

STEP 2 Respect is a coordinated community response to the crisis of sexual assault, domestic violence, dating violence and stalking experienced by our young people.



**Gender-Based
Violence & Harassment
Your School, Your Rights**

**NAYA's Title IX
Coordinators**

Please contact a
Title IX Coordinator
to report sexual
or gender-based
harassment.

Primary Contact:
Ashley Thirstrup
503-288-8177
ext. 236

Secondary Contact:
Nykke Straws
503-288-8177
ext. 256

What is Title IX?

Title IX is a federal law that protects the rights of all students to learn in an environment free of discrimination on the basis of sex which can include sexual harassment or sexual violence.

Types of Gender-based Discrimination:

- ☐ sex stereotypes
- ☐ sexual coercion
- ☐ sexual assault
- ☐ dating violence
- ☐ stalking
- ☐ verbal threats
- ☐ unwanted and repeated contact
- ☐ sex-based slurs or insults

Title IX requires that schools take action to eliminate the hostile environment and prevent further victimization.

Students and school employees are both protected from harassment under Title IX.



Portland Women's Crisis Line • pwcl.org
503-235-5333, toll free 1-888-235-5333

National Domestic Violence Hotline
1-800-799-SAFE, TTY 1-800-787-3224

Sexual Assault Hotline • 1-800-656-4673



NAYA Healing Circle • 503-318-5213
5135 NE Columbia Blvd, Portland, OR 97218

Gateway Center • portlandoregon.gov/gatewaycenter
10305 East Burnside Street, Portland, OR 97216

NE Portland Planned Parenthood
3727 NE Martin Luther King Jr. Blvd, Portland, OR 97212

NAYA Step 2 Respect Program
nayapdx.org/services/youth-and-education/step-to-respect
Brighton Kimbell, Youth Empowerment Advocate
(c) 971-313-2117 • (w) 503-288-8177, ext. 220
brightonk@nayapdx.org

*Definitions and statistics found in this brochure are compiled from the following resources:
NAYA Family Center, Strength & Needs Assessment, conducted 2013; Break the Cycle,
www.breakthecycle.org; Bureau of Justice Statistics, Intimate Partners Violence in the US,
2005; ACLU Women's Rights Project, www.aclu.org/sexualassault; Stalking Resource Center,
www.victimsofcrime.org/our-programs/stalking-resource-center.com.*

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STEP 2 RESPECT

Healthy relationships empower youth.



Services Training Education Policies



Healthy Relationship Behaviors
Knowledge of Traditional Ways
School Response to Abuse
Perpetrator Accountability
Survivor Safety

Who is impacted by Teen Dating Violence?



1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner, a rate far higher than any other type of youth violence.



For every adult woman that experiences intimate partner violence, 3 young women aged 16 to 24 suffer the same thing.



Both men and women who were in physically abusive relationships as teens are 3 times more likely to be in abusive relationships later in their lives.



Rates of Intimate Partner Violence are 30% higher for Native American Men and 50% higher for Native American Women than the next most victimized demographic.



1 out of 10 NAYA Parents believe that youth begin dating as early as age 11-12, while 5 out of 10 students said yes to dating as early as 12 years and younger.



More than 80% of NAYA Parents are not confident in their knowledge of resources for survivors of teen dating violence.

Power
&
Control

Vs.

Equality
&
Respect

Dating Violence is the use of abusive behaviors by a person to harm, threaten, intimidate or control a current or former dating partner. Dating violence includes but is not limited to:

Physical Abuse

Any intentional and unwanted contact with you or something close to your body. Sometimes abusive behavior does not cause pain or even leave a bruise, but it's still unhealthy.

Emotional Abuse

Non-physical behaviors such as threats, insults, constant monitoring or "checking in," humiliation, intimidation or isolation that causes mental or emotional distress.

Sexual Abuse

Any sexual behavior or contact that is unwanted by the victim and/or interferes with the victim's ability to consent to or control the circumstances.

Digital Abuse

The use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Often a behavior in the form of verbal or emotional abuse perpetrated online.

Stalking

A course of conduct directed at a specific person that would cause a reasonable person to feel fear. Stalking is serious, often violent, and can escalate over time.

Tips for a Healthy Relationship

Speak Up.

In a healthy relationship, if something is bothering you, it's best to talk about it instead of holding it in.

Be Supportive.

Offer reassurance and encouragement to your partner. Also, let your partner know when you need their support.

Respect Your Partner.

Your partner's wishes and feelings have value. Mutual respect is essential in maintaining healthy relationships.

Respect Privacy.

Just because you're in a relationship, doesn't mean you have to share everything and constantly be together. Healthy relationships require space.

Compromise.

Disagreements are a natural part of healthy relationships, but it's important that you find a way to compromise.

Be Part
of the
Change



Step 2 Respect Leaders

School group for students to become peer educators on the topic of healthy relationships, and engage in youth and community advisory councils.



Community Response Advisory Council

Students, parents and elders, and NAYA partners come together to voice concerns, review school policy, and promote prevention and intervention strategies.



Safe School Environment

School-wide prevention and education strategies that are available to students through classroom curriculum and to the community through the NAYA website.