

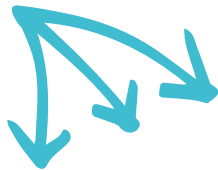
THE “WHAT-IF” GUIDE

TO GIVING SOUND ADVICE

WHAT IF

- Your friend asks you if someone can consent to having sex if they're drunk?
- Your classmate tells a rape joke?
- The person your friend is dating posts a nude picture of your friend online?

MORE + ANSWERS



WHAT-IFS: DATING & SEX

WHAT-IFS: OTHER THINGS

TRY THIS OUT



WHAT IF	SOUND ADVICE TIP
Your friend asks you if someone can consent to having sex if they're drunk?	Talk about what consent means. In a nutshell, both people agree and are excited about it. If someone is drunk, they can't consent to sex. <i>"If someone's been drinking, they're not in the right space to make clear decisions. The person wanting to have sex with them needs to stop."</i>
The person your friend is dating posts a nude picture of your friend online?	Listen and find out what your friend wants to do. Share your concern about red flags: not respecting boundaries, no trust, treating someone like they're an object. <i>"Doing this is like treating you like you don't matter and I think you do matter. How can I help you?"</i>
You notice the person your friend is dating keeps your friend from hanging out with you and others?	Help your friend realize that what's happening isn't healthy. Let them know this kind of thing isn't "normal" and it's not their fault. <i>"Why do you think your partner wouldn't want you to hang out with us? Don't you think that's strange?"</i>
This person you work with says "my partner owes me sex because we've been dating a long time now"?	Comment that sex is something both agree to and are excited about. It's not something that's ever owed. <i>"Hey now, there's no 'owing' sex. That makes it seem like your partner is your property or something."</i>
Some of your friends say they really don't want to sext but do it anyway?	Point out that feeling pressure and guilt to do something isn't something they deserve. <i>"It sounds like you don't want to sext so pay attention to that. We all have a right to say 'no' to things that make us uncomfortable."</i>



WHAT IF

SOUND ADVICE TIP

Your classmate says: “Our team got raped last night on our home court.”?

Let them know joking about rape and other types of sexual violence is never ok.
“Whoa, not cool. That’s a rape joke. And rape is a major problem.”

Your classmate says, “Of course they got grabbed, did you see what they were wearing?”

Express that sexual harassment is never ok, no matter what the person is wearing.
“It doesn’t matter what they’re wearing. Grabbing someone isn’t OK. Why are you hung up on the clothing and not the grabbing?”

Your friend tells you “someone from school keeps bugging me on social media and it’s freaking me out”?

Explain that it sounds like stalking. Stalkers become obsessed with their victim and want power over them. To stop it, take screenshots and then block and report them.
“Stalkers want to control. They learn where you are and what you’re doing at all times. This isn’t normal. You have to block and report this person.”

A classmate tells you “they take my phone and check my texts and photos without my permission”?

Express concern, confirm this is a big deal, and tell them this isn’t their fault. Ask how you can help.
“I’m so sorry this is happening to you. It’s really messed up. How can I help?”

A friend of yours calls another person a “slut” because they’re pansexual?

Let them know that words like “slut” are used to shame people for having a sexuality.
“Ouch. That’s mean. No one deserves to be shamed for being who they are.”

TRY THIS OUT

How should you give advice or express concern when friends or others you know have experienced sexual violence? Here are some tips to helping them feel listened to, safe, and respected.



- ✓ Be a good listener. If possible, try to meet in person instead of communicating over text, thru social media, or on the phone. Don't push if they're not ready to talk.
- ✓ Be supportive. Acknowledge their feelings and respect their decisions. Ask them how they'd like you to help.
- ✓ Tell them you're concerned for their safety and want to help.
- ✓ Help them realize or accept that what's happening isn't healthy. Let them know this kind of thing isn't "normal" and it's not their fault.
- ✓ Connect them to resources that can help them get out of the situation.

- ✓ Help them develop a safety plan.
- ✓ Show them you're someone to depend on. Listen without making judgments. Do what you say you'll do.
- ✓ Don't support revenge on the abuser. This can make the situation worse.
- ✓ Help them identify others who can also help. Remind them you want to help and that others can too in different ways. Offer to find a safe adult so they can step in quickly to provide support.
- ✓ If they're in an unhealthy relationship, try to understand that they might still stay in it. Or they may leave but still go back. Be patient, continue to show support, and let them move at their own pace.

*Sound advice = when you believe in healthy relationships; want to support friends and peers; recognize abuse is never ok; understand that stopping sexual violence starts with the community ... **WITH ALL OF US.***

+ YOU GIVING ADVICE LIKE THIS
REALLY ADDS UP
TO PREVENT SEXUAL VIOLENCE.
NICE JOB. 😊

LEARN MORE - LOTS MORE - AND GET
THE SUPPORT YOU NEED:
itstartswithusNM.org



Some content adapted from Love is Respect, Not On My Watch, Planned Parenthood, Scarleteen, A Thin Line