."

Francisco, CA, five of these are:

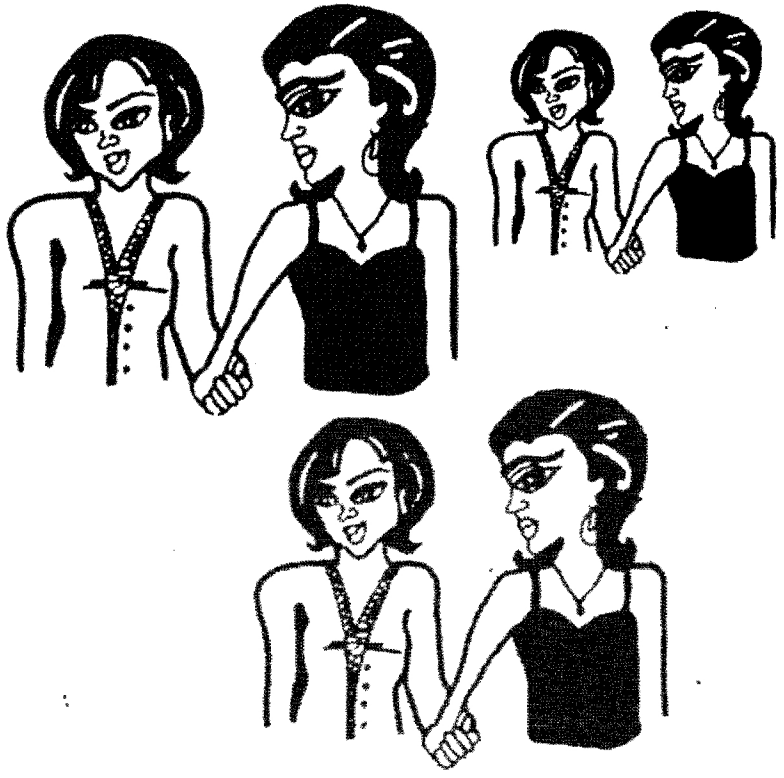
1. **Emergency Protective Order**—Free. Police grant this if they witness violence or if they are called right after the incident. The process to get one takes about 12 hours. Lasts 5-7 days.
2. **Temporary Restraining Order**—Cost of service fee ($25-30). Required paperwork, legal service and court appointment. There must be a romantic/sexual history or a roommate relationship. Process takes 1-2 weeks. Lasts 1-3 years.
3. **Civil Harassment Order**—Costs $190. However, if there has been physical harm or there is direct threat of physical harm, then there is no cost. (Also, there are cost waivers for very low-income people.) Process to get one takes 1-2 weeks. Lasts 3 years.
4. **Workplace Harassment Order**—Costs $190. Process to get one takes 1-2 weeks. Lasts 3 years.
5. **Criminal Stay Away**—You can get this if there is an arrest of the offender and charges are pressed. It lasts 1-2 years and takes 1-2 weeks to get.

It can be very, very hard to navigate the legal system to get your needs met. There are some organizations that will help you do this, or that will refer you to an organization that will help you. Check the resources at the back of this booklet for local and national organizations that might offer legal assistance. In California, you can get the forms for restraining orders at: www.courtinfo.ca.gov/forms/. (Thank you to CUAV for information about restraining orders in California.)

Sexually Transmitted Infections (STI): (Used to be known as sexually transmitted diseases.) STIs are infections that can be transferred from one person to another through sexual contact (including intercourse, oral-genital contact, kissing after oral-genital contact, just kissing (with herpes or syphilis, and HIV when there is an open sore in one party's mouth), and the use of sexual toys, such as dildos and vibrators). Most sexually transmitted infections have probably been around for thousands of years. Some STIs, like Gonorrhea and syphilis, are

WHAT IS POSITIVE SEXUALITY, REALLY?

Positive means something that feels good, and also safe, to everyone involved. But what about sexuality? The truth is sexuality is really hard to define since it means something different for everyone. **YOUR SEXUALITY IS UP TO YOU.** It can be whatever you want. One definition we like is by Deborah Roffman from her book But How'd I Get In There In The First Place?



"SEXUALITY has much more to do with WHO WE ARE than what we do. One way of understanding this concept is to realize that this is not all about the body parts and what they can do- it is about the thinking, feeling, valuing, experiencing, growing, changing, decision-making, relationship-building PERSON who is attached to them. Sexuality encompasses [includes] utterly [all] every facet [part] of human experience connected to who we are."

BUT WHAT KIND OF THINGS DOES POSITIVE SEXUALITY INCLUDE?

Good sex includes consent, safety and pleasure.

CONSENT

CONSENT means everyone involved wants and agrees to be present at each step of the way. You can change your mind at ANY TIME before or during sex. Consent means that ALL parties say YES! Just assuming someone wants to have sex is not enough–it's not safe.

SAFETY

SAFETY means emotional and physical safety. Take the time to know yourself and to talk to your partner about yourself. Choose a partner who will respect the ways you want or don't want to be sexual. Physical safety means having sex with someone you trust to use protection against pregnancy and *sexually transmitted infections*. Emotional safety means choosing partners who respect what you want and who you are.

PLEASURE

PLEASURE. Does what you're doing feel good to you? Does it feel good to your partner? Good sex means exploring what ACTUALLY feels good and not just doing what you think you should do.

become a sex positive term for many current queer cultures in the U.S.

Racism: Tool of white supremacy used to keep whites in a 'status' of privilege by oppressing people of color. There are many examples globally of conflicts and systemic oppression amongst various peoples of color (in other words, racism between people of color of different races, ethnicities, nationalities, religions or skin tones). This is a complication to hold and consider in understanding specific contexts of racism. Global systems of power support and perpetuate white supremacy which has sometimes caused or made worse conflicts amongst people of color for the purpose of amassing power and privilege for white people.

Racism plays out on many levels, including between individuals, within and between groups, in media (which impacts the way people see the world around them) and larger society, and in public policy (which can seriously impact the sense of 'reality' that many people have about how the world is supposed to work). An example of racism in the media (and in law enforcement) includes how people of color scavenging for food to survive after the hurricane in New Orleans were called "looters," and were more likely to get arrested or shot by police, but white people were labeled as bravely "scavenging" for food and were not likely to be arrested or harassed by the police. Like other kinds of trauma, racism impacts people's sense of self-worth (both in individuals and communities). Racism also results in laws, policies, social conditions and view points that continually keep people of color oppressed.

Restraining order: A legal order that requires someone to 'stay away' from the person who seeks the order, or to stop harassing or threatening them. Breaking this order can mean jail time or other penalties. Some people say restraining orders have really helped them. Others say they haven't been all that helpful. Knowing all you can about what a restraining order does and how to get one can help you make the best choice for you. There are different kinds of restraining orders. In San

ing enough lubrication to have enjoyable sex. This is especially common as women get older, but can also be useful when a woman is just starting to have sex and might get nervous (thus drying up her mucus glands, just like the mouth gets dry when we're nervous).

Male supremacy: System in which men gain power and privilege at the expense of women through maintaining various forms of domination over women and children through family, economic, socio-political practices, systems and institutions.

Mandated Reporters / Reporting: A mandated reporter is someone who is required to report suspected abuse to CPS. Who is considered a mandated reporter varies from state to state. In some states, every adult is a mandated reporter. In California, anyone who works with kids is a mandated reporter.

Offenders: Someone who perpetrates some form of violence or abuse against another person.

Oppression: Unjust or cruel exercise of power or authority that is systematically supported.

Oral sex: Licking or sucking genitals. Also known as "giving head" or "going down" on someone.

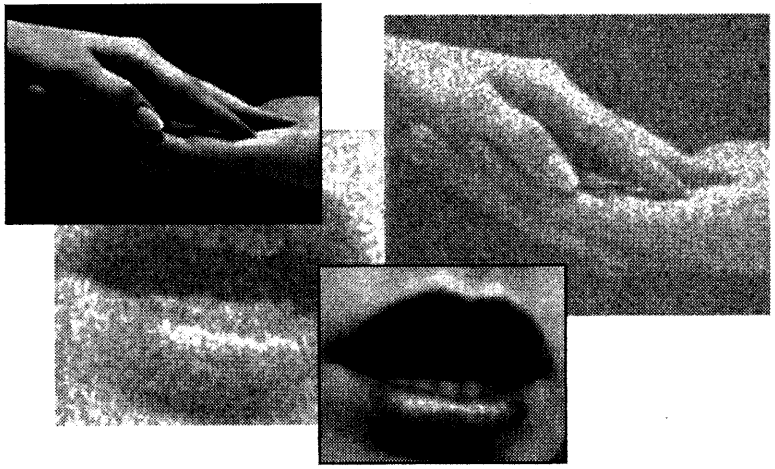
Queer: The term that has lately often replaced terms like "gay" and "lesbian." The term queer is inclusive of people who identify as gay, lesbian, bisexual, transgendered, transexual, intersexed, or people who otherwise sexually identify differently than what dominant society considers the "norm." The term queer has become popular both because its inclusiveness, and because it "takes back" a term that used to be used against individuals and groups to oppress and hurt people and to uphold the oppressive system of heterosexism. Using the term "queer" has

WHAT IS SEX?

Sex can be a lot of things.

Sex is often assumed to mean physical sexual intercourse ("making love," penis or *dildo* is inserted into the vagina or anus).

For most of us, sex includes a lot of other things like *oral sex* ("going down on someone," this is when one partner licks or kisses the genitals of the other) and hand sex ("hand job," touching a partner's genitals).



It happens with everyone: men and women, women and women, men and men. Sex can happen with one or more partners or with yourself (masturbation, jacking off).

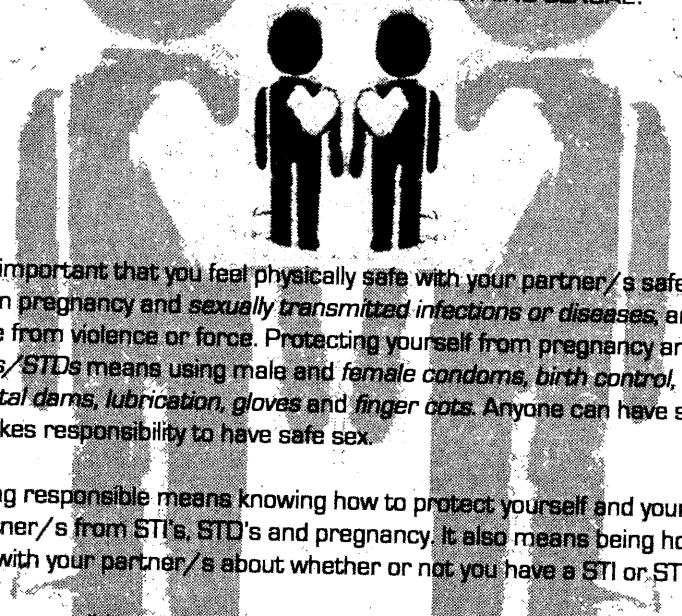
Sex is normal and can be fun and pleasurable **when all parties involved feel comfortable and safe**. Sex can be an expression of closeness and love when there is communication (talking and listening to each other), everyone agrees to sex and no one feels forced. There are a lot of ways you can enjoy sex and you also have the option to wait to start being sexually active.

IT IS YOUR BODY AND YOUR CHOICE!

SAFETY ZONES & SAFER SEX

Everyone has a personal safety zone that should be respected. We encourage everyone to know their own safety zone. Sex can be one of the best, mind blowing experiences of your life when it is safe for you and your partner/s. It can also be harmful and hurtful when it crosses boundaries or creates fear, lack of safety, or negative feelings.

THINK ABOUT YOUR SAFETY ZONES. WHAT MAKES YOU FEEL SAFE WHEN BEING SEXUAL WITH SOMEONE? WHEN HAVE YOU FELT SCARED, CONFUSED OR VIOLATED BY SOMETHING SEXUAL?



It's important that you feel physically safe with your partner/s safe from pregnancy and *sexually transmitted infections or diseases*, and safe from violence or force. Protecting yourself from pregnancy and *STIs/STDs* means using male and *female condoms, birth control, dental dams, lubrication, gloves* and *finger cots*. Anyone can have sex. It takes responsibility to have safe sex.

Being responsible means knowing how to protect yourself and your partner/s from STI's, STD's and pregnancy. It also means being honest with your partner/s about whether or not you have a STI or STD.

It is responsible, sex positive and can build trust to include your partner in decisions about what kind of protection to use. For example, you both might decide to get *tested* if you want to use birth control instead of a condom. Or, for example, if you are taking birth control and you or your partner/s has *herpes*, you both can get educated about when it's important to use a condom so that the other person doesn't get *herpes*.

It's ok not to have sex if you don't feel ready. Knowing what is safe, knowing what you want, and talking about those things with another person can take time to figure out how to do. Having sex or not is a personal choice.

For more information about safer sex contact the organizations on page 38.

erection), since pre-cum (pre-ejaculatory fluids) also contain HIV. Sometimes, people with HIV get primary HIV symptoms, including fever, sore throat and swollen lymph glands in the neck (just below the jaw), and aching muscles and joints. Some people with HIV have no symptoms. Since HIV can take up to six months to show up in tests, it's important to use latex protection (condoms and dental dams) with a new sexual partner for at least six months. After six months of having only one sexual partner, you can be pretty sure that any STI either of you have will show up in testing.

Holistic: To connect with one's whole self - mind, body and spirit. Instead of separating out (dissociatate), you connect fully with yourself.

Homophobia: The state of being phobic, or scared of, homosexuality and homosexual people. This phobia is socially created and is a tool of heterosexism, which upholds male supremacy.

Imperialism: A process of economic exploitation, enforced through market expansion, military force and cultural appropriation. Imperialism becomes class oppression on a more local scale. Global capitalism is currently the most powerful economic system of exploitation. Global capitalism values people and natural resources based on their ability to be owned and serve as tools of production to make profit. Global capitalism results in environmental exploitation and destruction.

Incarcerate: To put into jail

Lubrication: Lubrication or "lube" is used to create slipperiness during sexual acts. It is pretty much always used during anal sex and anal play, since the anus does not provide its own lubrication. Lube is also used to help men or women masturbate more comfortably. It can also be used during intercourse or manual play for women or when the woman is not produc-

they may or may not experience oubreaks at the surface of their skin. Depending on a person's genetics, what kinds of food they eat, stress levels, and how healthy they generally are, they may have outbreaks as often as every few weeks or as infrequently as every few years or even never. With genital herpes, people tend to have fewer and fewer outbreaks until the outbreaks disappear. Medications now exist to prevent and reduce outbreaks of herpes. Recent studies suggest that 60% of people in the U.S. carry the simplex II virus, and that 80% of people in the U.S. carry the simplex I virus. (Keep in mind that some people can have the virus and never have an outbreak, so they might never know they have it.)

Heterosexism: A social system of oppression that assumes heterosexuality as the only normal and acceptable type of sexuality. Heterosexism is used to uphold female and male social and gender roles (keeping people "in their place"), and to shame and oppress people who are queer or who just don't fit into the box of being a "real man" or a "real woman."

HIV (Human Immunodeficiency Virus): HIV is the virus that causes AIDS. Depending on lifestyle (nutrition and getting enough exercise, for example), genetics and access to quality medical care, people who are HIV positive can lead normal healthy lives for many years before getting the symptoms of AIDS. It can take 1-20 years for someone who is HIV positive (meaning they have HIV/the test came up positive) to get the symptoms of AIDS; the average amount of time is 8-10 years. HIV is carried in blood and genital secretions of infected individuals. It is spread when blood or genital secretions come into contact with mucus membranes (the lining of the vagina, anal area, mouth or eyes), or with a break in the skin. HIV is most often spread through sexual contact, sharing needles, and from mother to fetuses (during pregnancy) or newborns (during birth or from breastfeeding). Saliva does not contain enough HIV to spread HIV by kissing. HIV can be spread by kissing if there is blood or a cut in one person's mouth. Dental dams and condoms can be used to prevent the spread of HIV, and should be used as soon as males get a hard on (boner,

SEXUALLY TRANSMITTED INFECTIONS

Sexually Transmitted Infections (STIs) are infections that can be transferred from one person to another through sexual contact. STIs can usually be prevented through the use of latex barriers (*condoms* and *dental dams*), by abstaining from sex, or by getting tested before having sex with a new partner (and asking them to get tested, too).

Keep in mind when choosing this last option that some STIs, like HIV, can take up to six months to show up on tests. It's always a good idea to use latex barriers for the first six months of a new relationship, even if you are monogamous (seeing only each other).

If you think you might have an STI, **get tested!** Thinking you might have an STI is scary and can feel shameful. Some people feel like they won't be able to live a normal life once they know whether they have an STI, so they avoid getting tested.

FIND OUT YOUR OPTIONS
INFORMATION IS POWER

You can live a healthy live with an STI! The sooner you find out whether you've got one, the more likely you are to get good treatment. (See definitions of specific STIs for information about possible treatments.) Also, the sooner you find out, the less likely you are to pass the infection along to someone else. You deserve to take care of yourself, and your sexual partner(s) deserve your honesty about whether or not you've got an STI. Knowing will help you both/all protect yourselves.

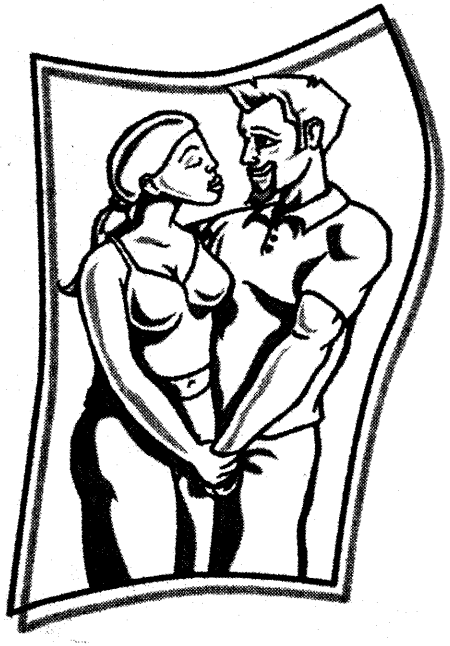
If you have access to health insurance, your primary doctor can test you for STIs. If you don't have health care, of if you're afraid your doctor will tell your parents that you got tested, then check out local free clinics, women's clinics and clinics that test specifically for STIs. The staff at these clinics are usually friendly and understanding, and can help you get the information you need.

Just as important as taking care of yourself physically when you have an STI is taking care of yourself emotionally. Find someone you can trust to talk with. This might be a friend, a therapist, a doctor or other adult, or someone on a hotline. You might want to get some support before getting tested and ask someone to go with you to for testing and picking up your results.

The number for the National STI Hotline is 1-800-227-8922.

EMOTIONAL SAFETY

It's just as important to feel **emotionally safe** with your partner/s (you trust them, they make you feel good, happy, secure) as it is to feel physically safe. **Sex should feel good to you.** You can tell your partners what you like and do not like.



Think about what makes you feel good and pay careful attention to how your body reacts. Sex is only one way of being intimate. You may choose to go dancing, have a good talk or just cuddle. It's great to be curious and try different things. Sometimes we don't know what we like or don't like. If you're unsure or curious about something, it's OKAY to try it out in a safe environment with someone who is a trusted and willing partner.

Trust your body. Pay attention to your body when you are around different people. What feelings do you have when you are with someone who acts right? What feelings do you have around people you don't know or don't trust? Do you get a stomach ache? Do you feel like you can't talk or you talk too much? Do you do things or allow others to say or do things that you wish you hadn't later on? While these feelings can mean you are just nervous, they can also be your body's way of telling you that you do not feel safe. LISTEN TO YOUR BODY AND MIND! It is important to try new things, which can be scary. When you're feeling scared or uncomfortable take some time to figure out whether what you're doing is really what YOU want to be doing.

condoms will prevent giving or getting gonorrhea. Since it can be spread to the throat, it's important to use condoms for oral sex, too.

Heal / Healing: Healing is the process of reconnecting to yourself, your needs, your desires, and your ability to be with other people. Healing can take a lot of forms. It can mean talking with someone you trust about what happened to you, it can mean finding ways to feel powerful again, and it often includes learning to connect with others in a meaningful and trusting way. In order to heal, a lot of people need to talk about or find other ways of dealing with what happened to them. Healing from sexual trauma usually happens in stages. The more you learn to take care of yourself, the better you'll feel. At the same time, learning to take care of yourself might mean you become more aware of your own strong emotions. Sometimes, healing can make you sadder or more scared for a while before you feel better. Once you reach a stage in your healing when you want to think about and work through what happened to you, it's really important to have people (or at least one person) around you that you can trust and be connected with. That might be a best friend, a family member or a professional. If you are having extremely strong emotions that you don't know what to do with or that might lead to hurting yourself or others, it is very important that you talk with someone trained to help you. If you are feeling suicidal, you can call a local or national suicide hotline. The number for the National Suicide Hotline is 1-800-784-2433.

Herpes: Herpes is a virus. An outbreak looks like an open sore. It itches when the outbreak starts and then can be painful. An outbreak of herpes usually lasts 7-10 days, and is contagious from the moment when the person starts to feel itchy until the sore dries up and crusts over (if the scab opens then it can still be contagious). There are two types of the virus called herpes. One (called, 'symplex I') is the common cold sore and is usually seen on and around the mouth. Another (called "simplex II") is sexually transmitted and usually occurs on the genitals. Once a person has herpes, it is in their body permanently. However,

cially, is considered a threat to the system of male supremacy and often treated violently.

Genital Warts: Caused by a virus (Human Papilloma Virus, or HPV). There are many kinds of this virus. Some kinds of this virus cause the kinds of warts found on the hands, etc. (You cannot get genital warts from common warts.) Some forms of HPV are attracted to moist areas, like the genitals, causing genital warts. Although some forms of genital warts are simply annoying, some kinds can cause abnormal PAP smears and even cervical cancer. Treatments for genital warts are available, though they may be difficult to get without good health care coverage.

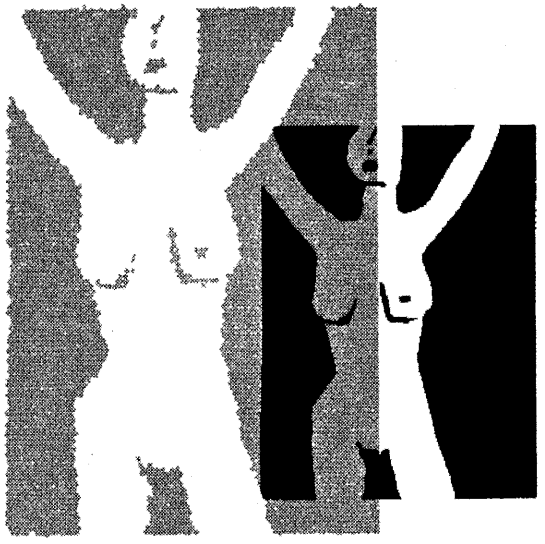
Gloves: Latex gloves like the ones used at a doctor's office. Gloves are used similarly to finger cots to prevent transmission of STIs and STDs, during anal play, or when someone's hands are dirty and there's no place to wash them. They might also be used if someone has a lowered immune system (AIDS, someone on chemotherapy), to prevent passing bacteria.

Gonorrhea: Gonorrhea is similar to Chlamydia in a few ways. It is a bacteria, and can live only on moist surfaces within the body, like the vagina and the cervix (women), and the urethra, rectum and back of the throat (men and women). (Gonorrhea spreads to the back of the throat from oral-genital contact, not from kissing.) Gonorrhea cannot live on other external parts of the body, nor can it live on toilet seats or door handles. You can only get gonorrhea from sexual contact. Like Chlamydia, women often don't know they have gonorrhea for a long time. Sometimes there are no symptoms. If there are symptoms, they might include frequent or painful urination, yellowish vaginal discharge, swelling, redness or burning/itching of the vaginal area. In the long-term, Gonorrhea can cause the same genital and reproductive problems as Chlamydia (see definition for Chlamydia). It can also cause heart problems, arthritis and eye infections. Gonorrhea is one of the easier STIs to prevent because it can only survive under specific conditions. Using

WHEN SEX = VIOLENCE

When THERE IS HARM TO anyone's mental health (mind, heart, spirit, soul, emotions, feelings) and physical health (body) it is violence. When violence is acted out sexually it is rape or sexual abuse.

Sex is powerful because it can bring about intense feelings and emotions. Just as sex can be powerfully moving and positive, it can be powerfully destructive, hurtful, and harmful. Any powerful thing can be destructive when it is abused.



If you feel shame, dirty or bad after sex, think about why that is:

Did you not really want to have sex?

Did your partner do more than you wanted to do?

Were you taught that sex is bad?

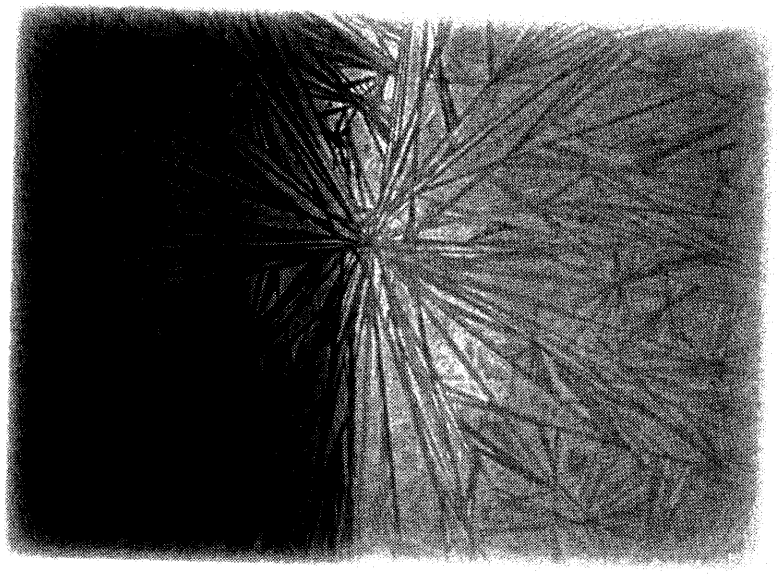
Have you been sexually hurt and need to start healing?

WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

1. CHILD SEXUAL ABUSE

Child sexual abuse (child molestation) is any form of sexual activity (touching, penetration, groping, grabbing, watching, sexually inappropriate language and jokes) imposed or manipulated on a child or youth by an individual in a position of power, authority, and/or influence, i.e. family member, friend, stranger, someone you know well, someone you don't know that well.

It is called **INCEST** when the offender is or feels like family. Child sexual abuse is different from adult sexual abuse; the impact is different because trauma affects the development of young people in a different way than how it affects an adult. Also, young people are more vulnerable than adults because of the extreme use and abuse of power that adults have over children in our society (see glossary for definition of *adultism*).



16? Yet, women and men of all sizes are constantly meant to feel as if being healthy and sexy means they have to be muscle bound (for men) or a size 4 (for women). The medical community plays a role in this, talking about the "epidemic of obesity." In reality, you can be heavy and healthy or be thin and out of shape. The real factors are nutrition, exercise and loving yourself. Find friends and communities that support you as you are. Being healthy starts with accepting and loving yourself as you are now. The hatred towards fat people in our culture is part of the same oppressiveness of racism and sexism. A really incredible website with articles about being fat positive is: http://www.uppitywomen.net/summer2001.html

Female condom: Also known as the vaginal pouch, the female condom is a disposable sheath designed to protect a woman from pregnancy and STDs by lining the vagina.

Femme: Acting girly, or woman-like. Acting or being femme is a role commonly known in queer culture. The idea of a "femme" is that, since both partners might be of the same sex, one acts and looks more like the stereotype of a man, and one acts and looks more like the stereotype of a woman. Many people who are queer no longer identify with this term, since it assumes that a person has to fit in the box of being a "real man" or a "real woman."

Finger cots: Latex sheaths designed to fit over the fingers. Usually used for manual (by hand) anal play, or when there is concern about passing an STI or STD from or to an open wound in the finger.

Gender Binary System: The Gender Binary system is a set of beliefs backed by institutional practices and power (medical institutions, legal policy, etc.) that there are 2 rigidly defined genders (men and women). Male supremacy requires that there is a clear and rigid biological and social difference between men and women. Anyone outside of these norms, biologically or so-

Dental dam: The dental dam is a square piece of thin latex, much like the latex in condoms that is used to prevent the transmission of STDs when oral sex is performed on a woman.

Dildo: Can be a vibrating device often used to stimulate the clitoris (vibrator). Can also be the shape of an erect penis and be used to provide vaginal, anal or oral stimulation.

Dissociation: Dissociation is a way of protecting yourself when you are overwhelmed. Depending on how strongly you are 'dissociating,' or separating yourself from your body, you might feel sort of far away and dizzy, you might feel 'spaced out,' or you might even feel like you're outside of your body. During extremely traumatic situations, some people even feel like they are watching themselves from outside their body. Dissociation can happen during scary situations, or during situations that are stressful (especially if you have been through very scary situations in the past and your body already knows how to dissociate). Dissociating can be an important skill to have. At the same time, it's really important to start paying attention to when you do it. That way, you can start to learn when your body feels scared or overwhelmed, even when you're in situations you don't think scare or overwhelm you. Knowing how your body feels, and slowly learning how to take care of those feelings, will help you heal and will also give you more choices in life.

Emancipate: To legally release (a child) from the control of parents or a guardian.

Exploitation: To unfairly make use for one's advantage at the expense of another/others.

Fat positive: Accepting our bodies the way they are! We are bombarded in this culture with sexualized images of people with very specific bodies. Did you know that the average women's size in the U.S. is somewhere between a size 12 and

WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

2. RAPE

Rape is when someone forces sex or manipulates another person to have sex when they don't want to. This may be someone their own age, or someone older or younger than them. Manipulation may happen through emotional pressure, which can be through guilt, blackmail, financial control, or just making you feel like you have to.

Rape can also happen when someone uses drugs or alcohol as a way to get someone to have sex who otherwise wouldn't say yes (or who can't say no because they are so out of it).

Rape can happen with a stranger or with someone you are dating. Rape can happen with someone you've consented to have sex with before or someone you've never been sexual with.

When most people think of rape, they imagine the victim also getting beaten up. While it's true that physical assault sometimes happens with rape, it's possible to be raped and not have a bruise on your body.

3. GANG RAPE or GROUP RAPE

Gang/group rape is similar to rape but involves more than one *offender* at the same time. "Running a train" is similar to group rape but is when the offenders take advantage of a situation to prevent someone from saying NO. For example, if a girl is at a party and a few of the most popular guys from school intimidate her into being sexual with all of them.

WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

4. ADULT SEXUAL ASSUALT

Adult sexual assault is any form of unwanted physical sexual activity. For example touching, sexual advances, groping, grabbing and/or sex. Sexual harassment can include unwanted verbal sexual language and jokes, as well as staring, watching at inappropriate times and other forms of sexual assault. Sexual harassment usually happens when one person has power over the other. For example boss, teacher, spouse/partner, family member/friend you don't feel able to stand up to.

5. PIMPING

Pimping is when a person gets economic or social gain through sexually exploiting another person or other people. Sexual exploitation means demanding sex or offering benefit for sex. For example, a street pimp forces or manipulates someone who may or may not already be doing sex work to earn money for them by doing sex work or making sex videos. A pimp can also force the person working for them into unsafe situations that they may not have otherwise chosen to get into.

It's important to know that pimps sometimes act like they are friends of the people they are pimping, but there is a clear abuse of power that wrongs the person being pimped. Another example would be a parent who allows sexual access to their children by friends, co-workers or other family members for social or economic gain.

Child Protective Services/CPS: A state run agency that is in charge of dealing with situations of abuse that are reported to them. Sometimes their interventions are considered necessary or are helpful, and sometimes they are not helpful or are even harmful. Interventions range from helping a family get therapy to removing a child or children from their family's home.

Chlamydia: Chlamydia is a type of bacteria. It can be spread to and live in the rectum, the throat, and the cervix (in women) and urethra (women and men). People often don't know they have Chlamydia for a long time. During this time, it can permanently damage a woman's reproductive system; it can lead to pelvic inflammatory disease (causing fever, pelvic cramping, belly pain, and pain with intercourse; pelvic inflammatory disease can also lead to fertility problems), infertility, premature births, and can be passed to infants during birth. (At hospitals, they give all newborns eye drops to kill Chlamydia because so many women have Chlamydia and don't know it.) In men, Chlamydia can cause inflammation at the site of infection. If you are sexually active, it is very important to get tested regularly for Chlamydia. It's great for you and your partner to each get tested before you get sexual with each other. If you choose not to do this, then another way to protect yourself from the problems Chlamydia can cause is to get tested whenever you have a new partner, or else every six months. There is actually a home test available for Chlamydia. Check with a pharmacist at a local drug store to see whether they carry these over the counter or if you need a prescription from a doctor (your own or one from a local free clinic or women's clinic).

Coerce: To force to act or think in a certain way by use of pressure, threats or intimidation; To dominate, restrain, or control forcibly, To bring about by force or threat. To talk someone into doing something they don't want to do.

Consent: To give approval, agree. Consent means that ALL parties say YES!

enough in someone, and when certain other symptoms show up that are unique to AIDS, the person with HIV is said to have AIDS. Because of their inability to fight infections, a person with AIDS could die from even the common cold because their body cannot fight it off. For more information about HIV and how to prevent the spread of HIV through sexual contact, see the definition for HIV.

Birth control: Can mean any method of preventing pregnancy. The term "birth control" usually means the hormonal pills women can take to temporarily suppress fertility and prevent pregnancy. Some women also take these pills to regulate their menstrual cycles.

Body image: Body image is how each of us look at and feel about our own bodies. This can involve size and shape, color, etc. Humans are so beautiful in our variety of looks. Unfortunately, what bodies are healthy, sexy, and generally "okay" have been put in a narrow box by the social power dynamics of male supremacy, white supremacy and classism. Media is more powerful than most know. Seeing the same body types, races, and genders in the same roles over and over on TV and in other media prevents us from seeing ourselves as we really are, and the world as it really is. Check out: http://www.uppity-women.net/bodysol.html for a list of body image solutions.

Butch: Acting tough, or male-like. Acting or being butch is a role commonly known in queer culture. The idea of a "butch" is that, since both partners might be of the same sex, one acts and looks more like the stereotype of a man, and one acts and looks more like the stereotype of a woman. Many people who are queer no longer identify with this term, since it assumes that a person has to fit in the box of being a "real man" or a "real woman."

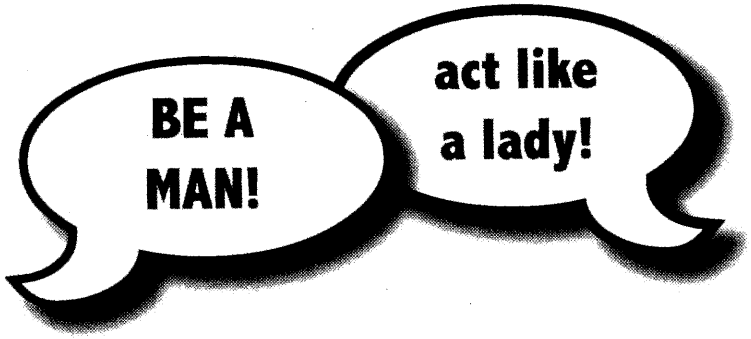
Characteristics: Being a feature that helps to distinguish a person or thing; distinctive.

WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

6. SEXUAL TRAINING

Sexual training is when someone is trained by society and the context of their life to be sexual (or not sexual) in a certain way. This can mean gender and sexuality training that happens as we're growing up. Adults who have been sexually trained in one way will often use their power over youth to enforce that same sexual training on youth. For example when boys are told by adult men and women (and eventually also by their peers) that being a man means being aggressive, having control over others, and having a lot of sex and/or being aggressive about getting sex. As a result of this training, many males separate sex from feelings and begin to understand sex as an act of taking, extracting, using, or transaction. A transaction can be a direct exchange of money or an unspoken exchange (for example, when one partner feels that they have to have sex with the other partner so that the other partner will then take care of them financially or otherwise). Boys and men can be trained to be physically aggressive if that is what they are shown or forced to do as boys by someone older or with more power.

An example of social training for girls can be telling them that sex is bad and that they shouldn't enjoy it, and at the same time making them feel that all their value comes out of pleasing others sexually and in other ways. Another example of social training is the shame many people feel about their bodies. We live in a society that sexualizes and values certain body types more than others. (See glossary for more information about body image and being fat positive.)



WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

Sexual training that encourages one person having power over another, one type of person having power over other types of people, or features one person's desire as more important than another person's desire encourages violence and domination. In sexual training, this usually means men or butches dominating women or *femmes*.

Most of us are also trained that there are only 2 clear cut genders: male and female, and that we should only be attracted to the opposite sex, or people with the charactaristics of the opposite sex. But in reality, we are all attracted to people with many different *characteristics* no one has only "male" or "female" *traits* and many people have physical *characteristics* of both male and female sexes. Everyone can overcome their sexual training by *healing*.

Heterosexism is a form of social training that is also a societal form of sexual abuse. It is designed to make people feel bad about their desire and love for people, and to feel shamed about their sexuality. The long-term effects of this traumatic shaming are similar to the long-term effects of other kinds of sexual abuse.

Male supremacy is a big part of all of these types of sexual violence and sexual training.

7. SEXUAL GROOMING

Sexual grooming usually happens to individuals for the specific purpose of abuse. The purpose of sexual grooming is to train a young person so that abuse can happen, so that they don't recognize it as abuse, and so that they blame themselves. For example, it is grooming when an older person gives gifts and attention to someone younger to make them feel obligated to have sex, or to confuse them about the difference between love, attention and sex.

GLOSSARY GLOSSARY GLOSSARY

Abstinence: Usually means choosing not to have intercourse. Can also mean choosing not to be at all sexual with other people. Abstinence is a personal choice. People choose abstinence for many different reasons. Some people choose to be abstinent while they decide what they want or until they feel ready to become sexually active. Others choose to be abstinent for spiritual, religious or social reasons.

Accountability: An obligation or willingness to accept responsibility or to account for one's actions. If you, or someone you know, has offended someone, then being accountable might mean seeking help for yourself (therapy, etc.), it means learning to understand the pain you caused another person, and it means making choices to keep yourself from offending in the present and future. Learning to make these choices can sometimes feel confusing or overwhelming. This is why it is so important to get help. STOPITNOW in Vermont has an 800# that anyone, including offenders, can call anonymously to get help.

Adultism: The system of oppression that gives adults more power over young people than is necessary or healthy. Adultism upholds male supremacy through the domination and ownership of children and youth. Historically and currently, men still maintain dominance in most family systems in which children are the property of their parents. Under this system and in combination with other forms of oppression, there are many ways that children get used to fulfill the psychological, emotional, sexual and economic needs of adults and systems of power.

AIDS [Acquired Immunodeficiency Syndrome]: AIDS is final stage of HIV infection. HIV lowers the number of infection fighting cells a person has in their blood. When these cells are low

LOCAL RESOURCES

WHAT ARE SOME EXAMPLES OF SEXUAL VIOLENCE?

Another example is when a woman or man is raped to make her or him feel ashamed so she or he is easier to pimp. Sexual grooming can make the survivor feel like they are somehow responsible for what happened to them. Sexual offenders depend on their victims feeling ashamed and at fault; that's how they enforce silence. If you have been abused, **IT IS NOT BECAUSE OF SOMETHING YOU DID!**

All of these kinds of sexual violence can happen once or many times and can have serious effects on you, your health and your relationships. You might feel sad, isolated, ashamed, sexually detached, angry, suicidal or numb. At the same time, because our bodies are designed to be aroused by touch, you might feel excited, curious or aroused during the abuse or while remembering it. Also, because abuse usually happens with people you already know and might care about, or whose love you might want, you could also feel loved and loving at the same time you feel all the negative emotions. Talk about confusing! If and when you choose to *heal*, it is important to find a way to *heal* that is best for you.

WHAT SHOULD I DO IF SOMEONE I KNOW HAS BEEN SEXUALLY ABUSED OR RAPED?

First, reassure the person that what happened is NOT THEIR FAULT, they are not alone and the feelings that they are having are a normal response to trauma. Let them know that it's okay to talk about what they are going through. Ask them if they are currently doing anything to get support. Encourage them to do things that help them cope and to learn new ways to heal. Find out what they are already doing to make themselves feel better. Let them know whatever they are doing to survive is smart.

Healing is not just about physical healing. It also means getting the emotional and spiritual support you need. Depending on your situation, you can get support from a friend or family member, or you might need to talk to someone outside the situation to get the best support. (See resources in back for examples of places to get support.)

If you are hurt, pregnant or have contracted a *Sexually Transmitted Infections or Disease*, **GET PHYSICAL ATTENTION!** You can go to a hospital, a free clinic, your family doctor, a women's clinic, or an organization that will help you find the best place to go. (See resources in back for examples of places to go.)

LOCAL RESOURCES

GET INVOLVED!

Generation FIVE
(415)861-6658
3288 - 21st St. #171
san francisco, ca 94110
Generation FIVE's mission is to end the sexual abuse of children within five generations. Through survivor leadership, organizing, and public action, Generation Five works to interrupt and mend the intergenerational impact of child sexual abuse on individuals, families, and communities. They integrate child sexual abuse prevention into social movements targeting family violence, economic oppression, and gender, age-based and cultural discrimination. It is Generation Five's belief that meaningful community response is the key to effective prevention.
www.generationFIVE.org

School of Unity & Liberation (SOUL)
(510) 451-5466
287 17th St. Suite 225
Oakland, CA 94612
SOUL is working to lay the groundwork for a strong liberation movement by supporting the development of a new generation of young organizers - especially young women, young people of color, queer youth and working-class young people. SOUL is a training center designed to support the youth sector of the social justice movement. We run political education and organizing training programs, designed to meet the particular needs of our generation of emerging movement leaders.
www.schoolofunityandliberation.org

Men Can Stop Rape
(202) 265-6530
P.O. Box 57144
Washington, DC 20037
Men Can Stop Rape mobolizes male youth to prevent men's violence against women. We build young men's capacity to challenge harmful aspects of traditional masculinity, to value alternative visions of male strength, and to embrace their vital role as allies with women and girls in fostering healthy relationships and gender equality.
www.mencanstoprape.org

YOU ARE NOT ALONE!

People with a history of child sexual abuse and/or rape may experience flashbacks. Flashbacks are when you re-live parts or all of your original abuse experience, triggered by something happening now.

People who experience flashbacks often see images, hear sounds and voices, have smells and tastes, nightmares and recurring dreams from their abuse. They can also experience body memory, where they physically and emotionally re-live the abuse. This means people may feel bodily sensations that feel like the sexual abuse All of a sudden you can feel terror, suffocating (choking, can't breathe), gagging and/or like you are being touched. Your body may hurt in places that it was abused.

One of the most important things to remember is that these symptoms and reactions are totally normal and that you can find ways to understand them and to heal. Your body is smart. Listen to what your body is telling you. It is trying to HEAL.

BREAK THE SILENCE!

You CAN TALK about what happened, or is happening, to you. Just the act of telling someone you trust (friend, adult, peer) about your experience can be healing. One of the ways *offenders* hold power is through silence – if no one talks about what's happening, they can't be held accountable. Speaking up about rape and child sexual abuse can help you take that power back.

It's also important to know that some people (such as teachers, doctors, youth counselors) are *mandated reporters*. That means that they are required to report sexual abuse to the law if the survivor is still a minor (17 years old and under) and *Child Protective Services (CPS)* may get involved. You may or may not want this to happen. Interventions by CPS range from doing nothing, to visiting the home of the "victim" and the offender to interview them, to removing children from the home, to getting the police involved. If anyone in a family is an immigrant, a CPS report can result in deportation.

CPS interventions often depend on the culture of the CPS worker. For example, if they find a family louder or messier than their family was, they may feel this contributes to an "abusive" environment. In California, many CPS workers are at least a little educated about cultural differences. This is not always true. CPS responses vary from state to state, county to county, and person to person.

ARE YOU OR SOMEONE YOU KNOW THINKING ABOUT SUICIDE?

National Hopeline Network
support line: 1-800-suicide (784-2433)
Services are available 24 hours a day/7 days a week.
www.hopeline.com

National Suicide Hotlines USA
1-800-suicide (784-2433)
1-800-273-Talk (8255)
DEAF HOTLINE: 1-800-799-4TTY (4889)
Services are toll-free/ 24 hours a day/ 7 days a week
Through the telephone (cell phone, pay phone or land line), trained counselors will listen, provide support, and help connect you to local resources.
www.suicideHotlines.com

JOIN THE ANTI-VIOLENCE MOVEMENT

The National Coalition of Anti-Violence Programs (NCAVP)

The National Coalition of Anti-Violence Programs (NCAVP) addresses the pervasive problem of violence committed against and within the lesbian, gay, bisexual, transgender (LGBT) and HIV-affected communities. NCAVP is a coalition of programs that document and advocate for victims of anti-LGBT and anti-HIV/AIDS violence/harassment, domestic violence, sexual assault, police misconduct and other forms of victimization.

www.ncavp.org

Check the website for your local anti-violence programs.

The National Domestic Violence Hotline:

1-800-799-7233

Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 140 languages through interpreter services.

www.ndvh.org

BREAK THE SILENCE!

Usually, if you do not say who the offender is, then what you say cannot be reported.

Try to find people who you trust; if you can't find anyone to talk to there are places in the back of this booklet you may call toll-free where you can share your feelings safely. Some people stay silent about what happened to them.

Some people feel shame about what happened (which is a tool of the offender to keep them silent, and which is also a common response to any kind of trauma), and some are afraid that if they tell someone, then the offender might retaliate (get back at them) or try to intimidate them by doing it again. It is important to get the help of people you trust, so that you can make a plan to prevent this from happening. Again, you can also call a hotline to talk anonymously. If you decide to, you can also apply for a *restraining order*, which can sometimes be useful.

RESPONSES TO DANGER: FLIGHT, FLIGHT & FREEZE

Like other animals, humans have developed for millions of years to respond in certain ways to trauma, or threats to our safety. There are three common ways that our bodies respond to trauma, called fight, flight and freeze. How our body responds in the moment is not up to us; it's an IMMEDIATE response by our body.

Try thinking about how animals respond to danger. A raccoon's first response to danger is to run (**FLIGHT**). But if you corner it, or it can't run for some reason, then it will **FIGHT**. Many animals will also **FREEZE**, or play dead when they are in danger. For example, when a possum is threatened, it actually goes into a coma until the danger has passed; while it is in a coma, its body creates a scent that smells like the possum has been dead for 3 days. That way, other animals will think it is rotten and won't eat it.

Fight, flight and freeze are automatic responses. Raccoons and possums don't have to think about what to do in danger, they just do it. The same is true for humans. Our bodies decide right away how to best keep us safe.

How your body responds to danger, or responded to danger in the past, is AUTOMATIC and it is/was SMART! Your instincts served you and protected you at one time.

In the long-run, though, these responses can get stuck in our bodies and impact the way we are with other people. Getting one of these responses stuck in your body can lead to isolation and to relating to other people in very specific ways. For example, people who have a lot of "fight" stuck in their body often have a hard time connecting, especially intimately, with other people. People who have flight or freeze stuck in their bodies might not try to connect with others at all, or might feel like they can't speak up about how they're really feeling or stand up for themselves. As a result, they might rarely feel truly connected to other people.

ARE YOU LESBIAN, GAY, BI, TRANSGENDER, QUEER, QUESTIONING?

Gay, Lesbian, Bisexual & Transgender
National Youth Talkline
1-800-246- PRIDE (7743)
www.glnh.org
All of our services are free and confidential. Our telephone volunteers are in their teens and early twenties, and we speak with teens and young adults up to age 25 about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety and safer-sex information, and lots more!

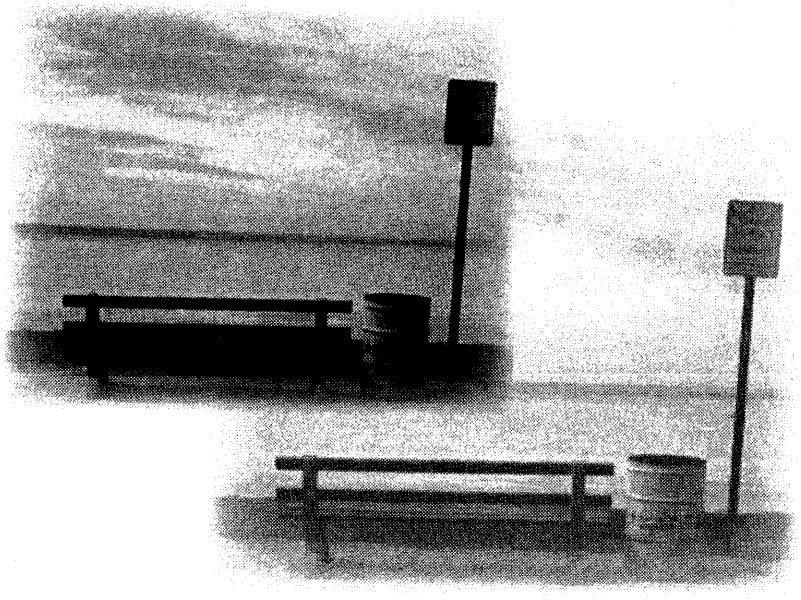
Youthresource: A Project of Advocates for Youth
www.youthresource.com
A website by and for gay, lesbian, bisexual, transgender, and questioning (GLBTQ) young people, taking a *holistic* approach to sexual health and exploring issues of concern to GLBTQ youth.

RESPONSES TO DANGER: FLIGHT, FLIGHT & FREEZE

Dissociation is another response to trauma. It's when you leave your body, or turn off what you're feeling, in order to deal with the situation in the moment. In very traumatic events, people might even feel like they are watching themselves from outside their bodies. Less extreme examples include turning off your feelings when something *triggers* you to feel bad so that you can deal with the situation in the moment.

These responses are SMART. Give yourself credit for doing the safest thing you could do when you were threatened.

What happened to you was not in your control. Where you go from here is UP TO YOU. It is your choice how and when to heal, or whether you want to heal at all. Many people find that they do want to heal, and that healing opens up new choices and possibilities in their life. Sometimes healing starts right after the abuse, but usually it happens throughout life. Often, people will heal in a kind of wave, dealing with the abuse, then not thinking about it for a while. This is a common pattern.



National STD Hotline
800-227-8922
Spanish: 800-344-7432
Info & referrals to free & low-cost public clinics. Operators can answer general Qs on prevention, symptoms, transmission, & treatment of sexually transmitted diseases. Open 11:00am to 2:00am, Monday thru Friday.

Nationwide Abortion Info (NAF) Hotline
800-772-9100
Spanish: 800-344-7432
TTY: 800-243-7889
Provides callers with factual info about abortion. Svcs. also available in Spanish.

Emergency Contraception Hotline
800-584-9911
Provides locations of places to get emergency contraception.

National Herpes Hotline
919-361-8488
Provides info & referrals to callers concerned about herpes. Trained specialists are available to address questions related to transmission, prevention, & treatment of herpes. The hotline also provides support for emotional issues related to herpes. Open from noon to 9:00pm, Monday through Fri.

National AIDS/HIV Hotline
800-342-2437

The Teen AIDS Hotline:
1-800-440-TEEN
Hours: Friday and Saturday 6:00 pm to 12:00 pm (Eastern Time)

FAT-POSITIVE
ORGANIZATIONS AND WEBSITES

Uppity Women:
http://www.uppitywomen.net/fatlinks.html
http://www.uppitywomen.net/summer2001.html

For a list of ten things to do to support a positive body image, see http://www.uppitywomen.net/bodysol.html

Nolose
(510) 541-5948
P.O. box 7522
Ann Arbor, MI 48107

NoLose is a volunteer-run organization dedicated to ending the oppression of fat people and creating vibrant fat queer culture. In the activist work that they do, they envision a world:

- that is accessible to fat people and reflective of us.
- that is without fat discrimination, hatred or prejudice.
- where fat people are empowered to create positive change in ourselves and in our communities.
- where beauty, morality, health, humor and fashion are divorced from size and shape and all bodies are celebrated.
- where fighting fat phobia is seen as integrally linked to other social justice issues such as the women's movement, anti-racist and anti-imperialist struggles of people of color at home and around the world, queer and transgender movements, class struggle, disability rights movements and more.
- where all people have a right to basic human rights as well as joy, sensuality and self-determination.
- and where the diet industry closes up shop as the world sees their products for the oppressive and ineffective scams they are.

RESPONSES TO DANGER: FLIGHT, FLIGHT & FREEZE

You might wonder, "Why do people carry trauma with them long-term when wild animals mostly don't?" This is a really interesting question. One part of the answer is that, when in danger, your body gets flooded with a lot of strong chemicals, like endorphins. Endorphins give your body strength and an ability to endure pain that you don't normally have. The natural way to release all of these chemicals is by shaking, which wild animals do after danger has passed. Unfortunately, most of us are taught to "be tough," and control or stop our natural urge to cry or shake thus preventing our responses to completely move through our bodies. This is one part of why a trauma that may have only lasted an instant can stay with you for a lifetime. Here are a couple more examples of how these responses might show up long-term in people:

FIGHT

Fight: Do you know someone who responds to feeling threatened by automatically wanting to fight (either with their fists or with words)? Have you ever bumped into someone at school or the store and they automatically glare at you and puff up?

FLIGHT

Flight: You can see the flight response in many animals whose main response to danger is to run away as fast as possible. Flight is responding to trauma or danger by getting away from what feels dangerous as quickly as you can. Have you ever been nervous about being at a party and the way you dealt with it was by leaving early? Or by not going at all?

FREEZE

Freeze: This is the 'deer in the headlights' response. Oftentimes, when someone is threatened, they feel frozen. A small example of freezing is when someone says something mean to you (or something that *triggers* you to feel ashamed or embarrassed, even if it's a compliment) and you are at a complete loss for words.

GOT QUESTIONS ABOUT SAFER SEX OR NEED FREE HEALTH CARE?

Planned Parenthood
800-967-PLAN (7526)
Confidential clinics for primary and sexual health care
www.ppgg.org

Sex, etc. A website for teens by teens:
Get connected with other young people who may have the same questions as you, this website is very informative. CHECK IT OUT!!
www.sxetc.org

Coalition for Positive Sexuality
PO Box 77212
Washington, DC 20013-7212
(773) 604-1654
Site is also in Spanish. Promotes positive sexuality and talks in depth about safe sex. How to use a condom, answers questions about pregnancy, birth control, *STD's, STI's*, etc
www.positive.org

San Francisco Sex Information
415-989-SFSI (7374)
877-472-SFSI (7374) (free call)
Provides referrals and answers to questions about sex and sexuality. They are not a phone sex service. They do not accept calls of that nature.
www.sfsi.org

SUBSTANCE USE

People use alcohol and drugs for a lot of different reasons. To relax, to have fun, to try new things, have new experiences, to forget, to feel a lot or to not feel anything, to manage emotion, physical or psychological pain.

Most people who use alcohol or drugs do so without harm to themselves or others and most youth and young adults who try drugs do not develop problems with drug use. HOWEVER, alcohol and drug use can be harmful, can increase the likelihood that you may harm another, and can become a life-long problem. A lot of what makes the difference is how and why someone uses drugs and alcohol.

Most people who get into trouble with drug use is because they are using it to manage pain of different kinds. It may be the emotional, mental or physical pain from abuse or violence that they are currently experiencing or the long-term impact of past experiences of abuse or violence. It may also be from experiences of *racism*, poverty or *homophobia* that drug use provides some escape from. Using drugs to forget or lessen the pain of these experiences can make drug use less of a choice or occasional thing into something that someone needs to get through. The is when it can take over your life.

Sometimes people use drugs in social situations or when they are having sex to either feel stronger and more confident or to dissociate (have your body present but float your mind and feeling away). If you are not present during sex or in situations where people are cruising or trying to hook up (like clubs or parties) then you are less likely to be able to protect yourself or make decisions that protect you about which situations are safe or not. If you get wasted in a place where you don't know people or have people who are looking out for you, then someone who is looking to take advantage of a situation, may target you sexually.

You may also be more likely to hurt someone else when alcohol or drugs has lowered your inhibitions (the things that we usually have in place that make us not do things that we don't want to or shouldn't do). This may be particularly true for men who are trained that they have a right to take sex from others or for people who have a history of abuse or have witnessed abuse and then alcohol and drugs opens the gates that are usually there to prevent abusing.

HEAL YOURSELF

"HEALING takes courage, and we all have courage, even if we have to dig a little to find it."

Tori Amos, musician/rape survivor

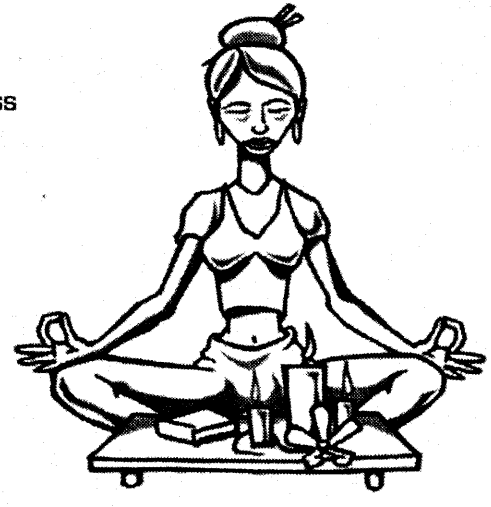
Reassure yourself that **YOU ARE NOT A VICTIM, YOU ARE A SURVIVOR**. You have power and are brave for surviving such a violating experience. You didn't do anything wrong and you deserve to heal. It is important that survivors get support.

Allow yourself to feel all your emotions regarding the abuse (You may have a range of mixed feelings toward the abuser, such as love, hate, anger, wanting to protect them, feeling like it was your fault, shame, and numbness. This is normal.)

Tell your story to supportive people.

Think about things that make you happy about your life and DO all of them. A few things that other survivors have done to help them heal have been:

- Dancing
- Take a self-defense class
- Art/writing
- Hanging with friends
- Poetry
- Music
- Nature
- Pets
- Get involved in activism
- Talk to a professional
- Sports
- Spiritual practice/community



NEED TO TALK ABOUT SEXUAL ABUSE, INCEST OR RAPE?

GOT QUESTIONS? SOMEONE YOU KNOW NEED HELP?

Rape, Abuse, & Incest National Network
HOTLINE: 800-656-HOPE (4673)
The Rape, Abuse & Incest National Network is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline and carries out programs to prevent sexual assault, help victims and ensure that rapists are brought to justice.
www.rainn.org

Stop It Now! Helpline:
888-PREVENT (773-8368)
info@stopitnow.org
National anonymous hotline for survivors, offenders, and anyone concerned about sexual abuse.

Male Survivor
800-738-4181
www.malesurvivor.org
Good source of info and resources for male survivors of childhood sexual abuse. Phone number is not a hotline.

project ran by and for Lesbian, Gay, Bisexual, Transgender, queer and questioning youth of color 25 and under. The goal of the Love and Justice Project is to educate queer youth of color on relationship violence and to provide them with important resources, and to also empower them to educate their peers.

Location: Bay Area, California and National (check website for chapter cities)
Contact: http://www.glsen.org/

The **Gay, Lesbian & Straight Education Network** strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression. GLSEN's newest national project is National No Name Calling Week. In coalition with leading education organizations, including the National Education Association and the National Middle School Association, GLSEN is proud to be a part of an event geared toward educating middle school students about the negative impact of bullying and harassment.

Location: San Francisco, California
Contact: www.cywd.org

The **Center for Young Women's Development (CYWD)** is one of the first non-profits in the United States run and led entirely by young women. From the beginning, they have organized young women who were the most marginalized in San Francisco — those in the street economies and the juvenile justice system — to design and deliver peer education and support.

WHAT DO I DO IF WHAT WOULD MAKE ME "HAPPY" IS HARMFUL TO MYSELF OR OTHERS?

There is a lot to consider when answering this question. We live in a society where people are hurting each other all the time, and where only a few people get to choose what hurtful behaviors are okay/not okay, or legal/illegal. It's important to remember that we, as individuals and within our communities, are responsible for creating the kinds of communities and relationships that we want to live in. Who and what are you *accountable* to? Do you have someone you like and trust who you can check in with to make sure your actions reflect the kind of person you want to be?

Remember, fantasy is separate from reality. Some things are not okay to do, but it's okay to fantasize about anything you want. If you become concerned about how many fantasies you are having, or how strong they are, you can always check it out with someone you trust. Check the back of this booklet for counselors and other resources near you.

Two things, in particular, bring up the question of happiness versus harmfulness:

- **S & M,** or **sado-masochism**, is when people either find pleasure in sadism, dominating others sexually (tying people up, giving orders, spanking, and more intense forms of inflicting pain), or in masochism (being dominated). Some people also enjoy taking on both roles. It's your right to do what gives you pleasure. However, it is important that everyone involved **consents**. See page 4 for more about consent.

- Another thing that brings up the question of happiness vs. harmfulness is **DRUG USE**. See page 23 for more info.

REMEMBER...
YOU HAVE POWER!

You did not have a choice about the abuse or violence that happened to you. But you have the power to find healing for yourself and to make a difference for others. Healing will help you find your passion and power in life.

COMMUNITY PROFILES

Location: Seattle, Washington
Contact: www.homealive.org

Home Alive is a Seattle based anti-violence project that offers affordable self defense classes, provides public education and awareness, and leads local community organizing efforts. They believe violence prevention is a community responsibility as well as an individual issue. Their work in self defense encourages everyone to recognize their entitlement to the basic human right to live free from violence and hate. Their goal is to build a cultural and social movement that puts violence in a context of political, economic and social oppression and frames safety as a human right.

Location: Bay Area, California
Contact: http://www.impactbayarea.org/

Impact Bay Area (formerly Bay Area Model Mugging/BAMM) is a nonprofit organization preventing violence and promoting healing by teaching Impact, a unique form of self-defense for mind, body and voice. We offer a variety of courses, each with the aim of making you more safe and secure. Our Women's Basics course is over 20 hours of comprehensive training with lots of practice, covering the emotional, mental and physical aspects of self-defense. Since 1985, Impact Bay Area has given more than 8,000 women and girls the skills to defend themselves against verbal, physical and sexual assault.

Location: Bay Area, California
Contact: http://www.cuav.org/

The **Love and Justice Project** which stands for [leaders overcoming violence everywhere joining us together in community empowerment] is a non-profit organization that was created in 2000. The organization was created from the ground up. The program is a relationship abuse outreach and education

COMMUNITY PROFILES

Location: Brooklyn, New York
Contact: www.sistaiisista.org

Sista II Sista, a group of young women of color in Brooklyn, NY, are working to fight violence against women through collective actions. Recognizing that the police often hurt rather than help their communities, Sista II Sista relies on each other for safety. One project they're working on is "Sistas Liberated Ground" which is a designated zone free from violence against women. Through public art, door-knocking, and street theater Sista II Sista raises awareness and teaches strategies for intervention and accountability.

Location: Seattle, Washington
Contact: www.cara-seattle.org

CARA (Communities against rape and abuse) is spearheaded by survivors of sexual and domestic violence — including people who are young, of color, queer, *incarcerated*, poor, and/or have disabilities — who have led organizing efforts against forced institutionalization of people with disabilities, against racist sterilization abuse of women of color and poor women, and against the alarming criminalization of young people. Organizers and activists demonstrate how these issues are intricately connected to the process of undermining sexual violence. CARA also uses community organizing as a tool to reconnect people to each other with a common goal of building safe, supportive and accountable communities. Community members participate in support group facilitation training; in-depth dialogue about family/friend-based accountability strategies; and projects that emphasize positive sexuality.

NO MORE I SAID

No More I said
No More
I am a youth of color trying to make change
Trying to build a huge foundation today
I am leader who strives for what she wants
By helping those who are in need the most
My people, our people, these powerful people
That you think can never be so healing
No More I said
No More
I am a survivor of Domestic Violence
Who won't take it no more?
I am a Mother of one
Who stands up to be the strong role model and more?
I am that grateful recovering addict
Who's been there and back?
I am someone who wants to be free
From all that we have internalized most consistently So be aware and watch out for me
Cause this youth of color isn't all that sweet
But instead I am here to fight until the end
I will never give up, please believe what's been said
No More I said
No More
Does it shock you to hear?
That this youth of color is not in fear
Can't I be that leader?
With will power, and a strong open-mind
Or do you think my color will not combine
Come on tell me what you feel
Cause if it was me I would keep it real
No false statement, no beating around the brush
Just the true me the strong survivor who will succeed
No More I said
No more

By: Tamiko Wilson, Love & Justice Youth Program Coordinator

See Community Profiles at the back of this booklet for more information about the Love and Justice project.

WHAT CAN I DO TO STAY SAFE?

Staying safe looks different at home, on dates or at parties, and out on the streets. Each individual situation is unique and what you do to protect yourself in one situation may not apply in others. Sometimes when we're scared our bodies take over. You may freeze, or be unable to move or speak (like the woman being chased by an alien in the movies who just stands there and screams). This doesn't necessarily mean that you're not protecting yourself; staying still may be the least dangerous thing to do in that situation. You may also try to run, fight or talk your way out of the situation.

TRUST your first instinct.
You are smart.
If it doesn't feel safe it probably isn't.

Staying emotionally safe can look similar to or different from physical safety. Being emotionally abused can hurt just as much as being sexually or physically abused. Just like you have the right to stay away from someone who hits or sexually abuses you, you have the right to stay away from someone who manipulates or verbally abuses you.

TRUST YOURSELF

TRUST

HOW DO WE CHANGE THE WORLD AROUND US?

Women, young women, girls and their male allies have been fighting for sexual equality and healing for a long time, and continue to fight. By organizing together and being part of these fights, we change ourselves, our loved ones, and the world around us. Here are some places to continue the fight:

- Educate yourself about the women's movement, children's rights, queer rights and your bodily rights.
- Talk about your experiences with friends. Find out if they've been through similar things.
- Join organizations involved in self-empowerment, community building and challenging oppressions.
- Make sure the movements you become part of are not only fighting for social healing, but also support healing among their members.

WHY DOES SOCIETY LET THIS HAPPEN?

Young women and girls, people of color, poor and working class people, queer people, boys and men who don't fit into the box of "being a man," and people whose bodies are outside of what the media portrays as normal all face harassment and violence. On a daily basis, we confront discrimination and/or oppression because of our gender, race, sexual orientation/presentation, and class. We live in a society and culture that values domination and power over others.

Male supremacy (a.k.a. sexism, the patriarchy) is a system in which men gain power and privilege at the expense of women and children. Sexual violence is one of the tools, along with economic and social violence, that keeps oppression in place. When a child is sexually abused, they learn that their own body is not theirs to control and protect, which causes feelings of hopelessness and helplessness.

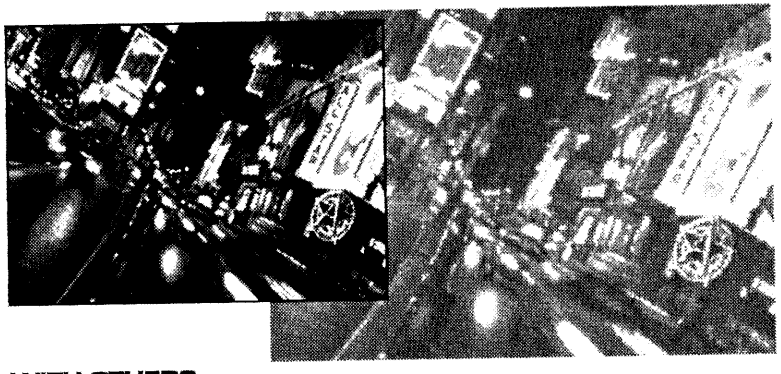
Learned hopelessness and helplessness are part of how people are kept from fighting what oppresses them. For example, when a woman stays with an abusive husband because she can't afford to feed and house her children on her own, economic and sexual violence are at play. Changing and healing our own lives is intimately connected with changing and healing the world around us.

It is important to remember that women can also be offenders of both girls and boys, and that men can abuse boys. This behavior is created and allowed by the power dynamics that cause and that are caused by *male supremacy, heterosexism, racism,* and *imperialism.*

PROTECT YOURSELF OUT & ABOUT

OUT AND ABOUT:

- Be aware of your surroundings!
- Follow your gut feelings. If someone is acting strange or you don't feel comfortable, LEAVE even if it is someone you know.
- Walk with confidence: hold your head up, look people in the eye, walk with a purpose like you know where you're going.
- Stay in well-lit areas, when possible.
- Keep your doors locked while driving.
- Make sure someone knows where you are if you're going to be sexual with someone you don't know very well.

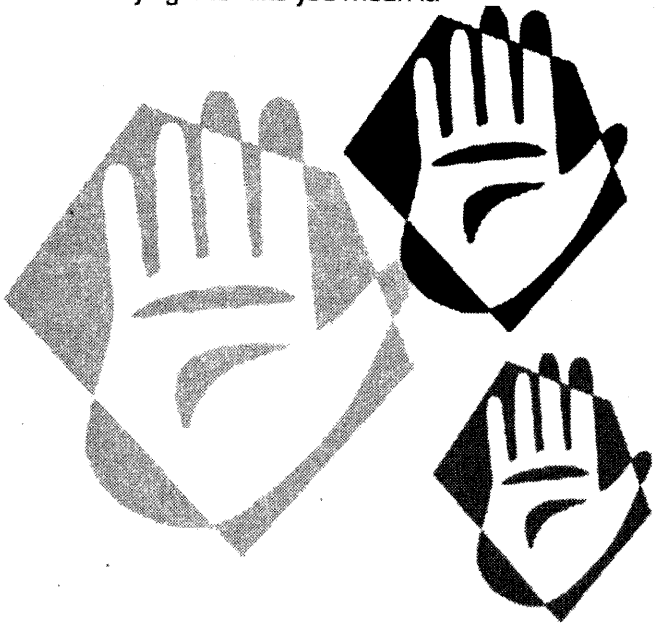


WITH OTHERS:

- Look out for your friends and have them look out for you. Have each other's back. Tell someone where you're going, who you're with, and when you'll be back.
- Meet friends or dates in a public place.
- Arrange for your own transportation on dates.
- If you are going to use drugs or drink at a club or party, be careful about the company you keep. NEVER leave your drink unattended (it's easy for someone to slip something into your drink when you aren't looking).
- If you do drugs, do them with people you know, trust and feel safe with. Make sure you have a friend you can check in with in case you get too fucked up.
- Try to avoid having sex when you are fucked up. You are way less likely to remember to have safe sex (physically and emotionally) when you are not sober.

PROTECT YOURSELF AT HOME

Set boundaries. When someone does something that makes you uncomfortable, tell them to stop in a clear, firm voice. Practice saying "NO" like you mean it.



If someone in your home is abusive, find ways not to be alone with them. Get a job, get involved in a sport, a youth organization, or something else to keep you out of the house. Figure out who you can go to for help – both in your family and out.

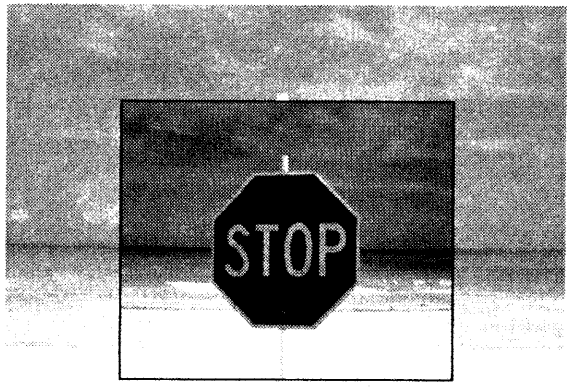
You can also try to move out. Do what you can to live with a trusted friend or relative. If you are under 18, it is possible to get *emancipated*, which means legally you are an adult.

Call a local organization to see what help is available for you. (See resources listed at the back of this booklet for examples.)

IT IS NOT YOUR FAULT

What about self-defense?

Lots of times it is important to learn or re-learn how to defend yourself, by pushing, kicking, running away, etc. There are fun ways to practice this with other friends or survivors. This can help you feel strong. If you want more information on self-defense, check out the places listed in the back.



There are times when self-defense doesn't work, though. Often it's not possible to defend yourself, or defending yourself doesn't work. The offender (also known as an abuser or someone who acts abusively) may be physically stronger or bigger. **It may be even harder to defend yourself with someone you know.** You might hesitate to hurt someone you care about. You might be too surprised to act fast enough; you might be too shocked to believe that this is actually happening. Whether you try to defend yourself or not, IT IS NOT YOUR FAULT IF YOU ARE RAPED OR SEXUALLY ABUSED.

BELIEVE IN YOURSELF. You have the right to physical and emotional well-being. It is your right to do whatever it takes to keep yourself safe.