

Emotional Support

You Are Not Alone

If you've experienced a consent violation, feeling overwhelmed is completely normal. Remember, you deserve to feel respected. You're not alone in this, and there are resources available to help you navigate through this confusing time.

Supporting a Friend

When a friend is coming to you for support, it shows they trust you. Here are some tips:

- **Listen actively:** Give them your full attention without interrupting.
- **Stay connected:** Check in regularly through texts, calls, or visits. Remind them that you're there for them consistently, not just in the moment of crisis.
- **Express concern for their safety:** If their situation warrants it, gently inquire about their safety and well-being. Offer resources or assistance if necessary.
- **Understand their needs:** Sometimes, you aren't the right person to help them, or you aren't in a situation where you can. Respect their space. Sometimes, reaching out to a trusted adult or a professional is what they might need.

How to Reach Out Anonymously

You can reach out to an anonymous sexual violence hotline operator 24/7.

Sexual Violence Hotline: 1-800-656-4673

Online Chat: online.RAINN.org

Survey Results

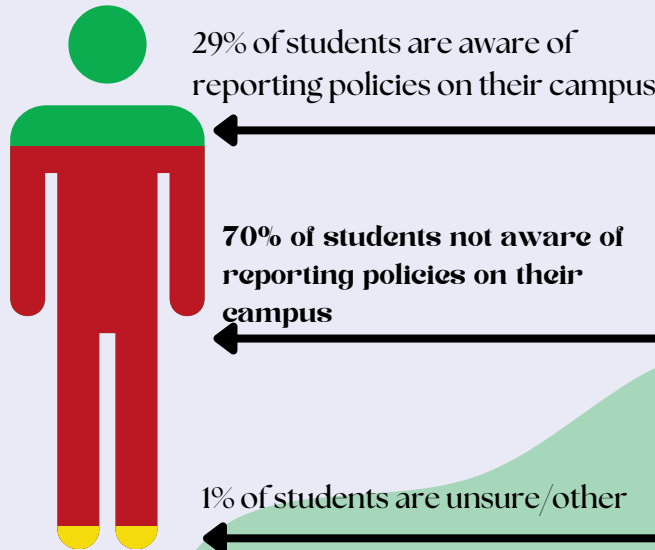
We surveyed nearly 600 high school students in Pasadena and the San Gabriel Valley about the topics of consent and sexual assault.

69.3% of students believe that classroom lectures and lessons should include discussions about consent and sexual harassment.

69.5% of students believe that the school website should feature online guides about consent and sexual harassment

59.6% of students believe that the school nurse's office should display information about consent and sexual harassment

High schoolers' knowledge about sexual harassment and assault policies on campus



Option 1: Fill out a Uniform Complaint Form

Many districts use the Uniform Complaint Form to address bullying and sexual harassment or assault complaints. The Uniform Complaint Form can be found on your school or district website.

Option 2: Verbally report

All teachers and staff are required to intervene when they hear about harassment. In the case of assault, they are also mandated reporters. You are free to talk to any staff member you feel most comfortable with.

Next steps:

An administrator will reach out and confidentially discuss the report with you. Other adults may be involved in the process including:

- Parent/guardian
- A school counselor/psychologist
- Department of Child and Family Services
- Law enforcement

Learn more about how to report and find additional resources here:



Reporting Sexual Harassment or Assault

Defining Consent

Consent involves ongoing discussions about boundaries and comfort. Communication is necessary. Remember, just because someone hasn't said no, it doesn't mean they've said yes.

F.R.I.E.S. describes the conditions consent must be given under:

F- Freely Given

- Free of pressure

R- Reversible

- You can change your mind at any time

I- Informed

- One must accurately understand the act, and what it is they are agreeing to

E- Enthusiastic

- One must willingly want to engage in the sexual activity
- Not a maybe, a YES!

S- Specific

- Clear and distinct agreement as to what activities will be engaged in

*A person cannot give consent if: under the influence, in a power imbalance (e.g., with a superior, someone significantly older, etc.), doesn't understand the full scope of the act, or under the pressure of intimidation or threat.

It is ALWAYS okay to change your mind.

Who are we?

Peer Advocates 2023 - 2024

We are a group of students who serve as resources about sexual health for our communities. Our annual impact project amplifies youth voices to address a need at our schools.



Top Row (left to right): Tenaya, Kailia, Mika, Natalie, Madeleine, Andrea, Grace, Alexandra
Second Row (left to right): Lyric, Adrian, Violet, Sophie
Dog: Henry
Bottom Row (left to right): Alaia, Hanna, Charlotte
Not Pictured: Elsie

Apply to be a Peer Advocate:
bit.ly/interestedpadvocate

Navigating Consent & Reporting

a Teen's Guide to Breaking the Silence

Peer Advocates
of Planned Parenthood
Pasadena & San Gabriel Valley
2024