

Have you ever:

- Had sex to “keep the peace”
- Had sex because you were tired of resisting
- Felt put down or demeaned during sex
- Agreed to have sex because refusing felt unsafe

Has your partner ever:

- Told sexual jokes or comments that made you feel uncomfortable
- Made embarrassing comments or criticized you sexually
- Touched you in unwanted and uncomfortable ways
- Ignored your sexual needs
- Called you names like “whore”, “slut”, or “frigid”
- Treated you as a sexual object
- Minimized your feelings about sex
- Treated other women/men as sexual objects in your presence
- Insisted you dress in a more/less sexual way than you want to
- Forced you to look at pornographic materials
- Forced you to participate in making pornography
- Been jealous or possessive

- Assumed you would have sex with any available person
- Made you feel bad about your sexual preferences, fantasies, or abilities
- Accused you of having affairs with others
- Withheld sex as a form of punishment
- Withheld access to or forced you to use contraceptives
- Forced you to strip when you didn't want to
- Forced you to have sex after violence
- Used sex as a way of “making up”
- Forced you to have sex when you were sick or it was a danger to your health
- Raped you
- Forced you to have sex with others
- Committed unwanted sadistic acts during sex

Approximately 1,510,000 women and 830,000 men are raped and/or physically assaulted by an intimate partner annually in the United States.

(Department of Justice Report, *National Violence against Women Survey*, July 2000)

You are responsible for:

- ✓ Your own actions, not those of your partner
- ✓ Honoring your own needs
- ✓ Understanding that alcohol or drugs cannot be used as an excuse for abusive behavior
- ✓ Your own life

You have the right to:

- ✓ Be respected
 - ✓ Say “NO”
 - ✓ Say how you feel
 - ✓ Change your mind
 - ✓ Dress how you want to
 - ✓ Be comfortable
 - ✓ Be happy/angry/sad/etc.
 - ✓ Take care of yourself
 - ✓ Decide who your sexual partner(s) will be
 - ✓ Say what you do/do not like
 - ✓ Have control over your own body
 - ✓ Speak up
 - ✓ Ask for help
 - ✓ Love yourself and be loved by others
 - ✓ Live without violence in your life
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Sexual Abuse is a part
of Domestic Violence

Domestic Violence involves a pattern of behavior in an intimate relationship that is used to establish power and control over another person through fear and intimidation, often including the threat or use of violence. Abuse happens when one person believes s/he is entitled to control another person. Assault, stalking, battering, and domestic violence are crimes.

Abuse of a family member or intimate partner can take many forms. It may include emotional, economic, physical, and/or sexual abuse, manipulation, isolation, and a variety of other behaviors used to maintain fear, intimidation, and power. The key is that one partner is exerting control over the other.

ATVP

Celebrating 25 Years
of Survivors' Strength in 2005

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24-Hour Hotline
Collect Crisis Calls Accepted

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Love Shouldn't Hurt: Sexual Violence in Intimate Relationships



Alternatives to Violence of the Palouse

Help for victims and
survivors of domestic
violence and
sexual assault

24 hour Crisis Hotline
(208) 883-HELP
or
(509) 332-HELP