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# HEALTHY RELATIONSHIPS

*Relaciones saludables*



RAPE  
RECOVERY  
CENTER

This programming is funded by a grant from the Utah Department of Workforce Services.





# **Our Mission**


## *Nuestra Misión*

Support and empower survivors and victims of sexual violence and educate the community about the cause, impact, and prevention of sexual violence.

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# Objectives

01. *DEFINE HEALTHY  
RELATIONSHIPS*
  02. *DEFINE CONSENT*
  03. *DEFINE BOUNDARIES*
  04. *FEEL CONFIDENT SEEKING  
AND PROVIDING SUPPORT*
- 





**What is important to you in  
your relationships?**

*¿Qué es importante para ti en tus relaciones?*



# Some “Green Flags”

*Algunas “banderas verdes”*



- **Respect** and understanding
- Good **boundaries**
- Encouraging each other's **interests**
- **Trust** and loyalty
- Honest, open **communication**
- **Happy** when together
- **Balance** between time together and time alone



# Some

## “Red Flags”

*Algunas “banderas rojas”*



- Lack of respect and understanding
- Violating boundaries
- Not supporting each other's goals and dreams
- Mistrust
- Dishonesty and unhealthy communication
- Asking to spend every moment together



# WHAT DO YOU THINK?

*¿QUÉ PIENSAS?*







## PHYSICAL

Unwanted physical contact or threats used to maintain power and control



## EMOTIONAL/PSYCHOLOGICAL

Non-physical behaviors that are meant to control, isolate, or frighten



## SEXUAL

Unwanted sexual contact or coercive control over sexual intimacy



## TECHNOLOGICAL

Use of technology and the Internet to bully, harass, stalk, intimidate, or control

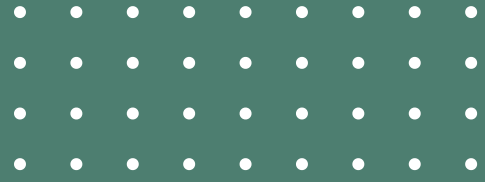


## FINANCIAL

Leveraging power and control in finances and the ability to work







# Consent

## *Consentimiento*

What comes to mind when you think about consent?

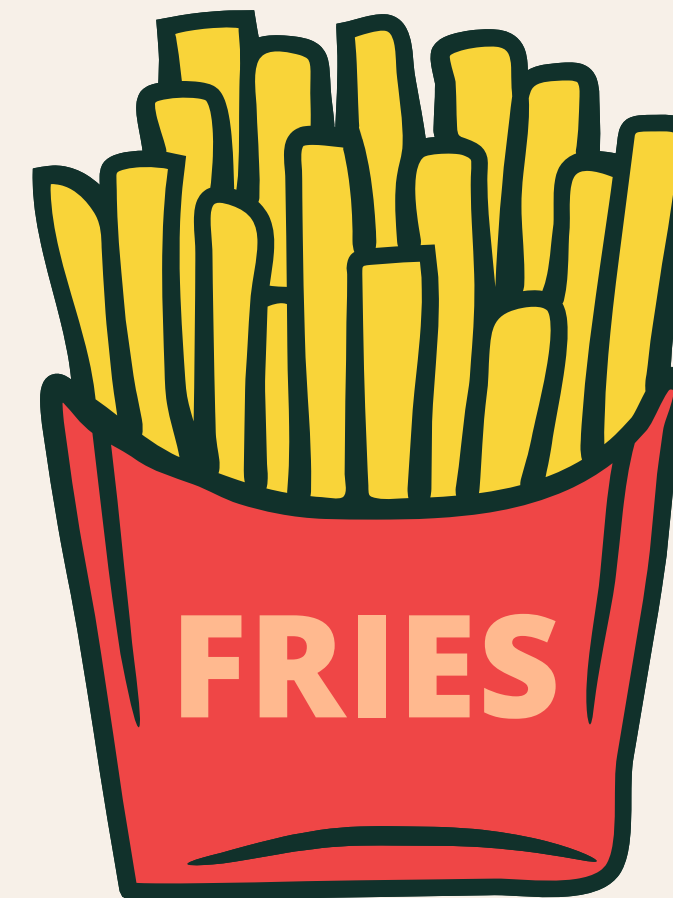




☒ YES!  
☐ NO

# THE FRIES MODEL OF CONSENT

*MODELO DE CONSENTIMIENTO FRIES*



**F**REELY GIVEN

**R**EVERSIBLE

**I**NFORMED

**E**NTHUSIASTIC


**S**PECIFIC





# Coercion is NOT Consent

*La coerción NO es  
consentimiento*



# Coercion includes but is not limited to:

*La coerción incluye, entre otros:*

- Guilt
- Blackmail
- Threats
- Pressure
- Persuasion





# Other Unhealthy Dynamics

*Otras dinámicas nocivas*

**POWER  
DIFFERENCES IN  
RELATIONSHIPS**

**INCAPACITATED  
OR UNDER THE  
INFLUENCE**



**FREELY  
GIVEN**

**REVERSIBLE**

**INFORMED**

**ENTHUSIASTIC**

**SPECIFIC**

# Scenario 1

Riley has been dating Mateo for several months. One day, Riley told Mateo to meet her by the girls' bathroom between classes. She pulled him into the bathroom and into a stall. She started kissing him and rubbing her hands all over his body. Mateo asked her to stop. He told her he could get detention if he was caught in the girls' bathroom, and he needs to be home after school to take care of his siblings. Riley told Mateo to stop being a baby. She told him if he wanted to be with her, they needed to take their relationship to the next level. Riley proceeded to kiss him and move her hands around on his body. Mateo was extremely anxious.



**FREELY  
GIVEN**

**REVERSIBLE**

**INFORMED**

**ENTHUSIASTIC**

**SPECIFIC**

# Scenario 2

Taylor and Carmen are interested in each other. Before spring break they were going everywhere together and texting constantly. During spring break, they each went to different places with their families. While on vacation, Carmen texted Taylor, “I miss you. Send me a pic.” Taylor sent Carmen a picture of her on the beach, petting her dog. Carmen texted back, “I don’t mean that kind of pic ;).” Taylor replied that she did not feel okay about sending an explicit photo. Carmen texted, “Haha, what’s the big deal? It’s not like I’m going to show it to anyone.” When Taylor again refused, Carmen texted, “Come on, please? I hate that I can’t talk to anybody about us.” Taylor started to worry that Carmen might tell someone about their relationship, so she sent a more revealing picture of herself to Carmen than she wanted to.

**FREELY  
GIVEN**

**REVERSIBLE**

**INFORMED**

**ENTHUSIASTIC**

**SPECIFIC**

# Scenario 3

Ana and Marcus have been flirting a lot in class. One day after class, Marcus invited Ana to his place. Ana was excited and agreed to walk with Marcus. When they got there, Marcus asked Ana if he could kiss her. Although she felt embarrassed, she wanted Marcus to kiss her, so she said yes. They began kissing, but then Marcus put his hands under Ana's shirt. She pushed his hands away and said she didn't want him to do that. She said she liked kissing him but didn't want to do anything else. Marcus stopped trying to put his hand under Ana's shirt.





**Questions?**

***¿Preguntas?***



# Helping Someone Who Discloses Abuse

*Ayudar a alguien que revela*



**LISTEN**

**BELIEVE**

**REFER**



Statewide Sexual  
Assault Helpline:  
**(801) 736-4356**

Línea de Apoyo de Violencia  
Sexual las 24 Horas de Utah:  
**(801) 924-0860**



# Our Services

## *Nuestros Servicios*

### Advocacy

- Referrals for sexual assault-related immigration, financial, and physical and mental health concerns
- Assistance navigating the criminal legal system
- Assistance applying for crime victims reparations
- Support groups in English and Spanish
- Services for incarcerated survivors

### Community Engagement

- Outreach and awareness
- Prevention programming
- Peer Advocacy Council

### Mobile Response

- Forensic exam accompaniment 24/7
- Emotional support, clothing, blankets, and resources



### Counseling

- Individual therapy
- Therapy groups



# Thank You!

## *¡Gracias!*

UTAH'S 24-HOUR SEXUAL VIOLENCE HELPLINE: (801) 736-4356

*LÍNEA DE APOYO DE VIOLENCIA SEXUAL LAS 24 HORAS DE UTAH: (801) 924-0860*

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