



exploitation

Huh? What's that? It's a big deal in Alaska.

It's when someone...

- Makes you do sexual things or pose for sexual pictures in order to get things like food, shelter, rides, drugs, or \$
- Controls where you can go and who you can talk to

Often they start by being really nice or by trying to be someone close to you, like a BF or older brother/sister. It happens in cities and in the village. If you hear about this or it's happening to you, **there is help to get out and get safe.** You can call the FBI in Alaska: 907-265-8100 or the national CyberTipline: 1-800-843-5678.



how to help someone

If you know someone who's in an unhealthy relationship, or someone who has been sexually bothered in a way they didn't want or taken advantage of while they were drunk or blacked out, you can help:

- Listen and let them know you care
- Believe them
- Let them know it's not their fault
- Respect their privacy
- Offer to connect them to help

how to get help

To ask questions, get help, or just have someone listen, these resources are there 24/7, and they care. They are free and completely anonymous.



Text "LOVE IS" to 22522



loveisrespect.org
iknowmine.org
thatsnotcool.com



Someone I trust: _____

Local Organization: _____



National Teen Dating Abuse Helpline: 1-866-331-9474
Alaska Careline (crisis, suicide prevention): 1-877-266-4357

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getting together



healthy relationship?

Ask yourself: do I feel...

- Safe, respected, and cared for?
- Like I can talk about issues or share ideas without being afraid?
- Supported to spend time with my friends and family?
- Respected in my choices and boundaries about touch?

(and if you are having sex...)

- Respected in my choice of protection (like condoms, birth control, etc.?)

If you answered yes to these, and if you treat that person the same way, that sounds healthy!



unhealthy relationship?

On bad days, does this person...

- Put me down, scare me, or hurt me?
- Try to control me or keep me from seeing people?
- Pressure me to send sexual pics or harass me online or by text?
- Make me do sexual things I don't want or refuse to use protection?

If you answered yes to any of these questions, **it's not your fault** and you don't deserve this. There is help. And/Or if you do these things to the person you're with, there is help for you too.

(See other side >>)



getting intimate

In a healthy way means both people...

- √ Are aware/conscious/sober
- √ Are close in age and no one has authority over the other
- √ **CONSENT** (make a clear, spoken, and happy agreement to *each* activity)

How do you know if someone consents? Just ask:

"Do you want...?" or "Are you okay with...?"

...then respect the answer! (also respect if someone changes their mind)

Remember: Consent to kiss or touch is NOT consent to do more.
Ask and listen for each thing.



your body is yours!

- You have the right to decide if, when, and how someone touches you.
- You have the right to decide your boundaries and tell the other person.
- **If you don't want to do something sexual, you don't have to.**
(Even if it's your BF/GF/partner, even if they spent \$ on you, even if you've done it before...)

If someone has touched you or sexually bothered you in a way you didn't want or when you were drunk, asleep or blacked out, **it's not your fault** and you are not alone. There is help.

(See other side >>)