

## What is ICADV doing to prevent sexual violence?

Funding is being used to assist community organizations throughout Indiana to carry out sexual violence primary prevention efforts at the community level. Trainings and resources are being shared statewide through webinars and online tools, giving all programs access to the information they need to carry out this work. In addition ICADV participates in the statewide Sexual Violence Primary Prevention Council, working to implement a five-year plan to prevent sexual violence in Indiana.

## Rape Prevention & Education Program

The Centers for Disease Control and Prevention administers and provides technical for the Rape Prevention and Education (RPE) Grant program to help health departments and sexual assault coalitions more effectively use funds provided through the Violence Against Women Act.

*Some information in this brochure is courtesy of the National Sexual Violence Resource Center and the Centers for Disease Control and Prevention.*

This publication was made possible by funding from the Indiana State Department of Health and Centers for Disease Control and Prevention Rape Prevention Education Grant.

## Resources

Indiana Coalition Against Domestic Violence  
24-hour hotline 800.332.7385  
icadvinc.org

It's On Us / itsonus.org

National Coalition of Anti-Violence Programs  
212.714.1184 / ncapv.org

Not Alone / notalone.gov

National Sexual Violence Resource Center  
717.909.0710 / nsvrc.org

Male Survivor  
800.738.4181 / malesurvivor.org

Prevent Connect / preventconnect.org

Stand 4 Respect / Stand4Respect.org

Planned Parenthood / plannedparenthood.org

## Indiana Coalition Against Domestic Violence

One in four women has been the victim of severe physical violence by an intimate partner; one in five children live in families where this has occurred. Since 1980, the Indiana Coalition Against Domestic Violence has worked to ensure that people who help survivors have the information and resources they need. To prevent future violence, ICADV advocates for change through public policy, informational campaigns to increase awareness and educating young people on the cyclical nature of violence so we can all say "No More" in Indiana.

1915 W. 18th St., Suite B  
Indianapolis, IN 46202  
Phone 317.917.3685 - 800.538.3393  
Video phone 317.644.6206  
Fax 317.917.3695  
Email [icadv@icadvinc.org](mailto:icadv@icadvinc.org)  
Website [icadvinc.org](http://icadvinc.org)

# Something to talk about

Conversations  
that support safe,  
stable, nurturing  
relationships



INDIANA SAYS  
**NO MORE**  
TOGETHER WE CAN END DOMESTIC VIOLENCE & SEXUAL ASSAULT

# Something to Talk About

## What is sexual violence?

Sexual violence ranges from verbal sexual harassment to unwanted sexual contact such as touching, a completed or attempted sex act and rape.

Sexual violence can be committed by someone you know or someone you don't know. That includes spouses, partners, family members, someone in position of power or trust, acquaintances, or strangers.

## What does it mean to prevent sexual violence?

The conversations we have can keep sexual violence from happening in the first place. Conversations in relationships not only shape those relationships, but eventually impact our culture. If we have conversations about consent, healthy sexuality, gender norms and respect, our relationships and the environments in which we live, work, learn and play will be safer and more supportive, protecting us from sexual violence risk factors.



**“No matter what people tell you, words and ideas can change the world.”**

*Robin Williams*

## Talk About...Consent

When sex is consensual, it means everyone involved has communicated their desires, needs, and level of comfort with different sexual interactions. **Let's talk about...**

- knowing boundaries. Know what you and your partner are comfortable with.
- understanding desires or needs. Have a clear understanding of what both people need and want.
- giving an enthusiastic yes. Anything other than yes means no. Make it fun, make it respectful, and make it clear.

## Talk About...Healthy Sexuality



Healthy sexuality means having the individual knowledge and sense of empowerment to express sexuality in ways that contribute positively to self-esteem and relationships with

other people. It is much more than sex - it is emotional, social, cultural, and physical. **Let's talk about...**

- being comfortable with our bodies.
- knowing about information and resources that protect and enhance our sexual health.
- having sexual relationships that are consensual, non-exploitative, honest, pleasurable, and safe.
- expressing our sexuality while respecting the rights of others.
- expressing our sexuality in ways that are in line with our values.

## Talk About...Gender Norms

Gender norms are a set of “rules” or ideas created by a culture or society about how each gender should behave. Strict gender norms contribute to sexual violence because of expectations and beliefs associated with femininity and masculinity, sexual orientation and gender expression. **Let's talk about...**



- accepting one's own sexual orientation and gender identity and respecting those of others.
- being aware of the impact of family, cultural, media, and societal messages on thoughts, feelings, values, and behaviors related to gender and sexuality.
- interacting with all genders in respectful and appropriate ways.

## Talk About...Respect

Respectful relationships are based on affection, friendship, trust, good communication and equality for everyone in the relationship. Preventing sexual and domestic violence begins when we agree that fair treatment in all relationships is a basic right. **Let's talk about...**

- using respectful communication that allows both people to be heard.
- being accountable for your own behavior.
- respecting the other person's independence, space, and choices.
- having relationships free from all forms of abuse, including emotional, physical, sexual, and cyber abuse.