

The background features a light mint green color with several decorative elements. On the left and right sides, there are large, stylized circular patterns with concentric bands of teal, orange, and white, some with dashed lines. At the top and bottom, there are smaller, similar circular patterns. On the right side, there are large, overlapping organic shapes in shades of orange and light green, some with small orange dots.

The Refuge Utah Presents:

HEALTHY RELATIONSHIPS

Based on "Safe Dates," a CDC-developed curriculum

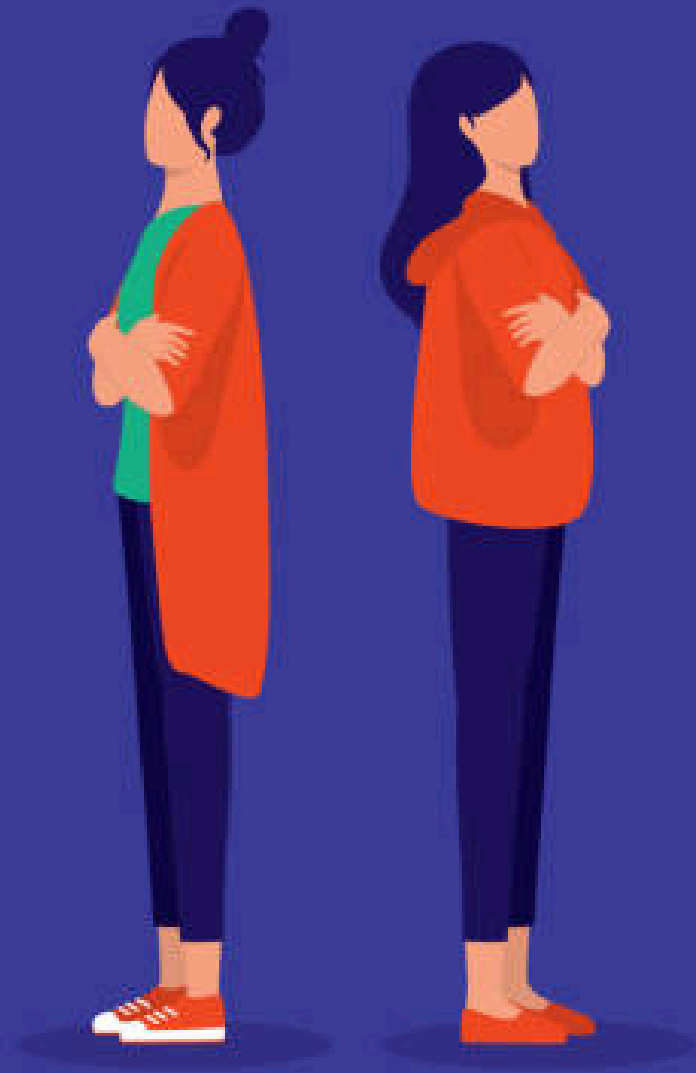


- Select "Pre-test"
- Organization: The Refuge Utah
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- Make sure to hit the arrow on the bottom right!

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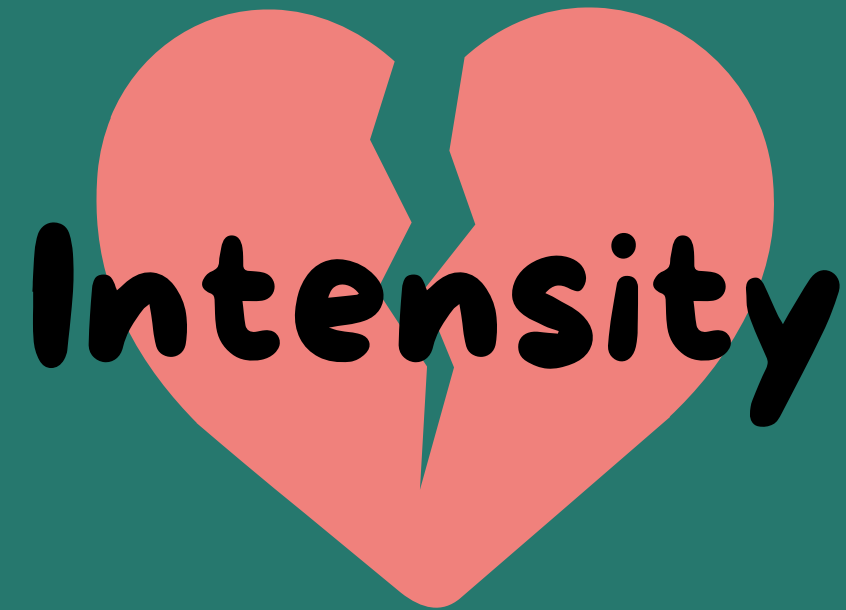


What are you
looking for in your
relationships?



What do you **not**
want in your
relationships?

Markers of Unhealthy Love



--> check out Katie Hood's TED Talk, "The difference between healthy and unhealthy love," for more

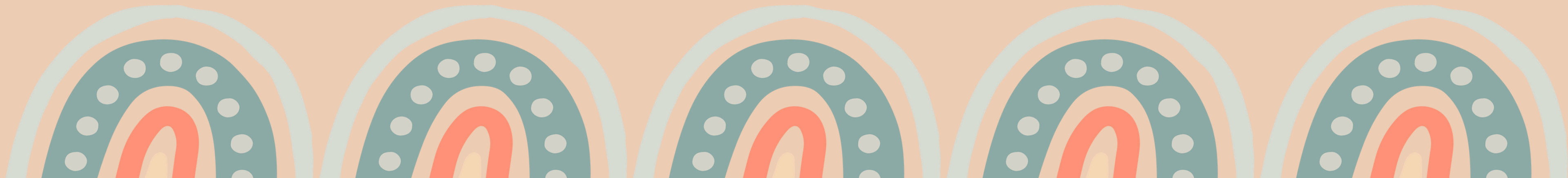
Abuse

What is abuse?

Intentionally or knowingly causing harm

Attempting to cause harm

Threatening to cause harm





Why do people abuse?

Abuse is a *choice*

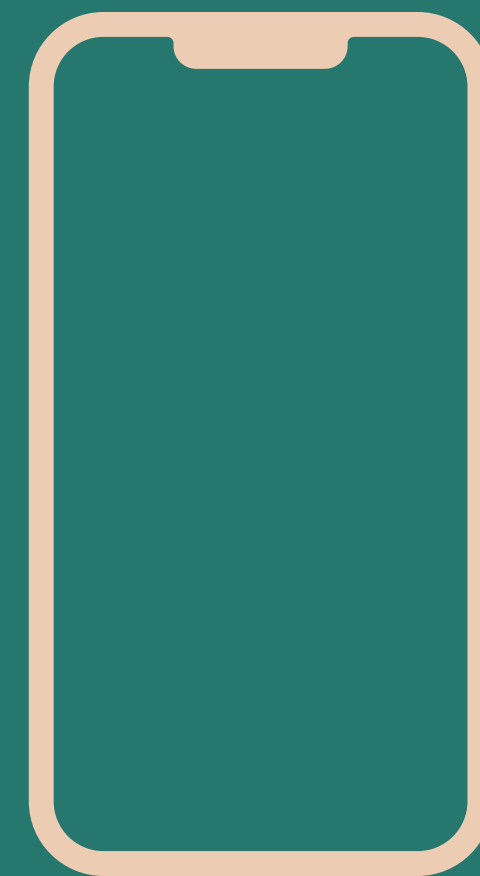
To control *actions*

To control *feelings*

To control *thoughts*



Types of abuse and control



Physical or Sexual

Physically injuring or threatening violence

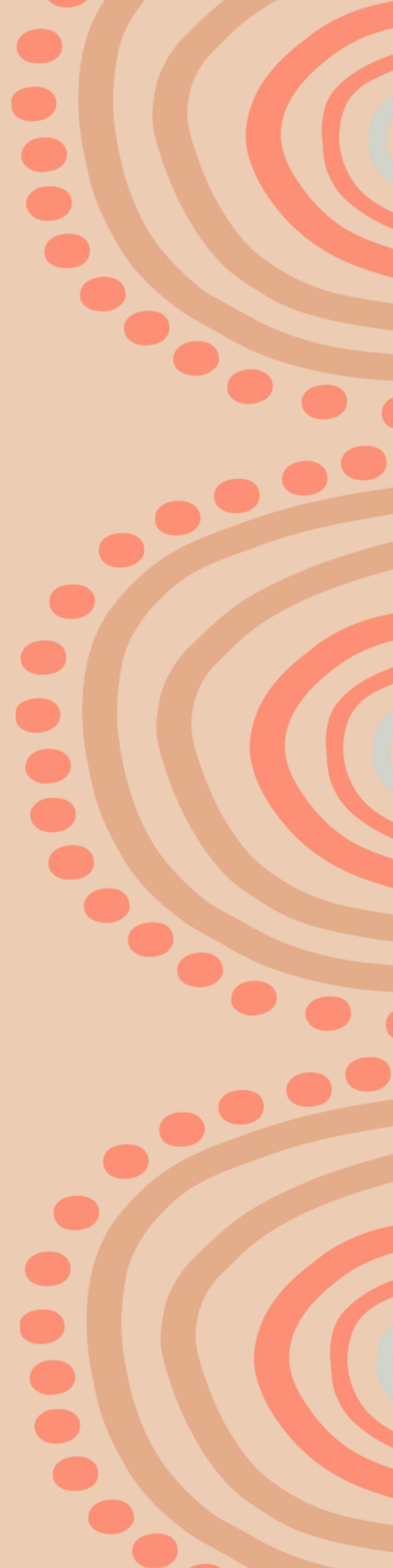
Throwing things

Sexual assault/rape

Neglect or deprivation of needs

Pushing a partner's physical boundaries

Stalking





Mental or Emotional

Guilt tripping

Shaming, putting down, or embarrassing

Lying, gaslighting

Isolating partner from others

Cheating

Ignoring partner's feelings, giving the silent treatment

Technological

Blackmailing

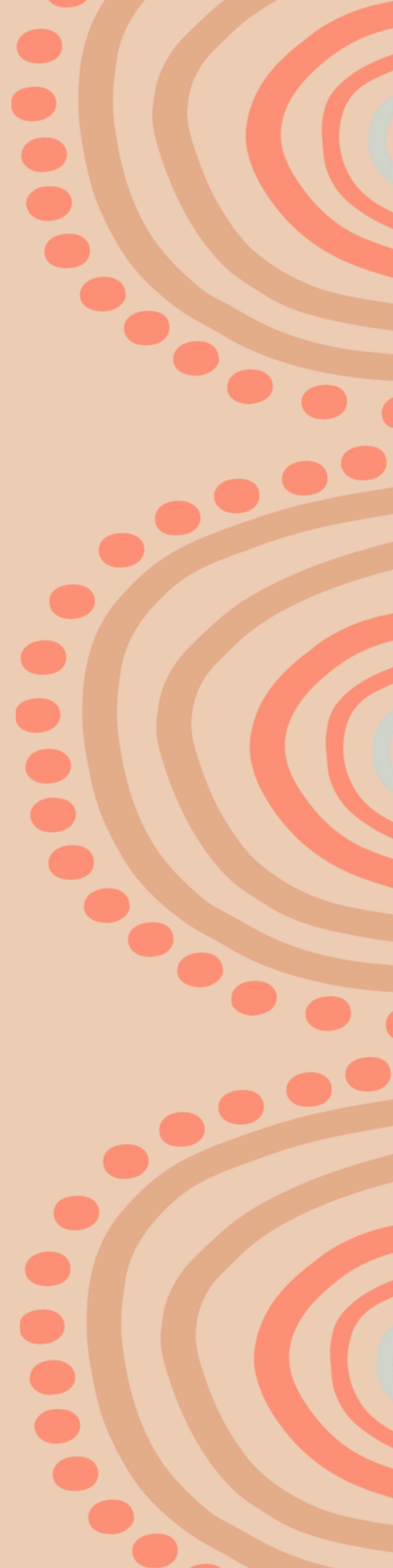
Demanding passwords

Incessant texting and location tracking

Shaming on social media, cyberbullying

Sending unwanted nudes/demanding nudes

Sending threatening messages



Barriers to Getting Help

Partner has isolated victim

They are in love

Not knowing about resources

The good outweighs the bad

Fear of retaliation from partner

They can 'fix' their partner

Fear of being misunderstood,
blamed, or judged

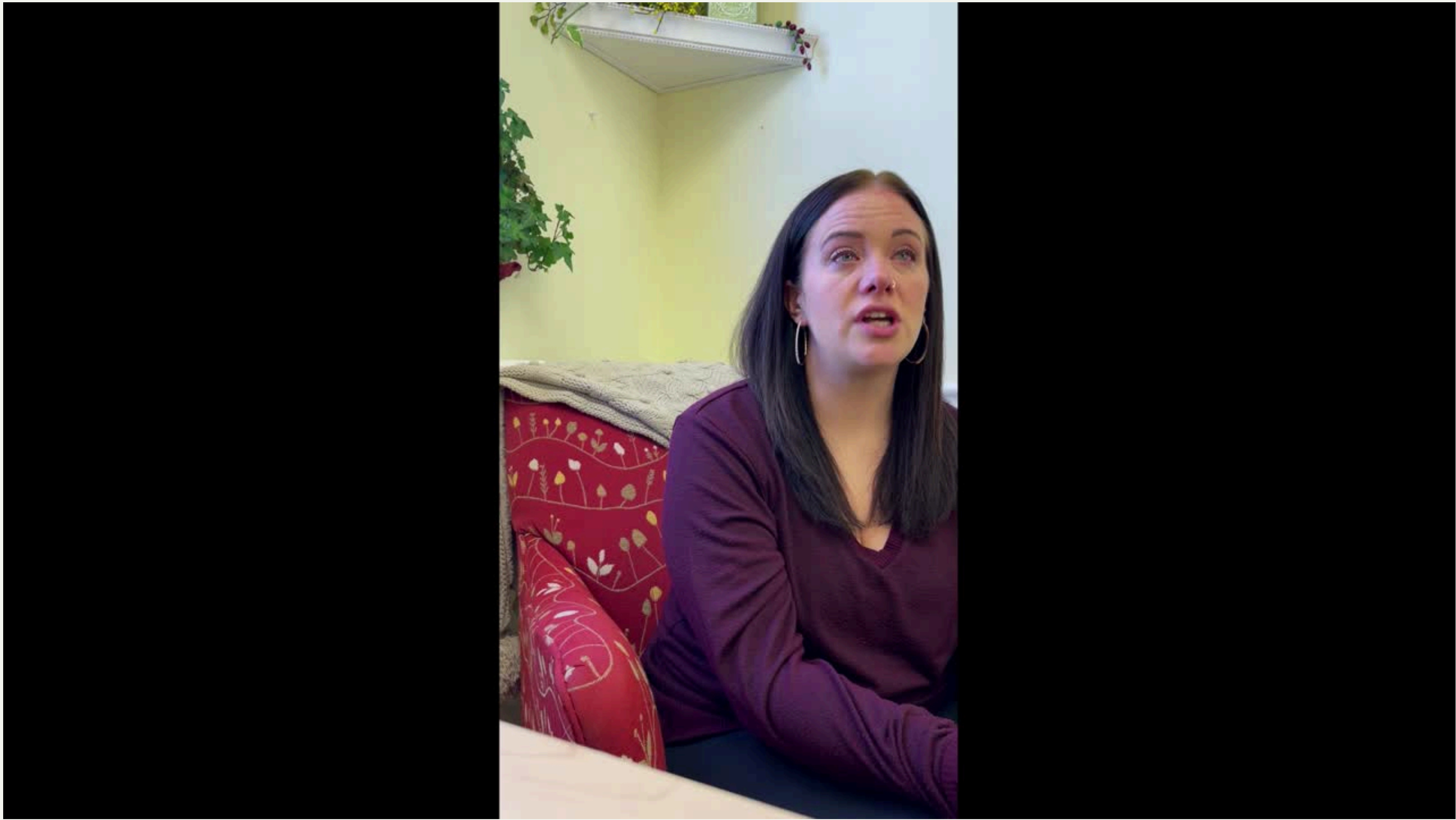
They feel responsible

Gender stereotypes

No financial ground to stand on

They don't realize it is abuse

Not wanting to admit the
problem



 LYNDSEY'S STORY 

10 SIGNS OF HEALTHY LOVE

1. Comfortable Pace

2. Trust

3. Honesty

4. Independence

5. Respect

6. Equality

7. Kindness

8. Taking Responsibility

9. Healthy Conflict

10. FUN

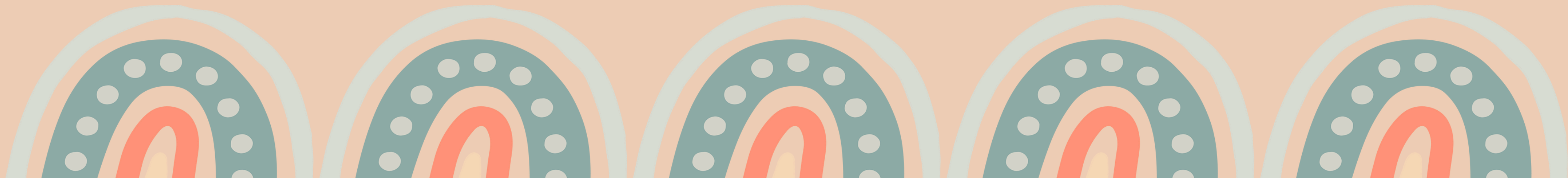
Check out One Love Foundation for more information

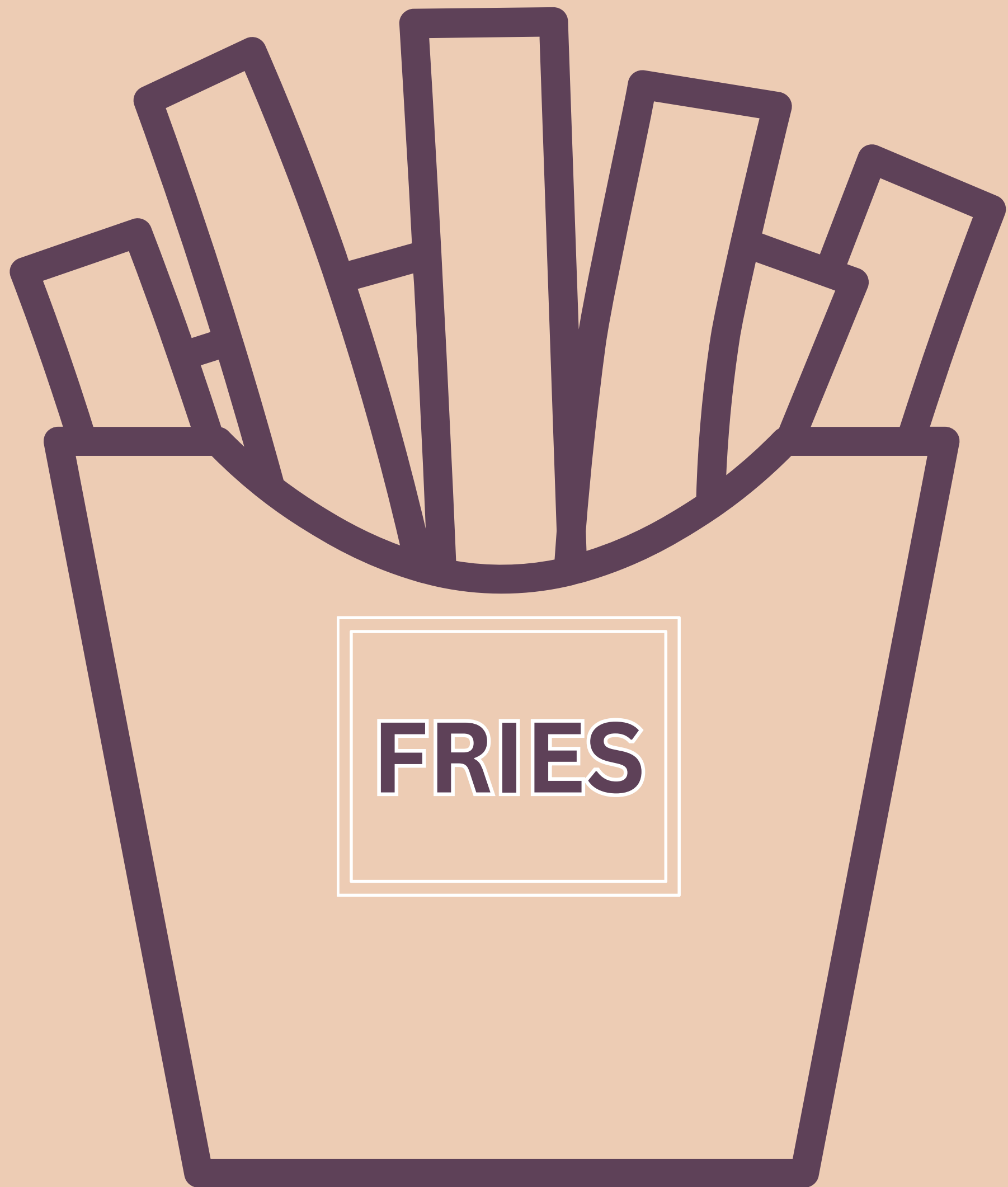


Sexual Assault

Sexual Assault Definition

Any unwanted sexual contact, including unwanted touching, that results from coercion, force, pressure, violence, or threats.





Freely given

Reversible

Informed

Enthusiastic

Specific

CONSENT

IT'S SIMPLE AS TEA

Tea & Consent Video

Sexual assault is *never* the victim's fault.



Be An Active Bystander

Distract



Delegate

Document



Delay

Direct



Create a culture of consent.

Push back against

toxicity.



What kind of jokes

do I laugh at?



Helping a friend:

- Listen + believe their story
- Avoid blaming them or gossiping about them
- Refer them to resources + be patient



Sexual Assault Support Class @ The Refuge Utah:

- Wednesdays
 - English = 7 pm
 - Spanish = 8 pm
- 1433 E 840 N, Orem, UT
(Our offices)
- Open to community
- Zoom option as well
- IG for weekly topics
@therefugeutah

QUESTIONS TO ASK YOURSELF

How does this relationship make me feel?

Do they encourage and respect my boundaries?

Do I feel safe to grow and to make mistakes?

Am I encouraged to build relationships with others?

QUESTIONS TO ASK YOURSELF

Who is a safe **ADULT** you can check-in with about this relationship?

Who is a safe **FRIEND/PEER** you can check-in with about this relationship?

Make an appointment with yourself!

When can you check-in with these people?

COMMUNITY RESOURCES

Medical forensic exam

- **Free in UT, any ER, within 6 days**

BYU SASS

- **Lisa Leavitt, (801) 422-9071**

BYU Title IX Office

- **(801) 422-8692**

UVU Crisis services

- **(801) 863-8876**

UVU Title IX Office

- **(801) 863-7999**

Jr. High/High School Students

- **Ask about school counseling resources**



THE REFUGE UTAH RESOURCES

Rape/Sexual Assault 24/7

Helpline:

(801) 356-2511

Domestic Violence 24/7

Helpline:

(801) 377-5500

Help for survivors includes:

- Community support classes
- Individual + group therapy
- Housing assistance
- Victim's advocates



You are not alone.

You deserve to have safe, loving
relationships.

You have access to resources to help
you create healthy, fulfilling
relationships.



- Select "Post-test"
- Organization: The Refuge Utah
- Identification code: The last 4 digits of your student ID
- Make sure to hit the arrow on the bottom right!

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