

Study Resources

This packet includes information on alcohol use, healthy relationships, relationships, and getting help.

If you or someone you know is rethinking their alcohol use, help is available! Resources at rethinkingdrinking.niaaa.nih.gov can help you learn more about alcohol and health.

LoveISRespect.org is a website with information on healthy relationship. Healthy relationships are based on equality and respect. Unhealthy relationships are based on attempts to control another person, including checking your phone or explosive outbursts.

The National Sexual Assault Hotline is to help folks who have experienced unwanted, or non-consensual sexual experiences. More info on how to contact the Hotline is in this packet. Consent is about choosing to respect personal and emotional boundaries.

One way that people can feel unsafe in relationships is not feeling like they are protected against unintended pregnancy and sexually transmitted infections.

If you would like 24/7 help, contact any of the following:

National Suicide Prevention Hotline (24/7, free, confidential support):

- Dial or text 988
- To chat, visit 988lifeline.org/chat

Veterans Crisis Line:

- 988, then press 1
- Text 838255

To find a clinical psychologist near you, visit www.apa.org/crisis-hotline

Each of these organizations or websites offers different services, including sexual health, sexual assault, and alcohol use.

Love is Respect 24/7 Hotline: Text LOVEIS to 22522, call 1-866-331-9474,
or chat on loveisrespect.org

RAINN National Sexual Assault Telephone Hotline: 1-800-656-HOPE (4673)

Substance Abuse and Mental Health Services Administration National Helpline: 1-800-662-4357

Planned Parenthood: 800-230-7526 (for all locations), www.plannedparenthood.org

Check Your Drinking: <https://www.cdc.gov/alcohol/CheckYourDrinking/index.html>

Rethinking Drinking: <https://rethinkingdrinking.niaaa.nih.gov/>

Lawrence, KS Services:

KU Counseling and Psychological Services (CAPS) (KU Students)

- Phone: 785-864-2277
- Website: <https://caps.ku.edu/>
- Address:
Watkins Memorial Health Center
1200 Schwegler Dr, Room 2100
Lawrence, KS 66045

KU Psychological Clinic (KUPC)

- Phone: 785-864-4121
- Website: <https://psychclinic.ku.edu/>
- Address:
1415 Jayhawk Blvd
Fraser Hall, Room 340
Lawrence, KS 66045

Treatment & Recovery Center (TRC) of Douglas County

- Phone: 785-841-2345
- Website: <https://www.trcdgks.org/get-help>
- Address:
1000 W. 2nd St
Lawrence, KS 66044

Bert Nash Community Mental Health Center

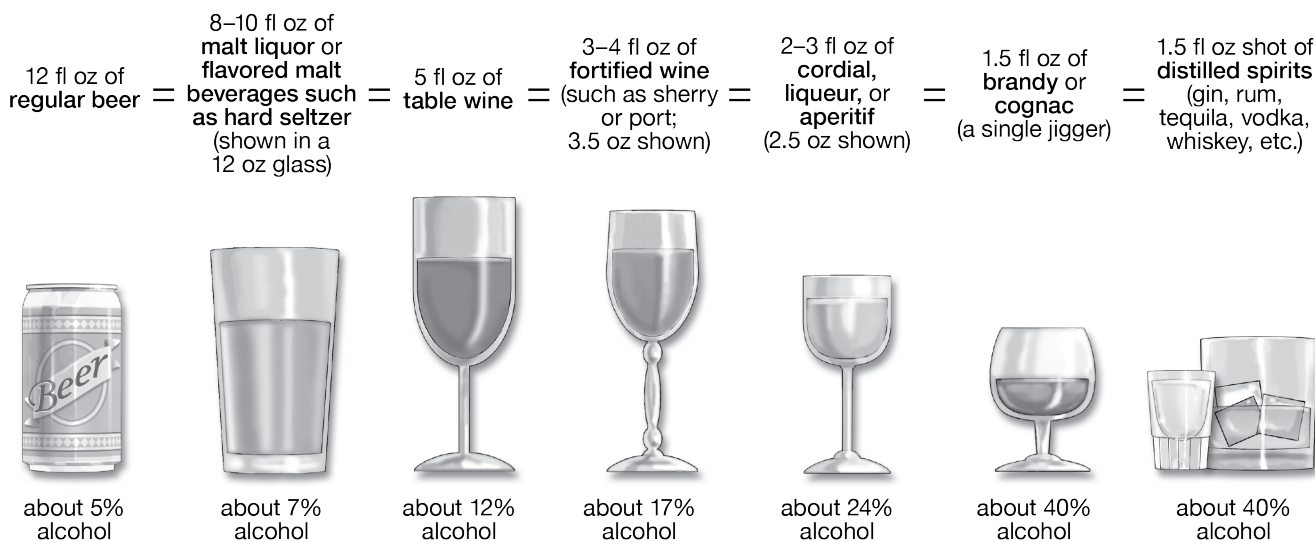
- Phone: 785-843-9192
- Website: <https://www.bertnash.org/>
- Address:
2000 Main St
Lawrence, KS 66044

Lawrence Memorial Hospital Emergency Room

- Phone: 785-505-6162
- Address: 325 Maine St, Lawrence, KS

What is a “standard” drink?

In the United States, a “standard” drink is any drink that contains about 0.6 fluid ounces or 14 grams of “pure” alcohol. Although the drinks pictured here are different sizes, they all contain about the same amount of alcohol. They can be called “drink equivalents.”



Each drink shown above represents one U.S. standard drink and has an equivalent amount (0.6 fluid ounces) of “pure” ethanol.

These examples serve only as a starting point for comparison. The percent of “pure” alcohol by volume (alc/vol) can vary greatly within and across beverage types.

What are the U.S. Dietary Guidelines for alcohol?

To help Americans minimize risks associated with drinking, the *U.S. Dietary Guidelines (2020-2025)* advise adults who choose to drink to limit intake to:

- Women: 1 drink or less in a day
- Men: 2 drinks or less in a day

The *Guidelines* state that these amounts are **not intended as an average** over several days, but rather as the amount consumed on any single day. Even drinking within these limits may increase the risk for cancer and other harms. Caution is therefore recommended.

What is heavy drinking?

Heavy drinking is especially risky and should be avoided. Heavy drinking is defined as follows:

- Women: 4 or more drinks on any single day OR 8 or more drinks per week
- Men: 5 or more drinks on any single day OR 15 or more drinks per week

Sources: [RethinkingDrinking.niaaa.nih.gov](https://www.rethinkingdrinking.niaaa.nih.gov) and [DietaryGuidelines.gov](https://www.dietaryguidelines.gov)

EVERYDAY CONSENT

PEOPLE OFTEN THINK CONSENT IS ONLY IMPORTANT WHEN IT COMES TO SEX.

Really, consent is about always choosing to respect personal and emotional boundaries. By practicing consent in everyday situations, you show that you value the choices of others.

ASK FOR CONSENT WHEN TOUCHING

- It's important to ask for consent before hugging, tickling, or other kinds of touch.
- Ask sincerely so others understand it's okay to say no.
- For people who have experienced sexual abuse, any unexpected touch can be scary and traumatic. Others may just prefer more personal space.

For example: "Is it okay if I put my arm around you?" or, "Want to hug or wave goodbye?"

RESPECT PRIVACY

- Everyone has boundaries. Some people like to keep things about themselves private, while others are more open.
- If someone shares personal information with you, it's important to ask what their boundaries are.

For example: "My cousin was assaulted and is afraid they will never feel okay again. Is it okay if I tell them that you're a survivor, too? It's all right if you're not comfortable with that."

ASK PERMISSION

- Just like everyone has different boundaries about touch, everyone has different levels of comfort about sharing things online, like photos.
- It is important to always ask before posting or tagging photos of someone on social media.

For example: "This is a great photo of all of us! Is it okay if I share it online, or should I take another one without the kids in it? I know you don't often post photos of them."



SEX AND CONSENT

- Sex without consent isn't sex. It's sexual assault.
- Consent must be freely given. A person must understand what they are agreeing to, and they can change their mind at any time.
- Consent needs to be clear and enthusiastic. The absence of "no" or silence does not mean "yes."
- Past consent does not mean current or future consent.
- When drugs and alcohol are involved, clear consent is not possible. A person who is intoxicated or impaired cannot give consent.

HOW TO HANDLE THE "NO"

- Whenever you're asking for someone's consent, they could say "no."
- Accept the answer and move on. Don't pressure someone to change their mind.
- It's okay to feel disappointed with a "no" answer. But always remember that respecting boundaries is the right thing to do.

National Sexual Assault Hotline

RAINN created and operates the **National Sexual Assault Hotline**, which has helped more than **3 million people since 1994**. The hotline is available by phone (800.656.HOPE) and online chat in English (online.rainn.org) and Spanish (rainn.org/es). The service is free, confidential, and available 24/7.



Call

When someone calls 800.656.HOPE, they will be connected with a RAINN support specialist or a local center from RAINN's network of more than 1,000 sexual assault service providers throughout the country. Staff offer advice, information, and support. In some areas, providers can offer additional local services, such as hospital accompaniment. Together, RAINN and these local providers are able to operate the hotline 24/7 to provide confidential support to survivors and their friends and family.



Chat

Talking about what happened can be an important part of moving forward and seeking help, but not everyone is comfortable talking over the phone. Survivors and loved ones can access help online (online.rainn.org) through a chat-based platform on a computer, phone, or tablet. RAINN's staff provides support to thousands of survivors each month, many of whom are disclosing the experience for the first time.

"Sometimes typing it is actually easier until you're ready to talk about it."

— Samentha Moore, survivor of sexual violence,
on using the National Sexual Assault Online Hotline



Help in Spanish

At rainn.org/es, survivors can access the Spanish-language Online Hotline, a peer support group, and Spanish-language educational content.



Help for the Military Community

RAINN created and operates the DoD Safe Helpline, a crisis support service for members of the military community affected by sexual assault. Safe Helpline provides live, confidential, anonymous support and information. Members of the DoD community can access Safe Helpline online (safehelpline.org), over the phone (877-995-5247), through a self-care app, and through a group chat service (safehelproom.org).

"RAINN helped me see that I am not alone."

—Julianne Araujo, survivor of sexual abuse

Sexual Assault Statistics



1 out of every 6

American women has been the victim of an attempted or completed rape in her lifetime.

8 out of 10

rapes are committed by someone the victim knows.

Out of **every 1000** sexual assaults, 995 perpetrators will walk free.

Every **92 seconds**, another American is sexually assaulted.

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



Warning signs of abuse

Is this abuse?

Dating abuse is a pattern of coercive, intimidating, or manipulative behaviors used to exert power and control over a partner. While we define dating violence as a pattern, that doesn't mean the first instance of abuse isn't also dating violence; we simply recognize that dating violence tends to involve a series of abusive behaviors over a course of time.

What to look for & more:

Relationships exist on a spectrum and it can sometimes be hard to tell when a behavior goes from healthy to unhealthy (or even abusive). Typical warning signs of abuse from your partner include:

- ✓ Checking your phone, email, or social media accounts without your permission
- ✓ Putting you down frequently, especially in front of others
- ✓ Isolating you from friends or family (physically, financially, or emotionally)
- ✓ Extreme jealousy or insecurity
- ✓ Explosive outbursts, temper or mood swings
- ✓ Any form of physical harm
- ✓ Possessiveness or controlling behavior
- ✓ Pressuring or forcing you to have sex

Relationship abuse is all about power and control. While you may be unwilling or unable to leave your relationship right now, it's important to remember that abusive partners are unlikely to change their behavior.

Your first priority should always be your personal safety and your safety in the future. Text LOVEIS to 22522 or live chat at loveisrespect.org to discuss your situation and identify possible signs of abuse in your relationship.



Safety online

Most of us spend a lot of time online. Pretty much everything we do can now be done on the Internet, including accessing information, keeping in touch with others, and getting help when we need it. Unfortunately, such frequent use (and the ways in which information is collected every time we go online) means partners who are abusive have more ways than ever to access your information and monitor your movements and behaviors.

Remember:

- ✓ Your computer and cell phone use can be monitored without you knowing it.
- ✓ Your history can never be completely erased from a computer or device, **even if you browse in “private” or “incognito” mode.**
- ✓ Email can be intercepted like physical mail.
- ✓ Global Positioning System (GPS) trackers can be placed in your car or on items like your purse or cell phone.
- ✓ **Advocates are available 24/7** to help you identify ways to take extra precautions when using technology. Text LOVEIS to 22522 or live chat at loveisrespect.org

Always remember to keep your safety in mind when contacting love is respect and accessing our services.

It's Your Future. You Can Protect It.

Always use a condom and another form of birth control.

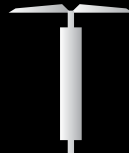
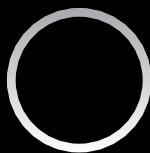
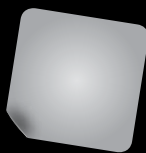
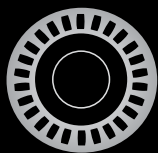
Girls and Guys, if you are sexually active, protect yourself and your partner from pregnancy, HIV, and other STDs. Even if you or your partner is using another type of birth control, agree to use a condom **EVERY TIME** you have sex, to reduce the risk to both of you for HIV and most other STDs. Birth control (such as the pill, patch, ring, implant, shot, or an IUD) provides highly effective pregnancy prevention, but it does not protect you from HIV and other STDs. Condoms can reduce the risk to both of you for most STDs, including HIV, as well as the risk for pregnancy. Be prepared.



the pill
patch
ring
implant
shot
or IUD



EVERY TIME
to reduce
the risk of
pregnancy, HIV,
and other STDs



Talk to your partner. If you have sex, make sure you both agree to use a condom and a more effective type of birth control every time.



Condoms need to be used the right way, every time you have sex. So use both a condom AND a highly effective method of birth control every time you have sex.



And remember, when you get right down to it, the only sure way to prevent pregnancy, HIV, and other STDs is not to have sex.

www.cdc.gov/teenpregnancy/Teens.html

Get involved, make your voice heard!
www.engage.findyouthinfo.gov

Learn about talking to your partner.
www.takestwoapp.org www.sexetc.org www.stayteen.org

Learn to use condoms the right way, every time.
www.itsyoursexlife.com/gyt/condoms/

Learn about all birth control methods.
www.stayteen.org/birth-control-101

Find a Clinic www.hhs.gov/opa



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion

CS248705-A

STDs and HIV - CDC Fact Sheet



If you have an STD, you are more likely to get HIV or transmit it to others.

Are some STDs associated with HIV?

Yes. In the United States, people who get syphilis, gonorrhea, and herpes often also have HIV, or are more likely to get HIV in the future.

Why does having an STD put me more at risk for getting HIV?

If you get an STD, you are more likely to get HIV than someone who is STD-free. This is because the same behaviors and circumstances that may put you at risk for getting an STD also can put you at greater risk for getting HIV. In addition, having a sore or break in the skin from an STD may allow HIV to more easily enter your body. If you are sexually active, get tested for STDs and HIV regularly, even if you don't have symptoms.

What activities can put me at risk for both STDs and HIV?

- Having anal, vaginal, or oral sex without a condom;
- Having multiple sex partners;
- Having anonymous sex partners;
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking.

What can I do to prevent getting STDs and HIV?

The only 100% effective way to avoid STDs is to not have vaginal, anal, or oral sex. If you are sexually active, you can do the following things to lower your chances of getting STDs and HIV:

- Choose less risky sex activities;
- Use a new condom for every act of vaginal, anal, and oral sex throughout the entire sex act (from start to finish);
- Reduce the number of people with whom you have sex;
- Limit or eliminate drug and alcohol use before and during sex;
- Have an honest and open talk with your healthcare provider and ask whether you should be tested for STDs and HIV;
- Talk to your healthcare provider and find out if either pre-exposure prophylaxis, or PrEP, or post-exposure prophylaxis, or PEP, is a good option for you to prevent HIV infection.

If I already have HIV, and then I get an STD, does that put my sex partner(s) at an increased risk for getting HIV?

It can. If you already have HIV, and then get another STD, it can put your HIV-negative partners at greater risk of getting HIV from you.

Your sex partners are less likely to get HIV from you if you

- Get on and stay on treatment called antiretroviral therapy (ART). Taking HIV medicine as prescribed can make your viral load very low by reducing the amount of virus in your blood and body fluids. HIV medicine can make your viral load so low that a test can't detect it (an undetectable viral load). If your viral load stays undetectable, you have effectively no risk of sexually transmitting HIV to HIV-negative partners.
- Choose less risky sex activities.
- Use a new condom for every act of vaginal, anal, and oral sex throughout the entire sex act (from start to finish).

The risk of getting HIV also may be reduced if your partner takes PrEP after discussing this option with his or her healthcare provider and determining whether it is appropriate. When taken daily, PrEP is highly effective for preventing HIV from sex. PrEP is much less effective if it is not taken consistently. Since PrEP does not protect against other STDs, use condoms the right way every time you have sex.

Will treating STDs prevent me from getting HIV?

No. It's not enough.

If you get treated for an STD, this will help to prevent its complications, and prevent spreading STDs to your sex partners. Treatment for an STD other than HIV does not prevent the spread of HIV.

If you are diagnosed with an STD, talk to your doctor about ways to protect yourself and your partner(s) from getting reinfected with the same STD, or getting HIV.

Where can I get more information?

HIV/AIDS and STDs
www.cdc.gov/std/hiv/

PrEP (pre-exposure prophylaxis)
www.cdc.gov/hiv/basics/prep.html

Division of STD Prevention (DSTDP)
Centers for Disease Control and Prevention
www.cdc.gov/std

CDC-INFO Contact Center
1-800-CDC-INFO
(1-800-232-4636)
<https://wwwn.cdc.gov/dcs/ContactUs/Form>

CDC National Prevention Information Network (NPIN)
<https://npin.cdc.gov/disease/stds>
P.O. Box 6003
Rockville, MD 20849-6003
E-mail: npin-info@cdc.gov

American Sexual Health Association (ASHA)
<http://www.ashasexualhealth.org/stdsstis/>
P. O. Box 13827
Research Triangle Park, NC 27709-3827
919-361-8488