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*Violence is NOT Our
Tradition*

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Why I do what I do...

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Why is this Important?

Violence Statistics

More than 4 in 5 (84.3%) American Indian and Alaskan Native women and men have experienced violence in their lifetime¹

56% of Native women have experienced violence in a given year

55 % of Native women have experienced rape or violence by an intimate partner

Native Americans are 2.5 TIMES as likely to experience violent crimes²

At least 2 TIMES as likely to experience rape or sexual assault crimes

Often, Native Americans are victimized by non-Native perpetrators¹

An average of 97% of cases for Native women and 90% of cases for Native men

1 in 3 teens in the U.S. will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults³

¹Rosay, A.B. (2016). Violence against American Indian and Alaska Native women and men. National Institute of Justice Journal, 277. Retrieved from <https://nij.gov/journals/277/Pages/violence-against-american-indians-alaska-natives.aspx>.

²Adverse Health Conditions and Health Risk Behaviors Associated with Intimate Partner Violence, United States, 2005, MMWR February 8, 2008/57(05); 113-117. <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5705a1.htm>

³. Love is Respect. (2018). Teen DV Month 2018. [loveisrespect.org](https://www.loveisrespect.org). Retrieved from: <https://www.loveisrespect.org/teendvmonth/>.

*Red Flags and Warning Signs
of Violence*

Dating Violence

“Dating Violence,” according to the DOJ, is “violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim...”¹

- February is Teen Dating Violence Awareness Month (TDVAM)
- Efforts to raise awareness and promote prevention of abuse in teen and 20-something relationships



¹ Office of Violence Against Women. (2018). Dating Violence. U.S. Dept. of Justice. Retrieved from: <https://www.justice.gov/ovw/dating-violence>

Types of Abuse

The primary types of abuse include:

- Physical
- Emotional
- Psychological
- Sexual
- Financial/Economic

Physical Abuse/Violence

Abuse using one's body or objects

- **Obvious forms:** hitting, slapping grabbing, pinching, kicking, choking, pushing, hair-pulling
- **Subtle forms:** throwing objects, slamming doors, stepping in front of people to prevent them from leaving, pulling an item (e.g., paper, phone) out of someone's hand
- **Also included:** denying a partner medical care, forcing alcohol and/or drug use upon a partner

Emotional Abuse

Undermining an individual's sense of self-worth and/or self-esteem

Verbal abuse is often included with emotional abuse

- **Obvious forms:** name-calling, put-downs, criticism, cursing, yelling, damaging partner's relationship with their children
- **Subtle forms:** commanding, lying or withholding information, sarcasm (passive-aggressive), using silence (somewhat similar to stonewalling), "teasing" that is intended to hurt

Psychological Abuse

Manipulation of a person's thoughts and feelings

- **Obvious forms:**

- Threatening to hurt or kill a person or his or her family members/friends
- Threatening to hurt or kill yourself if a person leaves
- Causing fear by intimidation
- Destruction of pets and property

- **Subtle forms:**

- Making a person feel stupid or inadequate
- Isolating a person from his/her family or friends
- Instilling guilt/shame (for any mistakes)
- Telling a person how they should or shouldn't feel (antisocial behavior)

Sexual Assault/Sexual Abuse/Violence

Coercing or attempting to coerce any sexual contact or behavior without consent

Sexual assault is defined as “any type of sexual contact or behavior that occurs without the explicit consent of the recipient.”

This includes:

- Rape; Forced sexual intercourse (including marital rape)
- Forcible Sodomy
- Pressuring or forcing any sexual act that is undesirable
- Withholding sex or affection to get back at someone
- Sexual acts that are painful or degrading
- Forced prostitution
- Child Molestation
- Incest
- Fondling; unwanted touch to any portion of the body

Financial/Economic Abuse

Using money or resources to make an individual financially dependent through the following

- Controlling the flow of money, withholding access to money
- Not allowing the person to work (is also isolation) or attend school
- Allowing the person to work only at certain jobs
- Sabotaging someone's work, career, or schooling
- Spending money as a way to get back at someone
- Hiding money

Body Sovereignty and Consent

Sovereignty is the concept of power and authority

As Tribal Governments, we are familiar with the concept of tribal sovereignty, the inherent right of our tribes to govern themselves

Body sovereignty is the concept that each person has the right to full control and say of their own body

- Only you have the right to say what happens to you/your body
- Acts of violence or sexual assault is someone else trying to take control of your body; they do NOT have a right to do that



Consent

Consent is a mutual agreement between participants to engage in sexual activity.

Let's make this simple...

Consent

- Sexual activity one time does NOT guarantee future sexual activity
- Consent must be maintained throughout the sexual activity: you can change your mind at ANY TIME during the sexual activity; communicate if/when you no longer wish to engage
- Consent is NOT to be assumed: clothing, flirtation, kissing, etc. are not invitations for sexual activity
- Incapacitation from drugs and alcohol does NOT enable one to give consent
- Consent requires an individual to be **CONSCIOUS**

Consent in Intimate Relationships

- Communication is ESSENTIAL
- Consent is Verbal AND Physical:
 - **Verbal Consent** should be given WITH
 - **Physical Cues**: body language, reciprocation, etc.
- Individuals engaging all need to agree without coercion, force, etc.
- If you have any doubt that someone wants to engage in sex, DON'T
- Check in and talk about it

*General Relationship Habits
and Expectations*

Tribal Traditional Values Prior to Colonization

- In most tribes, women were regarded as sacred, due to their likeness to the Earth, for their life-giving and nurturing abilities
- Women in the tribe were respected, valued, and protected leaders
- Two-Spirit individuals were regarded as sacred, and held important roles in tribal communities
- When violence did occur, abusers were held accountable
 - Banishment, ostracism, or retaliation/restitution was determined by the victim and the victim's relatives
 - Violent men were seen as incapable of being leaders
- Balance in roles between men and women and individuals
 - There was mutual respect and responsibility

Traits of an Unhealthy Relationship

- Intensity—extreme feelings and/or over-the-top behavior that is overwhelming
- Jealousy
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilting
- Volatility
- Deflecting Responsibility
- Betrayal

Traits of a Healthy Relationship

- Comfortable Pace—no pressure to move too quickly with the relationship and mutual comfort between individuals
- Trust
- Honesty
- Independence
- Respect
- Equality
- Compassion
- Taking Responsibility
- Loyalty
- Communication

THE RELATIONSHIP SPECTRUM

Take a look at the behaviors on the Relationship Spectrum below. Where does your relationship fall?

Healthy

A healthy relationship means that both you and your partner(s) demonstrate:

Respect - Treating one another as an equal and whole human being. Valuing each other's thoughts, feelings and opinions.

Communication - Talks openly about problems and listens in a non-judgmental way. Affirms and understands each other's thoughts, feelings and opinions.

Trust and Support - Believing what one another says. Supporting each other's choice of friends, activities, goals and opinions.

Honesty and Accountability - Communicates openly, truthfully and respectfully. Acknowledges and accepts responsibility for one's own actions and words.

Equality and Fairness - Making decisions together and mutually agreeing on conflict resolutions where each other's needs are equally met.

Enjoying Personal Time - Enjoys spending time with one another while respecting each other's space and privacy when needed.

Making Mutual Sexual Choices - Talks openly about consent to one's sexual activities, choices, boundaries and birth control methods.

Cultural and Spiritual Respect - Recognize and honor one another's cultural traditions and tribal beliefs.

Unhealthy

You may be in an unhealthy relationship if one or more partners engages in:

Disrespect - One partner (or both partners) does not always consider the other in the relationship.

Poor Communication - Unwilling to talk openly about relationship issues without a fight or not talking about problems at all. Not listening to, affirming or understanding one another's thoughts, feelings or opinions.

Lack of Trust and Support - Not believing one's feelings or opinions. Not supportive of one's choice of friends, activities or goals.

Dishonesty and Lack of Accountability - One partner (or both partners) is not truthful. Unwilling to acknowledge or accept responsibility for one's own actions and words.

Takes Control or Unequal Resolutions - Not making decisions together. One partner thinks their desires are more important.

Feeling Crowded or Not Spending Time With Others - Only spends time with their partner or limits partner from seeing others.

Pressured Into Sexual Activity - One partner tries to convince the other that they should have sex.

Cultural Disrespect - Uses racial slurs or stereotypes toward their partner's culture, traditions or beliefs.

Spiritual Disrespect - Uses stereotypes, or is judgmental, misrepresents, or belittles one's spiritual beliefs or practices.

Abusive

Abuse is present in the relationship if one partner:

Mistreats The Other - One partner (or both partners) does not respect the feelings or physical safety of the other.

Communicates In A Way That Is Meant To Be Hurtful - Criticizes, belittles or humiliates their partner.

No Trust or Support - Accuse one another of flirting or cheating when it's not true. Refusing to give support in a physical or verbal way to hurt the other person as a result.

Gaslighting and No Accountability - Denies or blames the other for any abusive actions or uses manipulation to avoid accountability.

Controls The Other - No equality in the relationship. One partner makes all the decisions in the relationship and has all of the power.

Isolates the Other Partner - One partner controls where the other can go, see or who they talk to.

Sexual Assault - One partner forces sexual activity on the other without their consent.

Pattern of Disrespect Toward One's Culture - Intentionally falsify, misrepresent or use racial slurs or stereotypes toward their partner's cultural traditions or beliefs.

Restricts One From Honoring Their Spiritual Beliefs and Practices - Uses intimidation or punishment toward their partner to keep them from participating in spiritual beliefs or practices.





Unhealthy Relationships

Would you feel safe in this relationship?

He said he's sorry? Does that matter?

Notice: he never hit her

Unhealthy Relationships

Speak up for your friends.


Make it clear that violence (no matter who the abuser may be) is not okay.



How to Respond/Help Someone

- Ensure that the survivor feels safe before anything else
- Avoid blaming the survivor—this is NOT their fault
- Be supportive; LISTEN to what they are saying
 - This is NOT the time to lecture/preach at them
- Help them identify resources/people who can help
- This will NOT be the only conversation on the subject
- Understand that it is the survivor's decision moving forward

How to Respond/Help Someone

- Check-in with your friend/ask the right questions:
 - Instead of “You guys are so cute” or “Y’all are Couple Goals”, check in and ask, “How are things going with you two?”
 - This provides an opportunity for the friend to open up; this should happen with all relationships (healthy or unhealthy)
- Understand that helping them is a commitment
- Planning app:
 - OneLove Foundation and myPlan App 

Good Practices to Stay Safe

- Be alert of your surroundings
- Be wary of connecting with people you meet online
 - Turn OFF your location settings on your social media apps
 - Monitor your social media content and followers
- Remember that the fairy tales aren't real
 - Be skeptical of the promises of “a better life” and “being taken care of” by an intimate partner
- Watch your drink at parties/bars. Never drink anything someone hands you or from a cup you've left unattended.
- Trust your gut
 - If something doesn't feel right, it probably isn't. You can always leave any situation if you don't feel comfortable or safe.
You don't owe staying to ANYONE.

Good Practices to Stay Safe (cont'd)

- Only YOU (and maybe your guardian) should have access to your phone/devices, passwords/passcodes, etc.
 - Significant others, friends, etc. do not deserve access to your phone/devices
- Remember that everything on the internet is traceable and is forever accessible (even if you delete it)
 - AKA think before you post or send something
- Most people only post ~10% of their life online
 - Don't compare yourself to what someone else is posting (it's not the whole picture)
 - Don't assume what you see online is the complete truth/story
- Be careful logging into public Wi-Fi, sharing your name/address/age, etc.

Resources

National Resources:

- **StrongHearts Native Helpline**
 - 1-844-762-8483 (1-844-7NATIVE)
- **National Indigenous Women's Resource Center**
 - Niwrc.org
- **OneLove Foundation and myPlan App**
- **National Domestic Violence Hotline**
 - 1-800-799-SAFE (7299)
- **National Teen Dating Abuse Helpline/Love is Respect**
 - 1-866-331-9474; Text "loveis" to 22522
 - <https://www.loveisrespect.org/get-help/>

NE Tribal Domestic Violence Programs

- **Ponca Domestic Violence Program**
 - Lincoln: 531-248-3030
 - Omaha: 402-734-5275
 - Norfolk: 402-371-8834
 - Niobrara: 402-857-3391
 - Sioux City: 712-258-0500
- **Winnebago Domestic Violence Intervention Program**
 - Crisis Phone: 1-402-922-3850
 - Phone: 1-402-878-4308
- **Omaha Tribe Domestic Violence Program**
 - Phone (8am-4:30pm): 402-837-5391 ext. 200 OR ext. 201
 - After hours: Macy Police, 402-837-5907
- **Santee Sioux Domestic Violence Program**
 - Phone: 402-857-2342

Native Youth Focused Resources

- **We R Native**
 - Online resource focusing on health “for Native youth, by Native youth”
 - Wernative.org
- **Native Love**
 - Project from the NIWRC focusing on promoting healthy relationships and different views of what Native Love means for Native youth
 - Nativelove.niwrc.org
- **Native Wellness Institute**
 - Promotes the well-being of Native people through ancestral teachings and traditions
 - <https://www.nativewellness.com/>
 - Indigenous 20-Something Project (I20SP) i2osp.com
- **Native Youth Sexual Health Network**
 - Nativeyouthsexualhealth.com