

HARD TRUTHS

- Intimate Partner Violence, rape, sexual assault or relationship abuse can happen regardless of gender, age, sexual orientation, race or economic background. An abusive person blames their partner to justify their behavior. Abuse has nothing to do with the person it is directed toward. Abuse is a personal choice used to create power and control. There is no excuse for abuse.
- Domestic /dating violence is not just a family or relationship problem. It is a crime.
- Problems exist in many relationships but using violence to resolve them is never acceptable.
- The decision to end a relationship is not easy. Leaving a violent relationship is even harder and may even increase the violence.
- Many abusers are not violent with others. They appear charming and likable in social situations but may be extremely violent toward their partner in private.

Check out this QR code to see what a safety plan looks like.



www.thehotline.org/plan-for-safety/create-a-safety-plan/

CONSENT

Sexual Assault and Rape are crimes and occurs when an individual does not or cannot consent to what is happening to them related to sex or sexual activity.

- Consent is always a mutual agreement between partners about what they want to experience.
- Consent is always necessary for every experience, every time.
- Your relationship status does not make consent automatic or give you any “rights.”
- There’s no such thing as implied consent. **NO MEANS NO. STOP IMMEDIATELY.**
- If someone is under the influence of alcohol or drugs they are unable to give consent.



PREVENTING INTIMATE PARTNER VIOLENCE

- 1 Learn more about intimate partner violence, sexual assault and rape. **Then SPEAK OUT against them!**
- 2 Participate in local community events to raise awareness about the issues. Be a positive role model of healthy relationships to your friends & family.
- 3 Show support to someone who is experiencing violence and abuse. Help them make a safety plan.
- 4 Know and support local organizations who help targets of intimate partner violence.



SOMETHING TO THINK ABOUT...

Would you treat your boss, friend or next-door-neighbor the same way as you do your partner?

If someone else were treating your brother, sister or friend the same way, how would you feel?

NO EXCUSE FOR ABUSE

- **“I was drunk/I was using drugs.”**
Substance abuse is never an excuse for abuse.
- **“I control you because I care about you.”**
Jealous, controlling or possessive behavior is abusive.
- **“You got in my face/made me mad/got me wound up on purpose, and I had no other choice. I can’t control it.”**
Stress and anger issues don’t cause abusive behavior.
- **“I have mental health issues or a personality disorder — ex. I have bipolar, I have depression.”**
There are people who have mental health issues and don’t act abusive toward their partners.
- **“I grew up in a violent home where I experienced or witnessed abuse.”**
There are a lot of people who grow up in violent homes who choose not to abuse or be violent toward their partner.



CONNECT WITH RESPECT!

www.respect2all.org

402-965-1425

info@respect2all.org



respect2



respect2all_nebraska

FOR MORE HELP CHECK OUT THESE RESOURCES

If you need help: Call, chat, text or email someone directly at the Boys

Town National Hotline

1-800-448-3000 or

www.yourlifeyourvoice.org

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Rape, Incest, Abuse National Network:

1-800-656-HOPE (4673)

National Teen Dating Abuse Helpline: 1-866-331-9474

Women's Center for Advancement Crisis Hotline: 402-345-7273

Men Against Domestic Violence: madvac@wcaomaha.org

Suicide & Crisis Life Line Dial 988

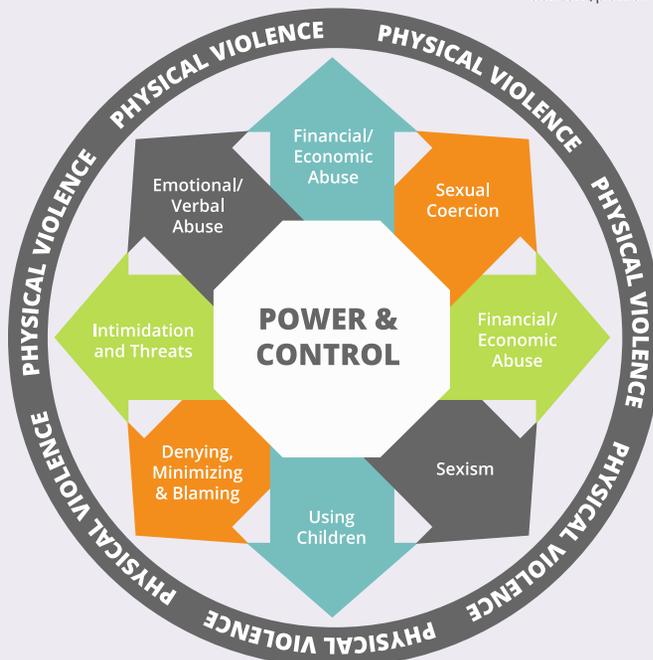
POWER & CONTROL

Intimate Partner violence is made up of behaviors that are used to gain or maintain power and control. The Power and Control Wheel shown below was developed by the Domestic Abuse Intervention Project in Duluth, MN. and describes the tactics an abusive partner uses to keep their victims in a relationship. The Power and Control Wheel assumes she/her pronouns for the victim and he/him pronouns for the perpetrator, but the abusive behavior that it details can happen to people of any gender or sexuality.

View the Power & Control Wheel by scanning this QR Code



www.advocatesofozaukee.com/content/power-control-wheel



SPONSORS

The Hawks Foundation
Heider Family Foundation
The Kim Foundation
Lozier Foundation
The Sherwood Foundation
Fred & Eve Simon Foundation
Weitz Family Foundation



For a complete list of donors visit:
respect2all.org/donors



Updated 2023. We are a 501c3 not-for-profit organization formed of professional actor-educators, led by a child psychologist, advised by community organizations, and function as a data-driven organization. We travel to schools and communities presenting educational plays and facilitating discussions to prevent violence, bullying, and harassment. Visit www.respect2all.org to learn more.