

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by The Haven Project at the Center for Health and Well-Being September 9, 2013



Get the Green Light!

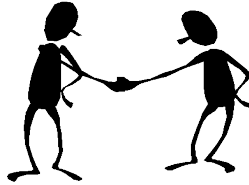
The Green Light Campaign spreads awareness about the vital role **CONSENT** plays in relationships. Violence, especially sexual violence, destroys a person's trust and feeling of safety. It is important to recognize and understand what sexual violence is.

Sexual Assault: Unwanted sexual contact which stops short of rape (penetration), including sexual touching, fondling and coercion.

Rape: Any act of sexual penetration (vaginal, oral, or anal) carried out through force, threat of force, coercion, manipulation or when the victim is unable/unwilling to give consent.

Get **TRUE CONSENT** before engaging in any sexual activity!

Adapted from PCAR.ORG



TRUE CONSENT?

Pronunciation: \ 'trü\\kən- 'sent\

1: True consent is a verbal, sober yes or a clear action.

2: True consent is active.

Why is it important?

Everyone deserves respect and to have their wishes honored. Passive consent, like waiting for a, "no", is reactive. It only kicks in after something wrong has happened. If your partner were to say no or stop, chances are strong that you have already done something that person did not want you to do.

What can you do? Ask your partner for permission before any sexual act.

YES!!



Empower yourself & others by knowing resources! Stay informed & connected!

Safety

University Police724-357-2141
Police9-1-1

Medical Care

Indiana Regional Medical Center724-357-7121

Advocacy/24 hour hotline

The Haven Project at Alice Paul House724-349-4444

The Counseling Center

The Haven Project at The Counseling Center.....724-357-2621

Education

The Haven Project724-357-4799

TRUE CONSENT

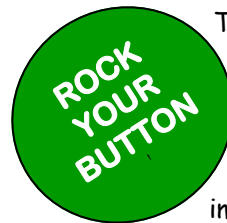


Checklist

- ✓ **Both partners** are sober, aware, conscious, and coherent. Being under the influence of alcohol and other drugs can render consent impossible.
- ✓ Both partners explicitly communicate their desires and limitations. Assumptions are not made until the partner gives verbal permission. **Remember, consent is not the absence of "no"! IT IS THE PRESENCE OF A VERBAL "YES"!**
- ✓ **AT EVERY STAGE!** You must get consent to engage in ANY level of sexual activity with another person, this includes but is not limited to kissing and hugging.
- ✓ **You have the right to say "no" at anytime.**
- ✓ Each experience must have renewed consent.
- ✓ Both partners respect each other's boundaries and are attentive to any cues that may suggest discomfort.
- ✓ There is no pressure being placed on either partner. Coercion or ultimatums are not being used.
- ✓ Both partners should be enjoying the experience of being sexual, not just the initiator

Show that you support True Consent by

Rocking Your Green Button



The **GREEN** button represents IUP's commitment to making campus safer for all of us. It is a reminder that violence **SHOULD NOT** be a part of our campus life. The green button represents the importance of asking for consent for any form of sexual activity.

[Want to learn more about Consent?](#)

[Come visit The Haven Project](#)

[Table at IUP Day 2013](#)

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Sources: RAINN.org & pcar.org

