

**Please take one survey
and one handout in the
language of your choice!**

***¡Complete una encuesta
y tome un folleto en el
idioma de su elección!***



**RAPE
RECOVERY
CENTER**



**Please take one
anonymous survey!**

***¡Tome uno de cada
documento!***



**RAPE
RECOVERY
CENTER**





@raperecoverycenter | www.raperecoverycenter.org

CONSENT, BOUNDARIES, & HEALTHY RELATIONSHIPS



RAPE
RECOVERY
CENTER

*Consentimiento, límites y
relaciones saludables*



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.

@raperecoverycenter



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

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

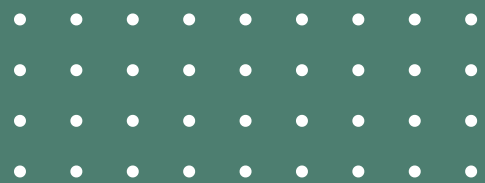
Leveraging power and control in finances and the ability to work





Consent

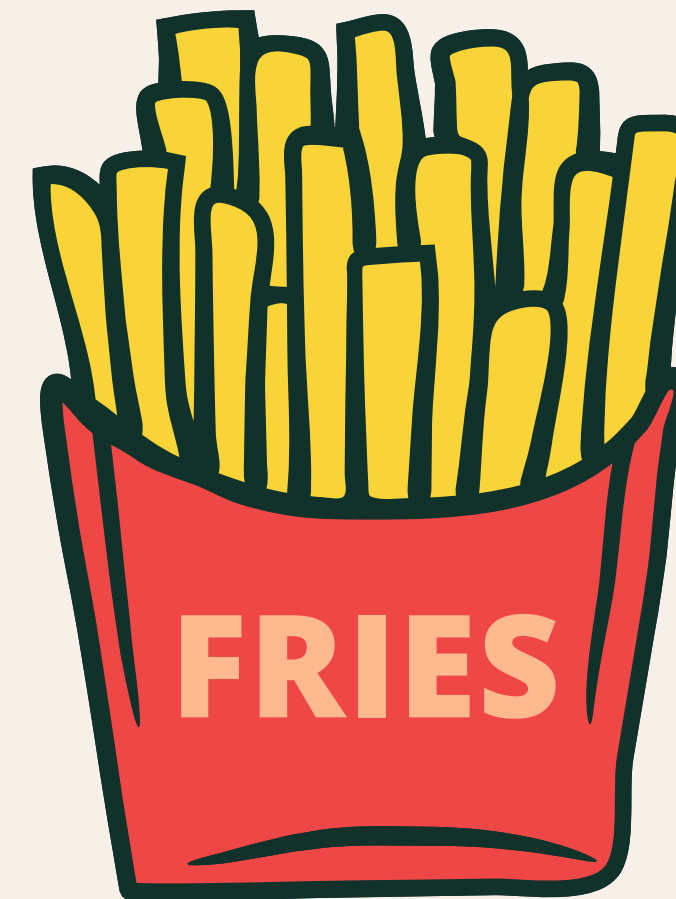
Consentimiento





THE FRIES MODEL OF CONSENT

MODELO DE CONSENTIMIENTO FRIES



FREELY GIVEN

REVERSIBLE

INFORMED

ENTHUSIASTIC

SPECIFIC



CONSENT

IT'S SIMPLE AS TEA




FREELY GIVEN
REVERSIBLE
INFORMED
ENTHUSIASTIC
SPECIFIC



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**





Boundaries

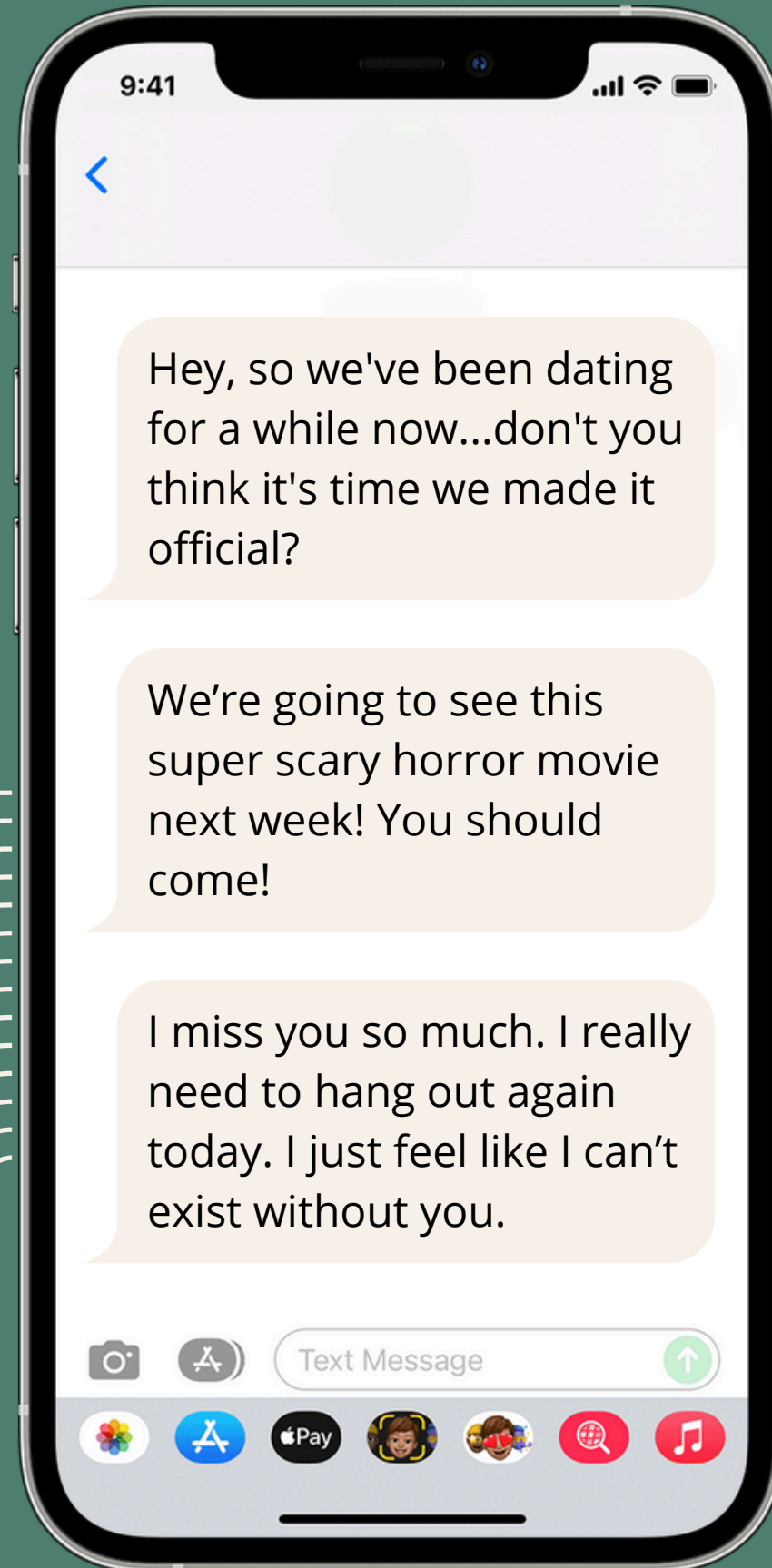
Límites





I NEED SOME TIME TO THINK ABOUT IT, BUT LET'S TALK IN PERSON SOMETIME!

I CAN'T COMMIT TO THAT. BUT I CAN DO _____



I'M NOT READY TO TALK ABOUT THAT RIGHT NOW.

I'M SORRY, BUT I'M NOT COMFORTABLE WITH THAT.

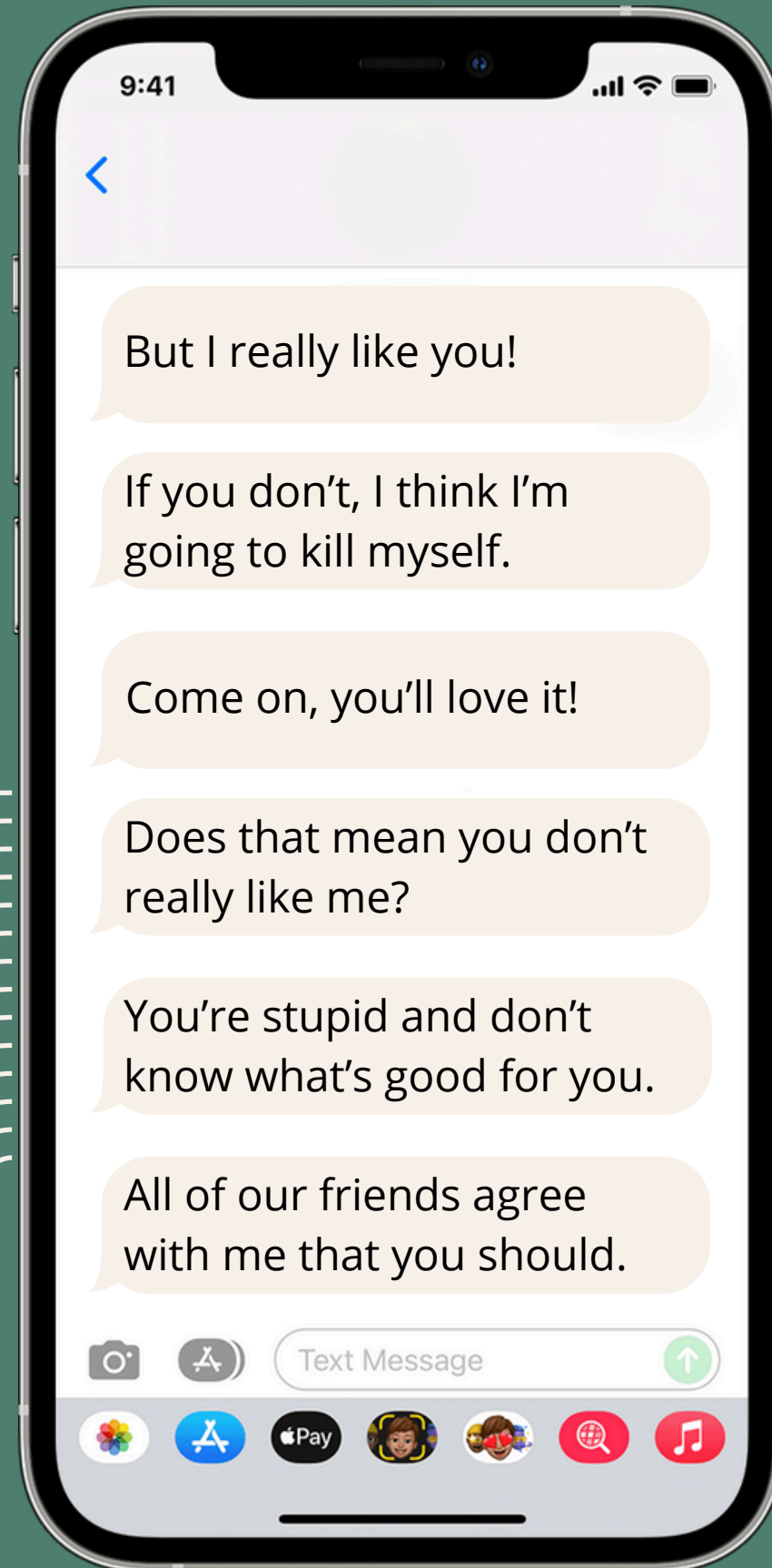


***I UNDERSTAND YOU'RE UPSET,
BUT IT'S NOT OKAY FOR YOU
TO TALK TO ME THIS WAY.***

***I RESPECT YOUR FEELINGS,
BUT THIS IS MY DECISION.***

***I NEED YOU TO RESPECT
WHERE I'M COMING FROM.***

***I NEED SOME SPACE RIGHT
NOW.***



***I UNDERSTAND YOU'RE UPSET,
BUT IT'S NOT OKAY FOR YOU
TO TALK TO ME THIS WAY.***

***I RESPECT YOUR FEELINGS,
BUT THIS IS MY DECISION.***

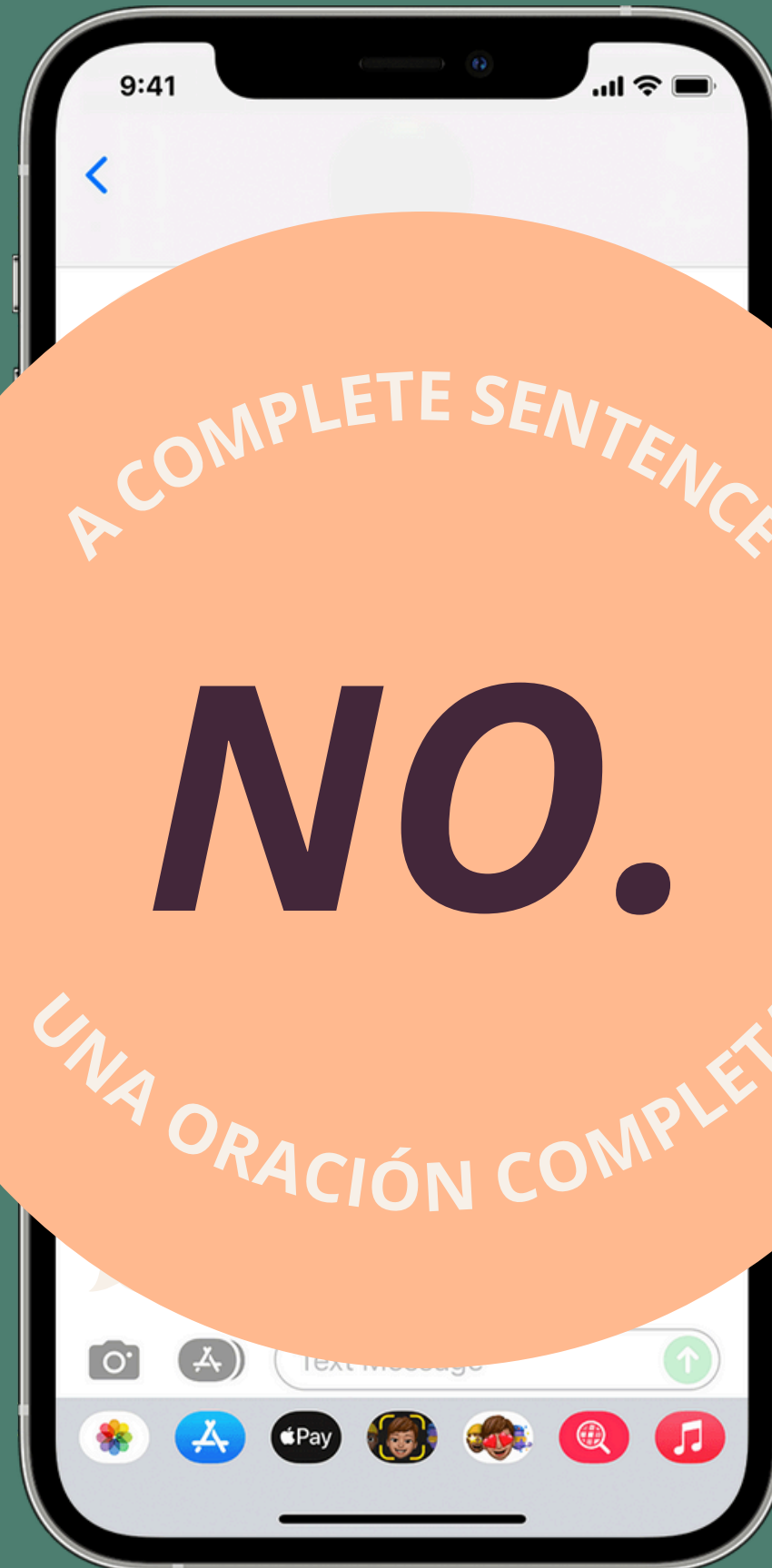
***I NEED YOU TO RESPECT
WHERE I'M COMING FROM.***

***I NEED SOME SPACE RIGHT
NOW.***

A COMPLETE SENTENCE

NO.

UNA ORACIÓN COMPLETA



What happens when a boundary is crossed?

¿Qué sucede cuando se cruza un límite?



- Address with the person if you feel comfortable
- Discuss with a trusted friend or adult
- Lend support
- Defer to an expert
- Be accountable
- Consent and boundaries coexist!



Questions?

¿Preguntas?

Definitions

Definiciones

Sexual assault

Unwanted sexual contact of any kind. May include: touching, fondling, indecent exposure, etc.

Sexual harassment

Any deliberate or repeated behavior (visual, verbal or physical) that is sexual or gender based and unwelcome.

Rape

Forced sexual intercourse.



Statistics

Estadísticas



- 1 in 3 women in Utah are expected to experience sexual assault within their lifetime.
- 1 in 6 men in Utah are expected to experience sexual assault within their lifetime.
- 1 in 2 trans individuals in the US are expected to experience sexual assault within their lifetime.
- 75–80% of survivors are harmed by someone they know.
- Utah has remained in the top 10 for reported sexual assaults in the nation over the last decade.

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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(801) 467-7282

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