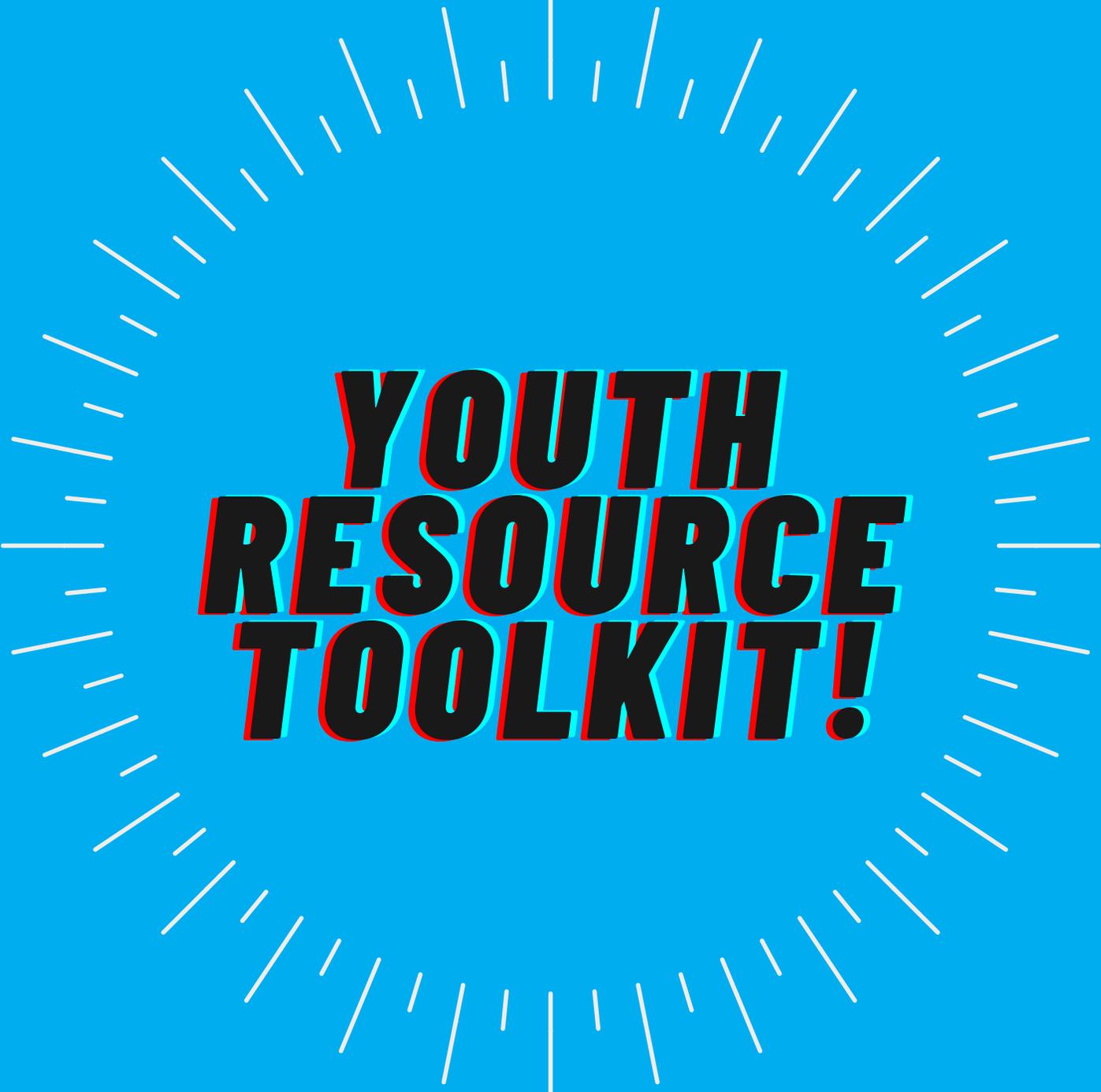


resources for teens ● sexuality & consent ● self-care ● recommended reading
sexual violence & coercion ● safety planning ● relationships, boundaries & more



YOUTH RESOURCE TOOLKIT!

SASSMM

Sexual Assault Support Services
of Midcoast Maine

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Letter to the Reader

Dear Midcoast Maine student,

We are Sexual Assault Support Services of Midcoast Maine, your local agency serving those affected by sexual violence in Eastern Cumberland, Sagadahoc, Lincoln, Knox, and Waldo counties. This packet was designed for high school students in Midcoast Maine to access resources, learn about sexual health and violence, and gain tools for self-care.

In this toolkit, you will find information about a variety of topics relating to sexual violence. These are for you to use as you please, so we encourage you to take what you need and leave the rest. You can read the entire packet from start to finish, or you can jump around, skim, or simply bookmark this page for later. This toolkit will remain available on our website for you to return to whenever you need. It will also be periodically updated with new information and resources, so check back in from time to time.

As a young person, you are an incredibly important part of your community. If you need support around issues of sexual violence, know that we are here for you. Our Helpline is available 24/7 at 1-800-871-7741. You can call to talk about something that happened to you or someone else, whether it happened yesterday or years ago, even if you're not sure what happened. Please see pages 4-6 for more information about SASSMM services.

All the best,
SASSMM

Guide to Local Resources

What is a resource?



A resource is a supportive service that provides help and information to anyone who may need it. A resource can be a local organization, an educational website, a professional, a financial service, or any number of programs that aim to help people live easier, healthier lives. The following resources are free and available to you at any time.

Local Resources

Sexual Assault Support Services of Midcoast Maine (SASSMM)

SASSMM is your local sexual violence prevention and support agency. SASSMM staff are known as advocates and are trained to provide support to people who have been affected by sexual violence at any point in their lives. To speak to a SASSMM advocate, call the Statewide Sexual Assault Support Helpline at **1-800-871-7741**.

SASSMM also provides a free and anonymous virtual support group for people impacted by sexual violence called the **HelpRoom**. This is a drop-in, chat-based group. Head to sassmm.org/helproom to view the schedule and join a session.

For more information about sexual violence in Maine and services across the state, go to mecasa.org.

Maine Coalition to End Domestic Violence (MCEDV)

MCEDV is the statewide organization committed to serving people affected by domestic violence. To get help, call the Statewide Domestic Abuse Hotline at 1-866-834-4357.

Or, to directly reach your local domestic violence agency:

Cumberland County: **Through These Doors** (1-800-537-6066).

Sagadahoc, Lincoln, Knox & Waldo Counties: **New Hope Midcoast** (1-800-522-3304).

Other Mental Health Resources

NAMI Maine's (National Alliance on Mental Health) Helpline is for anyone who needs support regarding mental health. If you'd like to talk an advocate about mental health concerns (for you or someone you know), call 1-800-464-5767 Mon-Fri from 8am-4pm.

If you are experiencing crisis or distress, you can call Maine's 24/7 Crisis Hotline: 1-888-568-1112.

If you are not in crisis, but would like to talk to a specialist about mental health, you can contact Maine's Intentional Peer Support Warmline at 1-866-771-9276.

**For more information, visit us at
www.sassmm.org**

Statewide Sexual Assault Support Helpline: 1-800-871-7741

Guide to Local Resources

What happens when I call the Statewide Sexual Assault Helpline?



When you call during the text/chat hours, the Helpline is likely to be answered by a sexual assault support advocate. Outside of those times (or when the advocates who live answer calls are unavailable), **an answering service will answer your call**. The answering service will take down your first name, call back number, and the county you live in. The answering service will pass this information on to an advocate at your closest sexual assault center, **who will give you a call back from a blocked/private number**. If your phone doesn't take blocked calls, the answering service can help you temporarily remove this setting.

When an advocate calls you back, they will ask "is this [your name]?" to make sure they have reached the right person. If someone else answers your phone, the advocate will not tell them that you called the Helpline. If you do not answer your phone, the advocate will try to call back two more times, but will not leave a message.

Once you are connected to an advocate, they will ask you what you would like to talk about. **You can share whatever feels best for you**. Don't worry about saying the wrong thing or trying to explain yourself a certain way. Advocates are there to meet you where you're at and help you get to where you want to go.

Advocates can provide emotional support, information (such as how to find a support group or how to help a friend who has experienced sexual assault), **and referrals to other resources** (such as a therapist, medical care, or legal help). Calling the Helpline is confidential, meaning the advocate will not tell anyone what you say without your permission within the **limits of mandatory reporting**.

What is mandatory reporting?

Mandated reporting is a legal requirement for many people who work with people under 18.

Teachers, social workers, doctors, advocates, and many other professions are mandated reporters. This means that **if they know or suspect child abuse or neglect, they have to call the Department of Health and Human Services (DHHS)** and make a report. DHHS's job is to make sure kids are safe when their parents or guardians are not taking care of them.

Making a report does not necessarily trigger any next steps, and does not necessarily mean that a DHHS officer or law enforcement is going to contact you. **However, this could happen** depending on what information is provided to DHHS. If you do talk with a DHHS worker, they can connect you and your family to a variety of services and supports that could be helpful. **You are in control of what information you share to someone who is a mandated reporter, and can ask as many questions as you need understand the process.**

For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741

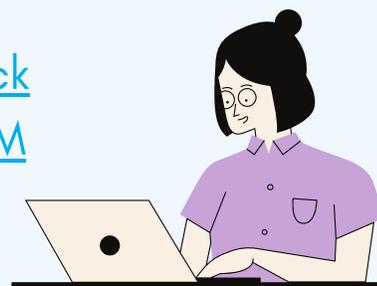
ONLINE PEER SUPPORT GROUPS

Tuesdays, 12 - 1:30 pm
Thursdays, 6 - 7:30 pm

Free, private, and anonymous online support groups for anyone impacted by sexual violence. No sign up necessary! Join for as many or as few sessions as you want to.



All ages and identities welcome. [Click here to be redirected to the SASSMM HelpRoom info page](#)



For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741



1 in 6

**MEN EXPERIENCE SEXUAL
VIOLENCE IN THEIR LIFETIME**

Visit 1in6.org to join a weekly, chat-based support group for male survivors of sexual violence

[LEARN MORE](#)

[CHAT 1-ON-1 WITH
AN ADVOCATE](#)

[1IN6 FAQ](#)

Available 24/7

Resources for LGBTQ Youth



MaineTransNet

"MaineTransNet is a community based organization led by transgender people for transgender people. We provide peer-to-peer support groups, social and community events, advocacy for the transgender community across Maine, and transgender cultural competency training for medical, mental health, and social service providers."

MaineTransNet Groups:

- MTN offers several online support groups for queer and trans people. [Click to see their full list of groups.](#)
- MTN also hosts [weekly online social groups for teenagers](#) including:
 - Youth Caucus
 - Tabletop Twosdays
 - Study Club
 - Teen Movie Night
 - Youth Discord Server (trans youth aged 13-19)

OUT Maine

Did you know that 1 in 5 Maine teens identifies as LGBTQ? [OUT Maine](#), based in Rockland, is an organization serving LGBTQ youth in Maine. They have lots of programs and resources for youth, schools, and communities.

OUT Maine Groups:

OUT Maine offers the following [youth groups](#):

- Queeries (ages 13-17)
- Queer Futures (ages 16-22)

For immediate support: The Trans Lifeline is run by trans people, for trans people. Head to translifeline.org or call 877-565-8860.

For LGBTQ folks who want to chat, text, or talk to a support person, head to thetrevorproject.org.

For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741

Shelters and Services in Maine

Youth shelters + services:

New Beginnings (Lewiston) – Shelter for youth aged 10-19. Call their 24/7 helpline for assistance at 207-795-4070.

Preble Street Teen Shelter (Portland) – Shelter for youth aged 12-20. Call 207-775-0026.

Shaw House (Bangor) – Shelter for youth aged 10-20. Call 207-941-2874 or email info@theshawhouse.org to access services.

If you are a high school student experiencing homelessness or unstable housing in the Brunswick/Bath area, you may qualify for housing through [Housing Resources for Youth](#).

Maine Youth Center (Bath) – Services for youth (aged 5-24) experiencing homelessness. Click the link and/or call 207-443-8750 for more info.

18+ and family shelters:

Tedford Housing (Brunswick) – Family shelter. 207-729-1161.

Preble Street Resource Center (Portland)

- Day Shelter: 207-775-0026
- Florence House (Women): 207-699-4392

Through These Doors (Cumberland County) – Domestic violence shelter. Families accepted. Transitional housing services available. Call 800-537-6606.

Hospitality House (Rockport): Family shelter. Call 207-593-8151 or email info@homehelphope.org to request services.

For a full list of domestic violence shelters in Maine, [click to visit MCEDV's website](#)

For a full list of shelters in Maine, [click to visit Maine Housing's website](#)



Note: You can reach out to these services directly or contact a hotline (such as the Maine Crisis Hotline 1-888-568-1112) to be referred to the appropriate services.

Want to learn more?

Have questions about sexuality, gender, or sexual health?

Check out:

- [Scarleteen](#)
- [AMAZE](#)
- [Sex etc](#)
- [Love is Respect](#)
- [Advocates For Youth](#)
- [Maine Youth Action Network](#)
- [Planned Parenthood Teens](#)
- [SafeBAE](#)

Recommended books:

Fiction:

- [*What We Saw* - Aaron Hartzler](#)
- [*Moxie* - Jennifer Mathieu](#)
- [*Asking For It* - Louise O'Neill](#)
- [*The Nowhere Girls* - Amy Reed](#)
- [*The Way I Used to Be* - Amber Smith](#)

Memoir:

- [*Fun Home* - Alison Bechdel](#)
- [*Know My Name* - Chanel Miller](#)

Nonfiction:

- [*Written on the Body: Letters from Trans and Nonbinary Survivors of Sexual Assault and Domestic Violence* - Lexie Bean](#)
- [*Gender Outlaws* - Kate Bornstein and S. Bear Bergman](#)
- [*S.E.X. The All You Need to Know Progressive Sexuality Guide to Get You Through High School and College* - Heather Corinna](#)
- [*Consent: Every Teen's Guide to Healthy Sexual Relationships* - Jennifer Lang](#)
- [*At the Dark End of the Street* - Danielle L. McGuire](#)
- [*Boys & Sex* - Peggy Orenstein](#)
- [*Girls & Sex* - Peggy Orenstein](#)
- [*The Purity Myth* - Jessica Valenti](#)

Looking for more to read? [Click here](#) for more books about sexual violence and consent.

For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741

SEXUAL VIOLENCE 101

WHAT IS SEXUAL VIOLENCE?

Sexual violence (SV) is **any type of sexual activity done by one person without the consent of the other**. It can involve threats, force, or any kind of coercion. Sexual contact with a person who cannot consent (such as someone who is asleep, intoxicated, or under the age of consent) is also SV. Sexual violence is an umbrella term for a range of experiences and behaviors including but not limited to: sexual assault and harassment, stalking, rape, nonconsensual sexts/nudes, nonconsensual sharing of nudes, trafficking, and reproductive coercion (controlling someone's birth control or pregnancy/abortion).

WHAT IS CONSENT?

Consent is an agreement to do something. Sexual consent means agreeing to a particular sexual activity free from pressure, force, or manipulation. Consent is reversible at any time and is a necessary part of all sex & relationships.

WHAT IS COERCION?

Coercion is a range of behaviors intended to make you feel obligated to do something you don't want to. This includes repeated attempts at sexual contact with someone who has already refused. It can be verbal or emotional and can make you feel pressure, guilt or shame.



For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741

SEXUAL VIOLENCE 101



WHO EXPERIENCES SEXUAL VIOLENCE?

Sexual violence can happen to anyone of any identity, age, or background. We know that at least 1 in 5 women, 1 in 6 men, and 1 in 2 trans people will experience some form of SV in their lifetimes. Visit rainn.org for more statistics on sexual violence.

WHO COMMITS SEXUAL VIOLENCE?

Sexual violence can be perpetrated by anyone. The vast majority of survivors (about 85%) have a personal relationship with the person who harmed them. Most SV occurs between friends, family, dating partners, acquaintances, and coworkers.

WHAT SHOULD SOMEONE DO IF THEY HAVE EXPERIENCED SEXUAL VIOLENCE?

Sexual violence can feel like a loss of control, so it is important that survivors are able to be in control of what happens to them afterward. There are many options for survivors to consider, but it is up to each survivor to choose what feels best to them. There is no right or wrong way to feel after violence. Survivors may choose to report or not, to seek mental health services, or do whatever it is that makes them feel best. There's no one, set path to healing from sexual violence, but there are plenty of resources for survivors and their loved ones seeking support.



For more information, visit us at www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741

CONSENT IS:

CLEAR COHERENT WILLING ONGOING

CLEAR

Consent is active.

It's expressed through words or actions that create mutually understandable permission.

Consent is never implied, and the absence of a no is not a yes.

Silence is NOT consent.

"I'm not sure," "I don't know," "Maybe" and similar phrases are NOT consent.

COHERENT

People incapacitated by drugs or alcohol cannot consent.

Someone who cannot make rational, reasonable decisions because she or he lacks the capacity to understand the "who, what, when, where, why or how" of the situation cannot consent.

People who are asleep or in another vulnerable position cannot consent.

WILLING

Consent is never given under pressure.

Consent is not obtained through psychological or emotional manipulation.

Consent cannot be obtained through physical violence or threat.

Someone in an unbalanced power situation (i.e. someone under your authority) cannot consent.

ONGOING

Consent must be granted every time.

Consent must be obtained at each step of physical intimacy. If someone consents to one sexual activity, she or he may or may not be willing to go further.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

The relationship spectrum

All relationships exist on a spectrum from healthy to abusive, with unhealthy somewhere in the middle.



Healthy relationships are based on equality & respect

You make decisions together and can openly discuss whatever you're dealing with, like relationship problems and sexual choices. You enjoy spending time together but can be happy apart.

- respect
- good communication
- trust
- honest
- equality



Unhealthy relationships are based on attempts to control the other person

One person tries to make most of the decisions. He or she may pressure their partner about sex or refuse to see how their actions can hurt. In an unhealthy relationship, you feel like you should only spend time with your partner.

- breaks in communication
- pressure
- dishonesty
- struggles for control
- inconsiderate behavior



Abusive relationships are based on an imbalance of power & control

One person is making all the decisions—about sexual choices, friend groups, boundaries, even what's true and what's not. You spend all of your time together and feel like you can't talk to other people, especially about what's really happening in your relationship.

- accusations
- blame shifting
- isolation pressure
- manipulation



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love is
respect

PHYSICAL VIOLENCE SEXUAL

**USING
COERCION &
THREATS**

Making and/or executing threats to hurt someone
Threatening to leave, commit suicide, or report them
Threatening to out a partner

**USING
INTIMIDATION**

Making someone afraid by using looks, actions, & gestures
Destroying someone's property
Displaying weapons
Smashing things
Abusing pets

**USING
EMOTIONAL
ABUSE**

Name calling
Playing mind games
Humiliating someone
Putting someone down
Making someone feel guilty
Making someone think they are crazy

**USING
ECONOMIC
ABUSE**

Preventing someone from working
Taking someone's money
Controlling all the money
Giving someone an allowance

**POWER
AND
CONTROL**

USING PRIVILEGE

Making all the big decisions
Treating someone like a servant
Defining the roles of each person in the relationship

USING ISOLATION

Using jealousy to justify actions
Limiting involvement with the outside world
Controlling what someone does, who they talk to, what they read, where they go, etc.

**USING
CHILDREN**

Making someone feel guilty about the children
Using children to relay messages
Threatening to take the children away

**DENYING,
MINIMIZING,
& BLAMING**

Saying the abuse did not happen
Shifting responsibility for abusive behavior
Not taking someone's concerns seriously
Making light of the abuse

PHYSICAL VIOLENCE SEXUAL

Teenagers & Sexual Violence

Who Experiences Teen Sexual Violence?

Rates of sexual violence against youth aged 12-18 are very high,¹ and the survivor normally knows the person who committed the offense.² Nationally, about 8% or 10 million girls and 0.7% or 791,000 boys under the age of 18 have experienced either rape or attempted rape.² Experiencing sexual violence as a child or teen makes it more likely the survivor will experience re-victimization in adulthood.² One in three (30.1%) victims of completed rape experienced their first rape between ages 11-17.³

It is difficult to determine the full impact of sexual violence against teenagers since most research focuses on children or college-aged youth. There are many gaps in research on sexual violence against teens, especially those from marginalized, unserved, and underserved communities.

Throughout this document we will alternate between using teen, youth, and young people to reflect the variety of ways people identify.



1 in 4 girls and 1 in 6 boys have been sexually abused before the age of 18.⁴

Who Commits Sexual Violence Against Teens?

Youth who experience sexual violence are more likely to be victimized by a peer or someone they know.²



10.1% of girls were victimized by a stranger.



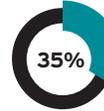
43.6% of girls were victimized by an acquaintance.



27.7% of girls were victimized by a family member.



28.8% of girls were victimized by a current or former intimate partner.

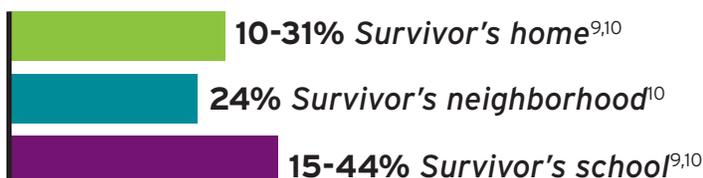


Over 35% of boys were made to victimize someone else (completed or attempted) by an acquaintance.

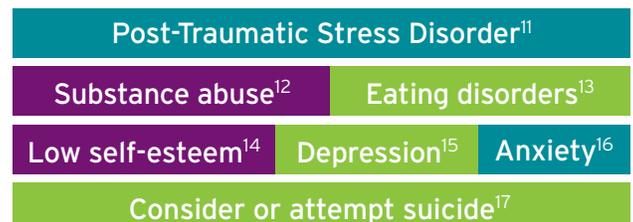
Effects of Sexual Violence

Young people who experience sexual violence may experience: Poor academic performance,⁵ Sexual risk taking behavior,⁶ Pregnancy,⁷ and Self-harm.⁸

Sexual assaults against youth happen in familiar places.



Teens who experience sexual violence may suffer from mental health conditions:



Teenagers & Sexual Violence

Sexual Violence and Students

According to the 2015 Youth Risk Behavior Survey, 6.7% of high school students reported they were physically forced to have sexual intercourse. This includes:¹⁸



A study on sexual harassment of 7-12 grade students found:¹⁹



56% of girls have experienced any kind of sexual harassment.



40% of boys have experienced any kind of sexual harassment.

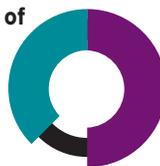
Experiencing any kind of Sexual Harassment



48% of all Students

Experiencing Sexual Harassment in Person

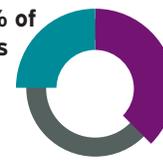
35% of Boys



52% of Girls

Experiencing Sexual Harassment Online

24% of Boys



36% of Girls

Sexual Violence in Detention Facilities

A Bureau of Justice Statistics report found that in a nationally survey of juvenile facilities and state contract facilities that:²⁰



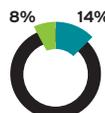
Almost 1 in 10 youth were sexually abused in the past year.



Over 90% of youth who reported staff sexual misconduct were victimized by a female facility staff.



Most youth were abused by a staff member and over 85% were assaulted multiple times.



Gay, lesbian, and bisexual youth experience higher rates of sexual violence (14.3%) compared to heterosexual youth (8.9%).

In 2011-12 4.7% of youth age 16-17 who were held in adult prisons and jails reported sexual victimization. This rate is similar to those of adult inmates.²¹

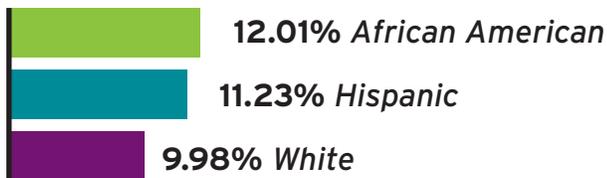
Teenagers & Sexual Violence

Oppression and Sexual Violence Against Teens

Sexual violence does not happen in isolation. Oppression (racism, classism, heterosexism, ableism, etc) is one of the root causes of sexual violence.²² Youth of color, homeless youth, and LGBTQ youth are more likely to experience sexual violence.

Race and Sexual Violence

African American and Hispanic girls are more likely to experience sexual violence than white girls.²³

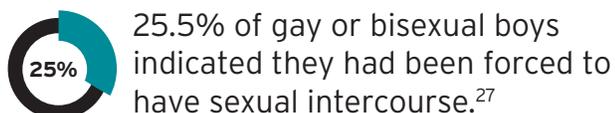
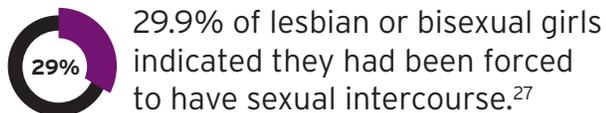


LGBTQ and Sexual Violence

LGBT youth are more than three times as likely to engage in survival sex or exchange sex for food, money, shelter, drugs, or clothing.²⁶

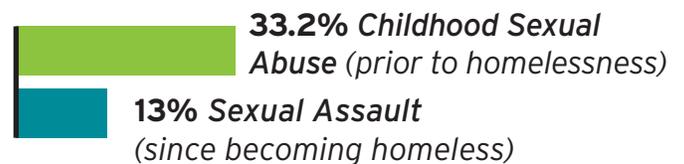


LGBTQ youth are more likely to experience sexual harassment than heterosexual youth. In one study 81% of transgender youth experienced sexual harassment.²⁸



Homelessness and Sexual Violence

Homeless or precariously housed youth reported experiencing childhood sexual abuse and sexual assault.²⁴

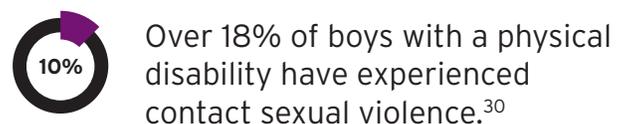
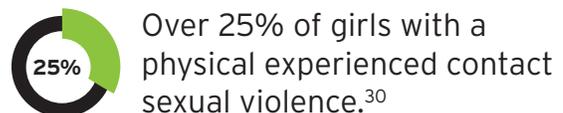


LGBTQ youth experience higher rates of sexual violence before becoming homeless.²⁵

Once homeless LGBTQ youth are victims of 7.4 more acts of sexual violence during their lifetime than their heterosexual homeless peers.²⁵

Disability and Sexual Violence

Youth with physical disabilities are more likely to experience sexual violence than youth without physical disabilities.²⁹



In one study over 22% of physically disabled youth experienced contact sexual violence - this is 1.74 times higher than able bodied youth. Over 40% of physically disabled youth experienced non-contact sexual violence.³⁰

Gender-Based Violence & Harassment:

Your School, Your Rights

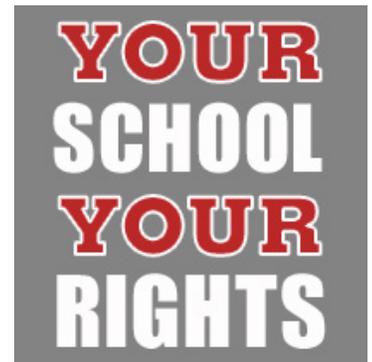


Does any law protect me at school from gender-based violence and harassment?

- Title IX is a federal civil rights law that prohibits discrimination on the basis of sex, including on the basis of sex stereotypes, in education programs and activities. All public schools and any private schools receiving federal funds must comply with Title IX.
- Under Title IX, discrimination on the basis of sex can include sexual harassment or sexual violence such as rape, sexual assault, sexual battery, sexual coercion, or dating violence.

Gender-based violence and harassment are behaviors that are committed because of a person's gender or sex. They can be carried out by a boyfriend or girlfriend, a date, other kids, or adults. If someone does any of the following to you because of gender or sex, it *may* constitute gender-based violence or harassment. Someone:

- » follows you around, always wants to know where you are and who you are with, or stalks you
- » pressures you to perform sexual acts
- » touches you sexually against your will
- » forces you to have sex
- » interferes with your birth control
- » verbally abuses you using anti-gay or sex-based insults
- » sends you repeated and unwanted texts, IMs, online messages, and/or phone calls that harass you
- » hits, punches, kicks, slaps, or chokes you
- » verbally or physically threatens you



Under Title IX, your school is obligated to do something about gender-based violence and harassment IF:

- these behaviors are so severe (for example, even a single incident of rape) or happen so often (for example, numerous harassing texts) that the acts would deprive a student of equal access to education, or to an educational activity like being on a team or in the band, AND
- your school has authority over the person or people committing the violent or harassing behavior, and over the environment where the behavior is happening.

Students can contact the Department of Education's Office for Civil Rights to report sexual harassment by writing a letter or filing a complaint form, available at www.ed.gov/about/offices/list/ocr/complaintintro.html.

For more information you can contact:

Women's Rights Project
American Civil Liberties Union
125 Broad Street, 18th Floor
New York, NY 10004
(212) 549-2644
womensrights@aclu.org
www.aclu.org/sexualassault

Find the local ACLU affiliate office in your state at:
www.aclu.org/affiliates

Gender-Based Violence & Harassment:

Your School, Your Rights



If you are subjected to gender-based violence or harassment, what should your school do?

DOs:

Your School MUST Provide a Safe Environment for You

- Your school has to protect your well-being and your right to an equal education
 - in class and the school building, during field trips and extracurricular activities, and on school buses.
 - before, during, and after an investigation of gender-based violence.
- If you decide to file a complaint, your school must investigate right away, even if the police are doing their own investigation.
 - Your school must keep you safe from verbal or physical retaliation from other students, including the alleged attacker and his/her friends, and faculty, like coaches and teachers.
 - Your school should develop a safety plan for you as needed.
- If you have a restraining order or order of protection, your school must enforce it.

Your School MUST Let You Speak Up, and Should Already Have:

- a readily-available policy against sex discrimination,
- known procedures for students to file complaints of sex discrimination,
- a person to whom you or your parents/guardians can report gender-based violence (called a Title IX coordinator), whose name and contact information must be accessible.

Your School MUST Let You Know...

- **When:**
 - your school will conduct a full investigation,
 - you and the alleged attacker will be notified of what happens with the complaint,
 - you can file an appeal, if applicable.
- **How:**
 - the complaint was resolved, when the alleged attacker's punishment directly relates to you. This includes informing you if the school transferred him/her to another school or classes, suspended or expelled him/her, or ordered him/her to be kept away from you.
 - your information will be used, and whether it will be kept confidential.

DON'Ts:

Your School MAY NOT Force You to "Work it Out"

- Your school might suggest that you and your alleged attacker/harasser talk directly with each other to resolve your complaint. You have the right to say no.
- Your school should never pressure you to "work it out" instead of going through a formal complaint process.
- In cases involving sexual assault, you should never be forced to talk directly or mediate with the alleged attacker/harasser.

Your School MAY NOT Punish You Because You Have Experienced Violence

- **Your school may not:**
 - force you to change schools, buses, or classes.
 - make you leave a team or change your extracurricular activities.
 - change your educational environment in any way that would hurt your right to an equal education.

Your School MAY NOT Run Out the Clock

- Your school might pressure you to wait to take action on a gender-based violence complaint. This is against the law.
- Your school must act right away after a report of gender-based violence.

RESOURCES: PROTECT YOUR RIGHTS

• GLAD Answers

Call: (800) 455-GLAD (4523)

Email or Live Chat:

www.GLADAnswers.org

• Maine Office of the Attorney General

Civil Rights Team Project

(207) 626-8548

Brandon.baldwin@maine.gov

• Maine Department of Education

Voice: (207) 624-6600

www.maine.gov/doe/

• US Department of Education

Office for Civil Rights

(617) 289-0111

www2.ed.gov/ocr

RESOURCES: LOCAL LGBTQ YOUTH GROUPS

• Gay, Lesbian, and Straight Education Network

(GLSEN) Downeast Maine Chapter

(207) 667-2358 downeastme@chapters.glsen.org

Southern Maine Chapter

glsenomaine@gmail.com

www.glsen.org/southernme

• Parents, Families & Friends of Lesbians and

Gays (PFLAG) Portland

pflagportlandmaine@gmail.com

• New Beginnings

info@newbeginmaine.org

www.newbeginmaine.org

• Out As I Want to Be

outmidcoast@gmail.com

www.outmaine.org

• Trans Youth Equality Foundation

www.transyouthequality.org

RESOURCES: KNOW MORE ABOUT YOUR RIGHTS

• GLAD's Maine students' rights webpage:

<http://bit.ly/mestudentrights>

• The text of the Maine anti-bullying law:

<http://bit.ly/mainebullylaw>

• GLAD's webpage on student rights:

<http://bit.ly/gladstudentrights>

OTHER RESOURCES YOU CAN USE

• Frannie Peabody Center

HIV Testing Tel: (207) 749-6818

prevention@peabodycenter.org

• Maine Youth Action Network

www.myan.org

• Maine Transgender Network

mtn@mainetransnet.org

www.mainetransnet.org

• Maine Coalition to End Domestic Violence (MCEDV)

(866) 83-4HELP (HelpLine); (207) 430-8334 (general)

info@mcedv.org www.mcedv.org

• Maine Coalition Against Sexual Assault (MECASA)

(800) 871-7741 www.mecasa.org

• The Trevor Project

Crisis/Support Line (866) 488-7386

www.thetrevorproject.org

If your school doesn't take you seriously, if you find that any of your rights are not being respected, or if you have *any* legal questions, **contact GLAD Answers by email anytime at: www.GLADAnswers.org**

Or work one-on-one with a trained volunteer Monday-Friday, 1:30-4:30 p.m.

• Either by live chat:

www.GLADAnswers.org

• Or by phone: (800) 455-GLAD (4523)

GLAD Answers is free and confidential and can provide you with additional information about your rights — and resources that can help you fight for them.

M A I N E



Want to Know Your Rights As an LGBTQ Student?

GLAD's Got Your Back.

Knowing Your Rights is the First Step to Empowering Yourself.



30 Winter Street, Suite 800, Boston, MA 02108

(617) 426-1350 • (800) 455-GLAD

GLADAnswers@glad.org



As a Public School Student, You Have the Right:

- To be safe in school without being **bullied**.
- To access information about LGBTQ subjects, including educational websites.
- To free speech and expression, including the right to express ideas respectfully that may offend others, and to disagree with others.
- To dress and present yourself in a manner consistent with your gender identity.

All Public and Some Private School Students Have the Right:

- To be protected from discrimination based on your sex, sexual orientation - including gender identity or expression - or HIV status.
- To be protected from sexual harassment.
- To form a Gay/Straight Alliance (GSA) that gets treated the same as every other non-curricular group. This means equal funding, access to facilities, and the ability to choose your group's name.

Bullying includes:

Any communication (written, oral or electronic) or physical act or gesture that:

- (1) harms or seriously threatens you or your property;
- (2) creates a hostile school environment; or
- (3) interferes with your academic performance or ability to participate in school activities.

The law identifies certain characteristics that are often a target for bullying, including actual or perceived race; color; religion; national origin; ancestry or ethnicity; **sexual orientation**; socioeconomic status; age; physical, mental, emotional or learning disability (which includes **HIV status**); gender; **gender identity and expression**; physical appearance; weight; family status; or other distinguishing personal characteristics or association with another person with one or more of these actual or perceived characteristics.



What You Can Do if You're Being Harassed, Bullied or Discriminated Against:

- **Tell somebody.** If you have understanding friends, parents, teachers, or counselors, use them as a support system.
- **Keep notes on what's happening** (and record who, when, where, and how).
- **Get a copy of your school's policies** on student conduct and discipline. All Maine public schools must adopt a bullying policy, and it must be posted on your school's or district's website, included in the student handbook and provided to students each year. If you don't have a copy, ask your guidance counselor or school administrator for one.
- **Report it to the person designated in your school's policy.** Make your report in writing or electronically so you can prove you made it. Each school district must adopt a written policy that requires teachers and staff to report any incidents of bullying and for the school to:
 - promptly investigate and respond to any incidents of bullying;
 - take action to counter the negative effects of the bullying and reduce the risk of future bullying incidents; and
 - report to your parents the steps being taken to ensure your safety and prevent further acts of bullying.

If You Need Help, Contact GLAD Answers via Email, Live Chat, or Phone:
www.GLADAnswers.org
(800) 455-GLAD (4523)

Outside School, You Have the Right:

- To be protected from discrimination based on your actual or perceived sexual orientation, including gender identity or expression, or your HIV status in employment, housing, and public accommodations (like restaurants or stores).
- To give your own consent to get tested for HIV without your parents' permission. Although the physician is not required to, he/she has the right to inform your parents of the HIV test results. If confidentiality is important to you, it is a good idea to talk to your doctor up front and understand his/her policies on this issue.
- To report to the police anyone in or out of school who physically harms you, threatens you, or vandalizes your property.

Get more information about your rights:
www.glad.org/youth





maine family planning

Minors' Rights to Health Care in Maine

Maine law empowers young people to take control of their sexual and reproductive health! Sometimes, young people do not get the health care they need because they are worried or afraid that a parent or guardian will find out. Maine laws were put into place so that people under 18 can receive some important health care services without parent/guardian permission.

Knowing their rights can help young people make healthy decisions.

Maine law allows minors to consent to specific health services, **including those in this pamphlet**, without requiring parent/guardian permission or notification. Services provided and information shared during these health care visits are kept private, and confidential.

Many other health care related services do require parent/guardian consent. However, there are exceptions. Youth under the age of 18 can consent to all medical care if they are emancipated or living separately and without support from their parents, are/were legally married, or a member of the Armed Forces.



Reproductive Health Care

PREGNANCY PREVENTION

Contraception, or birth control, protects a person from unplanned pregnancy. Birth control may come in the form of pills, shots, patches, or devices that are inserted into the body. In Maine, minors can get birth control information and services without parent/guardian permission or notification.

EMERGENCY CONTRACEPTION (EC)

EC is a form of birth control that can be used up to 120 hours after sex to prevent pregnancy. EC is used after unprotected sex (for example, if a condom breaks or no birth control was used) and in cases of sexual assault. Minors of any age or gender can buy emergency contraception at a pharmacy without parent/guardian permission and without a prescription. EC is available at family planning clinics at a lower cost.

PREGNANCY TESTING

Minors can receive pregnancy testing and counseling about the options they have if a pregnancy test is positive, without parent/guardian permission or knowledge.

Q: Carmen is 14 years old and wants to go on birth control, but doesn't want to ask their parents, who wouldn't approve. Can Carmen get a birth control method without involving their parents?

A: Yes. All minors in the state of Maine have the right to access the full range of birth control methods, without notifying or getting permission from their parent/guardian.


maine family planning
(207) 922-3222 | mainefamilyplanning.org



STIs and HIV

Sexually transmitted infections (STIs) are spread through sexual contact, including oral, anal, or vaginal sex and, in some cases, through skin-to-skin contact.

Some common STIs include chlamydia, gonorrhea, HPV, and herpes. HIV is a sexually transmitted virus that attacks the immune system and can lead to a more severe condition called AIDS.

Without parent/guardian permission, a minor in Maine can be:

- » tested and treated for STIs.
- » tested for HIV and receive information and counseling, before and after the test.

Q: 15-year-old Jake is in foster care and is worried they have an STI. Jake wants to get tested and treated right away, but doesn't feel comfortable bringing this up with their foster parents or caseworker. Can Jake still get tested and treated?

A: Yes. Even though Jake is in foster care, they have the same rights as other minors in Maine. Jake does not need to notify or get permission from their foster parents or caseworker to get tested and treated for STIs.

Sexual Assault

Sexual assault is sexual contact without consent, whether through emotional or physical force, threats, coercion, or intimidation.

Minors have the right to access health services, such as a forensic examination or emergency contraception, in the case of sexual assault without first getting permission or notifying a parent/guardian.



Abortion

Abortion is the medical process of ending a pregnancy either through an in-clinic procedure or an abortion pill.

Minors in Maine have a right to an abortion if they provide their own informed, written consent and have one of the following:

- » written consent of a parent, guardian, or another adult family member.
- » written consent and counseling from a licensed provider like a doctor, nurse, or approved counselor. All Maine abortion clinics have licensed providers who can provide this counseling.
- » written consent of a judge.

Q: Jaqueline is 15 and pregnant. Jaqueline wishes to get an abortion without notifying their partner or parents. Will Jaqueline be able to get an abortion without parental permission and without their partner finding out?

A: Yes. Jaqueline may get an abortion without telling a parent or getting their consent. Jaqueline will need to give their own written consent, and receive health care counseling on the procedure from a licensed health care provider at the office where the abortion is provided. Because of confidentiality laws, this medical information can't be released to their partner, or anyone else, without Jaqueline's permission.

Mental Health and Substance Use

Minors can consent to mental health counseling without parent/guardian permission, including treatment for:

- » alcohol problems.
- » drug use or addiction.
- » emotional or psychological difficulties.



When Does An Adult Need To Be Involved?

In certain situations, there are limits to a minor's right to **confidentiality**.

Confidentiality is not possible in cases where:

- » there is suspected child abuse or neglect.
- » a minor is a threat to themselves or others.
- » the health care provider believes that confidentiality would cause harm or limit their ability to provide medical care.

Health insurance providers may release information about services a minor receives to the person who holds the insurance (which could be a parent). If a minor is using insurance for services, they should check with the insurance company to find out what information is shared on insurance claims and billing.

Young people deserve **unbiased, non-judgmental care.**



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Definitions

- » **Confidentiality** means that information about a minor's medical treatment is kept private and can only be released or shared with their written permission.
- » **Emancipation** is when a person who is 16 or older files a petition to the state to allow them to live apart from their parent/guardian, take care of their own basic needs, and make their own decisions. This petition is signed by their parents and approved by a judge or in court.
- » A **forensic exam**, sometimes called a *rape kit*, is an exam done by a specially trained person who checks for DNA evidence that could be used to help identify the person who committed the sexual assault.
- » **Informed consent** means that a minor can agree to their own health care decisions. In order to give informed consent, a health care provider must be sure that the minor understands their condition, the purpose of the services provided, possible risks and benefits, and other treatments available.

Resources

Sexual Health Services
www.mainefamilyplanning.org
207-922-3222

Sexual Assault Services
www.mecasa.org
800-871-7741

STI and HIV Testing Sites in Maine
www.bit.ly/2L9KY8E

Legal Support
www.kidslegal.org

Book an Appointment: (207) 922-3222

More information at mainefamilyplanning.org

 [MaineFamilyPlanning](https://www.facebook.com/MaineFamilyPlanning)
 [@FPAMaine](https://twitter.com/FPAMaine)

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WHAT TO DO WHEN SOMEONE SAYS YOU HURT THEM

**A guide for what to
do when you have
violated someone's
boundaries**

People who cause harm are not villains

They are not entirely bad and are a part of our communities. How they respond to the problem and change their actions can make a big difference. If someone says you sexually assaulted them, or harmed them in some other way, you have the chance to learn from it.

Being called out is a gift

It is a chance to grow. Owning up to assault and harm is possible and brave.

This guide uses the word "assault" to refer to all types boundary violation. This boundary can be sexual, but may not be. Feel free to use different words according to your situation.

Take responsibility

Say you are sorry. You can say "I'm sorry that I hurt you" which puts the responsibility on you. "I'm sorry you feel that way" puts it on them. Admit that you did wrong. Do not question them or argue with them. Instead look for support for yourself. Ask them if there is anything you can do to help right the wrong. Thank them for having the courage to call you out.

Support the other person

Ask them how they feel/felt and what you can do to best support them, if anything. Do your best to do what they ask. If you can't, be honest with them. Do not argue, question, or suggest changes to their needs. No matter how supportive you are, the other person might not forgive you. However, changing your own attitudes and actions is still valuable.

Change your own attitude

Fight off defensive feelings. If you can't, ask the other person for a break so you can get support. Admit to yourself that your actions can affect others in a bad way. no matter your intention. Realize that even if you do not remember the event, remember it in a different way, or do not want to believe the other person, that what they experienced is still true.

Seek help for yourself

Look for a professional therapist who works or has worked with people who have assaulted someone else. Listen to survivors and take advice. Read about opinions that are different from yours. Educate yourself on consent. Think about how you act and what you say. Talk with close friends who can help you stay accountable.

WHAT IS "SELF-CARE"?

Self-care is any act that promotes your own physical, mental & emotional well-being.

Self-care can include caring for your body (such as taking a shower or eating a meal) and caring for your mind (such as taking work breaks, practicing meditation, or engaging in a favorite activity).

What are some signs that you could be taking better care of yourself (ie: feeling sick, mental fatigue)?

What are some things you like to do to relax?

What are some things you can do to feel better when you're having a bad day?

If you need help taking care of yourself, who might you ask for help?

OWNING YOUR FEELINGS



It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

TIPS FOR SUCCESS



Allow yourself to feel. Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them, regardless of gender, sexual orientation, ethnicity, socio-economic status, race, political affiliation or religion.



Don't ignore how you're feeling. Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.



Talk it out. Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.



Build your emotional vocabulary. When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



Try journaling. Each night write down at least 3 feelings you had over the course of the day and what caused them. It doesn't need to be a "Dear Diary" kind of thing. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions.



Consider the strength of your feelings. By thinking about how intense your emotions are, you may realize that what you thought you were feeling at first could better be described by another word. For instance, sometimes a person might say they are stressed when what they are really experiencing is something less severe like annoyance, alternatively anger might really be a stronger, deeper feeling like betrayal.



See a mental health professional. If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help. Some free or low cost options are also available. Your employer might have an Employee Assistance Program (EAP) that offers a limited number of free counseling sessions, and your Human Resources department can help you access this resource. If you don't have an EAP through work, the leaders of religious organizations like churches, synagogues and mosques often have experience with counseling.

Sources

¹<https://learnersdictionary.com/3000-words/topic/emotions-vocabulary-english>

²Kashdan, T. B., Barrett, L. F., McKnight, P. E. (2015). Unpacking Emotion Differentiation: Transforming Unpleasant Experience by Perceiving Distinctions in Negativity. *Current Directions in Psychological Science*, 24(1), 10–16. <https://doi.org/10.1177/0963721414550708>

³Brackett, M. A., Rivers, S. E., Reyes, M. R., & Salovey, P. (2012). Enhancing academic performance and social and emotional competence with the RULER feeling words curriculum. *Learning and Individual Differences*, 22, 218–224.

FAST FACTS



The English language has over 3,000 words for emotions.¹



People who are good at being specific about identifying and labeling their emotions are less likely to binge drink, be physically aggressive, or self-injure when distressed.²



When school-aged kids are taught about emotions for 20-30 minutes per week their social behavior and school performance improves.³

IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

WHAT'S UNDERNEATH?

Taking the time to slow down and identify what we are really experiencing can help us feel better and can improve our communications and relationships with others.

Using the prompts below, think of a specific action (this could be something you did, or something someone else did) or event and fill in the blank to identify what's underneath. The feelings list on this page can help you build your mental collection of feelings. This type of activity takes practice, but once you start doing it you'll find it easier over time.

I FELT BAD WHEN _____

 (ACTION OR EVENT). BUT WHAT I WAS
 REALLY FEELING WAS _____,
 _____, AND _____.

I FELT SAD WHEN _____

 (ACTION OR EVENT). BUT WHAT I WAS
 REALLY FEELING WAS _____,
 _____, AND _____.

I FELT MAD WHEN _____

 (ACTION OR EVENT). BUT WHAT I WAS
 REALLY FEELING WAS _____,
 _____, AND _____.

I FELT GOOD WHEN _____

 (ACTION OR EVENT). BUT WHAT I WAS
 REALLY FEELING WAS _____,
 _____, AND _____.

I FELT HAPPY WHEN _____

 (ACTION OR EVENT). BUT WHAT I WAS
 REALLY FEELING WAS _____,
 _____, AND _____.

POSITIVE FEELINGS

Admiration

Adoration
 Affection
 Appreciation
 Delight
 Fondness
 Pleasure
 Regard
 Amazement

Affectionate

Caring
 Friendly
 Loving
 Sympathetic
 Warm
 Doting
 Tender
 Attached
 Compassionate

Confident

Bold
 Courageous
 Positive
 Fearless
 Optimistic
 Encouraged
 Powerful
 Proud
 Trusting
 Secure
 Brave
 Empowered

Excited

Enthusiastic
 Delighted
 Amazed
 Passionate
 Aroused
 Alert
 Astonished
 Dazzled
 Energetic
 Awakened
 Eager
 Charged

Exhilarated

Blissful
 Ecstatic
 Elated
 Enthralled
 Exuberant
 Radiant
 Rapturous
 Thrilled

Gratitude

Thankful
 Grateful
 Moved
 Touched
 Appreciative
 Recognized
 Indebtedness

Included

Engaged
 Understood
 Appreciated
 Accepted
 Acknowledged
 Affirmed
 Recognized
 Welcomed
 Connected
 Supported
 Heard
 Respected
 Involved

Intrigued

Absorbed
 Fascinated
 Interested
 Charmed
 Entertained
 Captivated
 Engaged
 Engrossed
 Curious
 Surprised

Joyful

Cheerful
 Festive
 Lighthearted
 Upbeat
 Glad
 Merry
 Elated
 Delighted
 Jubilant
 Hopeful
 Ticked
 Pleased

Peaceful

Calm
 Quiet
 Trusting
 Fulfilled
 Steady
 Collected
 Composed
 Comfortable
 Centered
 Content
 Relieved
 Mellow
 Level
 Restful
 Still
 At ease
 Satisfied
 Relaxed
 Clear
 Reassured

Refreshed

Stimulated
 Replenished
 Exhilarated
 Reinvigorated
 Revived
 Enlivened
 Restored
 Liberated
 Lively
 Passionate
 Vibrant
 Rested

NEGATIVE FEELINGS

Afraid

Nervous
 Dread
 Frightened
 Cowardly
 Terrified
 Alarmed
 Panicked
 Suspicious
 Worried
 Apprehensive

Agitated

Bothered
 Uncomfortable
 Uneasy
 Frenzied
 Irritable
 Offended
 Disturbed
 Troubled
 Unsettled
 Unnerved
 Restless
 Upset

Angry

Furious
 Livid
 Irate
 Resentful
 Hateful
 Hostile
 Aggressive
 Worked up
 Provoked
 Outraged
 Defensive

Anxious

Shaky
 Distraught
 Edgy
 Fidgety
 Frazzled
 Irritable
 Jittery
 Overwhelmed
 Restless
 Preoccupied
 Flustered

Confusion

Lost
 Disoriented
 Puzzled
 Chaotic
 Uncertain
 Stuck
 Indecisive
 Foggy
 Dazed
 Baffled
 Flustered
 Perturbed
 Perplexed
 Hesitant
 Immobilized
 Ambivalent
 Torn

Disconnected

Lonely
 Isolated
 Bored
 Distant
 Removed
 Detached
 Separate
 Broken
 Aloof
 Numb
 Withdrawn
 Rejected
 Out-of-place
 Indifferent
 Misunderstood
 Abandoned
 Alienated

Disgust

Appalled
 Horrified
 Disturbed
 Repugnant
 Contempt
 Spiteful
 Animosity
 Hostile
 Bitter

Embarrassment

Awkward
 Self-conscious
 Silly
 Mortified
 Humiliated
 Flustered
 Chagrined
 Ashamed
 Put down
 Guilty
 Disgraced

Envy

Jealous
 Competitive
 Covetous
 Resentful
 Longing
 Insecure
 Inadequate
 Yearning

Helpless

Paralyzed
 Weak
 Defenseless
 Powerless
 Invalid
 Abandoned
 Alone
 Incapable
 Useless
 Inferior
 Vulnerable
 Empty
 Distressed

Pain

Remorseful
 Regretful
 Disappointed
 Guilty
 Grief
 Miserable
 Agony
 Anguish
 Bruised
 Crushed

Sadness

Heartbroken
 Disappointed
 Hopeless
 Regretful
 Depressed
 Pessimistic
 Melancholy
 Sorrowful
 Heavy-hearted
 Low
 Gloomy
 Miserable

Stress

Overwhelmed
 Frazzled
 Uneasy
 Cranky
 Distraught
 Dissatisfied
 Weighed down
 Overworked
 Anxious
 Shocked
 Frustrated

Tired

Bored
 Fatigued
 Exhausted
 Uninterested
 Worn out
 Fed up
 Drained
 Weary
 Burned out
 Lethargic
 Sleepy
 Depleted

Vulnerable

Insecure
 Exposed
 Unguarded
 Sensitive
 Unsafe
 Inferior
 Weak
 Judged
 Inadequate

Self-care tips:

What is "grounding"?

and how might it help?

Grounding is a series of techniques you can use to calm yourself down when feeling anxious, upset, or triggered. It can help distract from painful emotions when they become overwhelming.

Some examples of grounding exercises you can try:

5,4,3,2,1 method: Take a deep breath. Name 5 things you can see right now (ex: I see a bookshelf). Then name 4 things you can physically feel (ex: the warmth of a sweater). Continue with 3 things you can hear, 2 you can smell, and 1 you can taste. (If you can't smell or taste anything in the moment, name smells and tastes that you enjoy).

Categories: Pick a category for yourself and try to name as many things as you can in that category. Ex: "types of dogs," "states that begin with A," or "sports".

Imagination: Imagine separating yourself from overwhelming feelings or experiences using images. For example, imagine putting those feelings in a room, closing the door, and walking away. Or, imagine those feelings as a TV station and then pick up the remote and change the channel. Imagine gliding away from those feelings on skates.

Objects: Touch various objects around you and notice how they feel. Notice textures, weight, or temperature.

Breathe: Breathe in deeply and slowly through your nose and out through your mouth. Count each breath and try to get to 10 without getting distracted. Alternatively, with each breath think of a favorite thing, color, or a soothing word such as "safe" or "easy".

Self-soothe: Talk kindly to yourself like you were a friend going through a hard time. Try saying things like, "It's okay to feel upset. It's hard right now but you'll get through this."

Which grounding techniques stand out to you? Which ones might you want to try next time you're feeling upset?

TIPS & TRICKS FOR Basic Safety Planning

If someone is making you do things you aren't sure you want to do, or if you are in a situation that may be unsafe in any way: talk to a trusted adult, or call a helpline to speak to someone who can help you develop a safety plan.



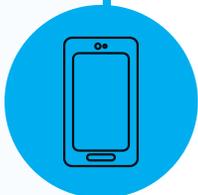
IDENTIFY A SAFE PLACE

Where are some places you could go if you needed to be safe? This could be your or someone else's home, school, a shelter, a church or anywhere you feel supported. Make a plan to get to that place when you need to.



SELF-CARE

What are some signs that you're feeling low? What are some things you can do to care for your mind and body during times of stress or anxiety? Keep some strategies on hand to use in these moments.



TRUSTED CONTACTS

Who would you want to know if you were in danger? Who would you not want to know? Let folks know they are your safe contacts, and come up with a plan with them for what to do if you need help.

SUPPLIES

If you're in a situation where you need to leave suddenly, what do you need to have with you to get by? Keep any medications, phone chargers, phone numbers, extra clothes or anything else you might need ready with you/in a safe place.



TRUST YOUR INSTINCTS

If you're feeling like you might need help in some way, trust that feeling. If you are feeling bad, mad, wrong, stuck, or hurt - listen to yourself to figure out what you need and ask for help keeping yourself safe.



RESOURCES

Youth shelters, mandated reporters, and local agencies are just some of the resources available to you when you need. Call a helpline or a trusted adult if you need help figuring out what to do.



Podmapping

What is a pod?

From the Bay Area Transformative Justice Collective (BATJC):

"Your pod is made up of the people that you would call on if violence, harm or abuse happened to you; or the people that you would call on if you wanted support in taking accountability for violence, harm or abuse that you've done; or if you witnessed violence or if someone you care about was being violent or being abused.

People can have multiple pods. The people you call to support you when you are being harmed may not be the same people you call on to support you when you have done harm, and vice versa. In general, pod people are often those you have relationship and trust with, though everyone has different criteria for their pods."

Who is in your pod? Check out the BATJC worksheet on the next page to keep thinking about who is in your pod and how you may want to grow or change your pod. Here's how it works:

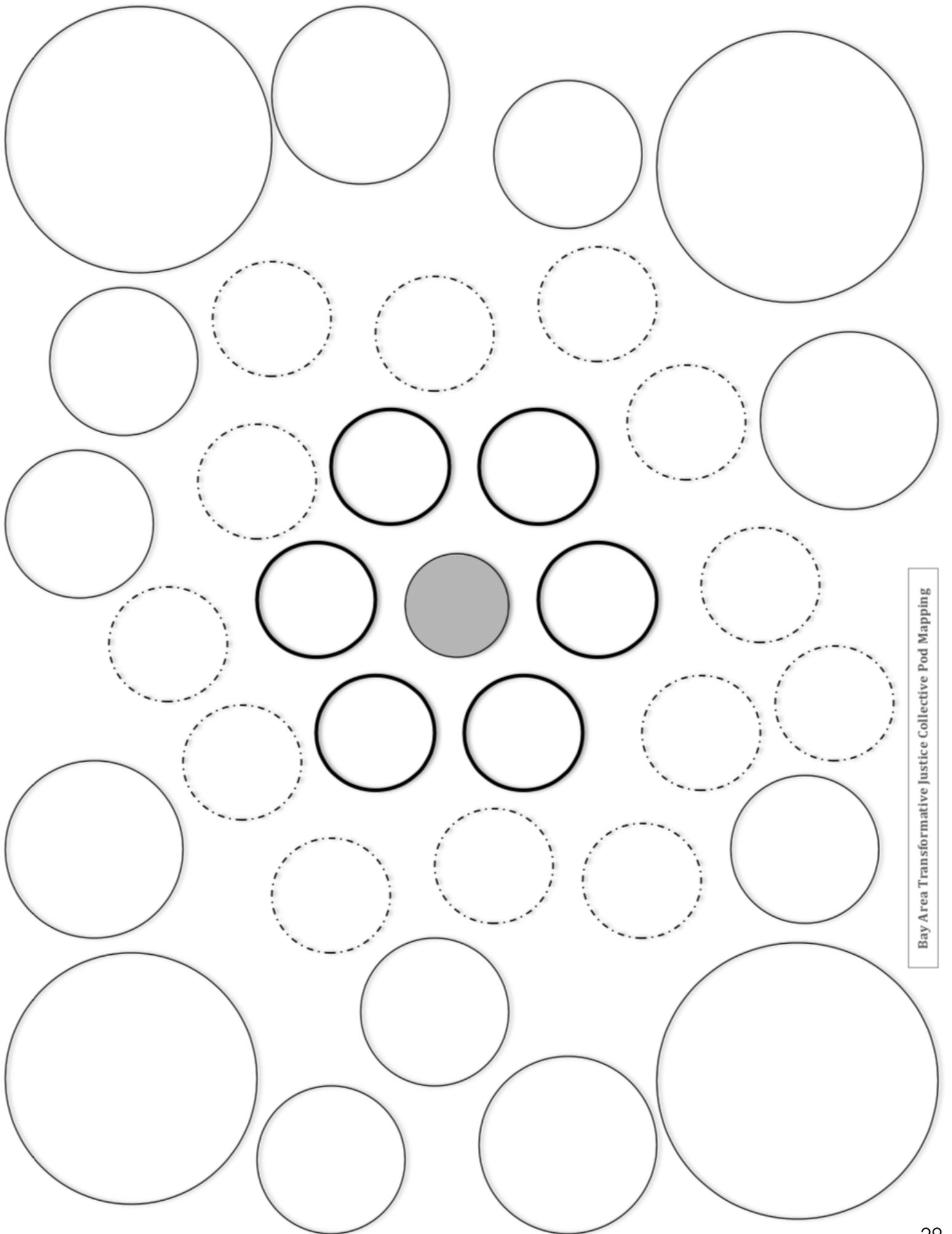
- 1) Write your name in the middle grey circle.
- 2) The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. Try to write the names of actual individuals, instead of things such as "my church group" or "my neighbors."
- 3) The dotted lines surrounding your pod are people who are "movable." They are people that could be moved in to your pod, but need a little more work. For example, you might need to build more relationship or trust with them.
- 4) The larger circles at the edge of the page are for networks, communities or groups that could be resources for you. It could be your local sexual violence organization, or your youth group, for example.

It's okay if your pod is small or if you can't fill out all of the circles. This exercise is meant to help you figure out who *is* or *could be* in your pod.

For more information, visit us at
www.sassmm.org

Statewide Sexual Assault Support Helpline: 1-800-871-7741





WHAT CAN I DO?

Want to get involved in the movement against sexual violence? Here are some things you can do:

- Educate yourself: Read books or other educational materials about sexual violence, feminism, consent, and power.
- Listen to, believe, and support survivors of sexual violence.
- Support your peers. No one deserves to be bullied or harassed. You can stand up for someone, be kind to them, and/or help them get help even if that person is not someone you consider a friend.
- Challenge myths and jokes about sexual violence when you hear them. Share your knowledge with friends, family, coworkers, and other people in your life.
- Practice bystander intervention in moments where harm may be occurring.
- Volunteer with local groups providing your community with resources.
- Organize with friends and community members to address the issues you care about. Participate in groups that share your values and want to make change.
- Start a fundraiser or donation drive for a local issue or organization.
- Participate in community decisions such as forums, voting, and engaging with local politicians on issues relating to sexual violence. Even if you're too young to vote, you can still use your voice to let decision makers know what matters to you.



Bystander Intervention

[Bystander intervention](#) can mean directly intervening when a dangerous situation is happening, but it can be more than that, too. There are 5 D's of bystander intervention that we can look at when it comes to interrupting victim blaming, sexual violence, or harassment.

1. Distract: means taking an indirect approach to intervening in order to deescalate a situation. If someone is making someone else uncomfortable, you could create a diversion by starting a conversation with the uncomfortable person about something unrelated. Changing the subject can reduce the harm caused in the moment.

2. Delegate: Delegating means asking for help, perhaps from a person in a position of authority. This could mean asking a teacher to intervene on your behalf, or getting a friend to use the Distract method with you. Being a bystander can be easier when you do it with someone else.

3. Document: If someone is doing something harmful, but it may not be safe to directly intervene, you can attempt to document details of the situation that could become useful later. Documentation could include recording video or audio or taking photos, writing down information, or screenshots if the situation is online. If you decide to document, you should never post the information online or share it in anyway without the consent of the person who was being targeted. The purpose of documentation is to help the targeted person by providing evidence of what happened to them.

4. Delay: If you can't intervene in a moment of harassment, check in with the person who was harassed afterward. Ask them if they are okay and if they need help. This can be an especially good thing to do after documentation or another form of intervention.

5. Direct: If you feel it is safe for you and the person being harmed, it is absolutely okay to directly intervene by telling the person harming them to stop. You can say things like "leave them alone," "that's inappropriate," or "that's racist/homophobic etc". If possible, you can help the person exit the situation. It's important to keep this interaction as brief as possible - don't try to start a conversation or argument in situations where someone is harming someone else. In an instance where someone is saying something harmful about a person who isn't present, it could be more useful to have a dialogue about why what they are saying or doing is hurtful.