



Sexual Health Rights and Responsibilities

As a teen, you have all kinds of relationships. Some are with people you know well and some are with people you do not know as well. In all these situations, you have rights and responsibilities as a sexually healthy individual.

YOU HAVE THE RIGHT TO ...

- Trust your feelings.
- Date who you want, when you want, and how you want. This includes paying for yourself and saying no to a date.
- Have sex when your partner AND you want to.
- Have sex that feels good to you.
- Say NO or leave a date early.
- Disagree with your partner and/or date.
- Feel good about yourself with or without a partner in your life.
- Accuse someone of hurting you physically or sexually.
- Receive emotional support and understanding.
- Control your own future.
- Be loved and cared about.

PROTECTING YOURSELF FROM SEXUAL ABUSE

Sexual Harassment refers to unwanted sexual advances (gestures, languages, touching); unwanted sexual jokes, teasing, name calling and pictures; unwanted touching and threats; asking a person for something sexual in return for a better grade, food, money, or presents; creating an uncomfortable or unsafe environment through sexual words or actions; comments about a person's body, sexual activity, or sexual orientation.

WHAT TO KNOW...

- Sexual harassment can come from a person or a group, from someone in power or a peer.
- Both women and men can harass and be harassed.
- Schools and workplaces are legally required to stop sexual harassment.
- If you are being harassed, tell the person to stop. Say, "this is sexual harassment and I want it to stop now."
- If someone says they feel uncomfortable with your behavior, stop what you are doing, even if you do not understand their complaints.

Sexual Assault refers to the use of force to make a person engage in sexual activity or contact. This includes rape, which is forced sexual intercourse.

WHAT TO KNOW...

- Men and women can be raped, sexually assaulted, and sexually harassed.
- Most rapes are committed by someone the victim knows.
- Getting someone drunk or high in order to have sex is rape.
- If you are being assaulted, say no and yell so that other people can hear.
- If your partner asks you to stop what you are doing, stop, no matter what you are feeling.
- Remember! Even if you agreed to have sex with someone in the past, it does not make it OK to have sex in the present or future without your OK.

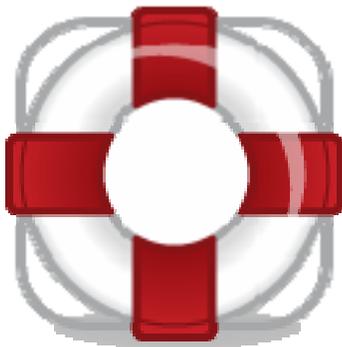


SAFETY TIPS

Sexual harassment, assault, and rape are never the victim's fault. But, there are ways to keep yourself safer:

- If you plan to be alone with someone you don't know well, let someone you trust know where you'll be.
- Don't walk alone after dark or in an unfamiliar place.
- Set limits from the very beginning of your date or relationship.
- On a date, bring a cell phone and money for a cab.
- Be aware that drinking alcohol and using drugs may change the way you make decisions and your ability to get out of risky situations.
- If you are drinking, never leave a drink unattended — this is a chance for someone to slip a drug into it.
- If someone you don't know makes you feel uncomfortable, walk away. If they follow, run to a crowded area.

If you have been, or think you may have been, raped or sexually assaulted, tell a trusted adult right away. This could include the police.



RESOURCES

You can always talk to your health care provider or another trusted adult, like a parent or teacher about sexual harassment and sexual assault. Here are some other resources to help you deal with these issues:

☀ **The Rape Abuse and Incest National Network (U.S.)**

www.rainn.org

1-800-656-HOPE

☀ **Safe Network (U.S.)**

www.safenetwork.net

1-800-799-SAFE

☀ **The National Domestic Violence Hotline (U.S.)**

www.ndvh.org

1-800-787-3224

☀ **National Teen Dating Abuse Helpline (U.S.)**

www.loveisrespect.org

1-866-331-9474