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TRUE 2 YOU

EDITION 1
CYBER SEXUAL ABUSE

CONTROL IN RELATIONSHIPS

**ARE YOU BEING CONTROLLED
BY YOUR PARTNER?!**

ARE YOU A VICTIM OF CYBER SEXUAL VIOLENCE?

**DISCOVER THE DIFFERENT
SCENARIOS OF CYBER-ABUSE!!**

CHECK-LIST

**FIND OUT IF YOU
ARE IN A HEALTHY
RELATIONSHIP!!**

**THE REAL YOU
ON SOCIAL
MEDIA...??**

**Don't trust
everything
posted!!**

**“Are you a bystander
or an upstander?”**



This magazine has been written and produced by the organisations participating in the REC project "I can choose to say no. Empowering youth, especially girls, to stand up against cyber sexual and gender-based violence in intimate partner relationships, 2019 - 2021"

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EDITOR'S Words

It is with great joy that we present the **True 2 You** Youth Magazine. This magazine is unique and the first of its kind and intended to lead the way for educational material for young people, teachers, youth professionals and parents. It represents a new way of how we can learn together, grow, relate and communicate with each other.

This edition is about the prevention of cyber sexual abuse and was developed in the context of the EU project "I can choose to say no. Empowering youth, especially girls, to stand up against cyber sexual and gender-based violence in intimate partner relationships" implemented through CESI in Croatia, NANE in Hungary, AWC in Serbia and the INDERA Foundation in Spain. This edition on cyber sexual abuse offers a space to recognize what constitutes online and offline violence, supports with useful skills for respectful communication and encourages standing up against peer pressure and normalized abusive behaviours.

True 2 You offers girls and young women and boys and young men to NOT be dominated by ideals they must strive for and to NOT be dominated by beliefs that control our every day decisions and which we have normalized and often take for granted as we don't know life to be in a different way. It empowers young people to build solidarity between each other and to identify ones own and each other's boundaries to live in a way that says clearly NO to abuse and violence and clearly YES to bodily integrity and honouring our bodies and ourselves by setting new standards.

Developing this magazine has been an amazing process of learning, working and growing together and was only possible thanks to all the young people across Europe and their precious and valued contributions, dedication and commitment to live true well-being!

With Love
 Rachel Andras



I can say NO!
 LOVE IS NOT VIOLENCE



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CAN U HAVE A MALE FRIEND WHILE HAVING A BOYFRIEND?

ANNA:

Hey, do you remember Marc? We went to school together and he has come back to the city for a week. We are meeting later to catch up..

ANNA:

Ohhh, but today is the only day he can meet..

ANNA:

I already arranged it with him a few days ago and I thought it was not a problem, because we will see each other at the weekend.

DANIEL:

And it has to be today? I thought we were gonna spend the afternoon together...

DANIEL:

Wait... Seriously?

ANNA:

Hey! Don't get mad at me! Where are you going now?

ANNA IN THE BAR

MARC:

Nothing interesting but life's been good in general! A little stressed out though, I am having my finals soon.

ANNA:

It's my boyfriend, he says he is sorry for the way he reacted earlier and he's asking about us. Wait, I'll text him....

MARC:

Hey, if you have to answer is fine no worries.

ANNA:

No....I am with you, now, I'll talk to him later.

ANNA:

Hey! Why are you calling me now, I've told you I'm with Marc.

MARC:

Don't worry about it, just answer.

DANIEL:

Where the hell are you?! I want to come and meet him...

ANNA:

Okay, that's it. I am just catching up with a friend. We'll talk about this later.

ANNA:

whaaaat? did he really just hang up on me?

ANNA:

Okay, done!, soo tell me, what have you been up to?

DANIEL IN THE PARK

FRIEND2:

UH! I would also be alarmed, who knows what they are doing?

FRIEND1:

Hey dude! You are so quiet, what's wrong?

DANIEL:

Anna is hanging out with a "friend" and she's been with him for hours...

FRIEND1:

What? because he is a guy that means they can't be friends?

DANIEL:

Yeah I am aware of that but it was the fact that we were watching a movie or whatever & all of the sudden she comes up with that! and she got mad when I called her when she was with him...

FRIEND2:

Guess that's true...She has the right to hang out with other people, just like you are doing with us!

DANIEL:

Hey guys!

ALL:

Heeey dude!

FRIEND2:

Sure but weren't you two gonna hang out this entire weekend?

FRIEND1:

Dude, are you not being a bit controlling? Don't you trust Anna?

QUIZ!

Is it LOVE or CONTROL?

They say they care, and you know they do, but sometimes it feels too much. Are their actions caring.... or controlling?
Be honest with yourself. Tick the box if the statement applies to you.



My boyfriend or girlfriend...

ALWAYS SOMETIMES NEVER

 Tries to change something about me	☐	☐	☐
 Won't let me talk to other guys / girls	☐	☐	☐
 Checks up on what I do, where I go, or who I've been talking to	☐	☐	☐
 Tries to stop me from spending time with my friends or family	☐	☐	☐
 Makes me feel like I have to watch what I do or say	☐	☐	☐
 Is getting upset if I say no to something (including sex)	☐	☐	☐
 Is not happy if I make my own decisions about my life	☐	☐	☐

 Puts me down or humiliates me	☐	☐	☐
 Has been aggressive or violent	☐	☐	☐
 Tries to work out arguments by compromising or talking	☐	☐	☐
 Has pressured, forced or tricked me into doing sexual things that I didn't want to do	☐	☐	☐
 Has acted in ways that have scared or hurt me	☐	☐	☐
.....			
 Gets upset if I hang out with friends without him/her being there	☐	☐	☐
 Has threatened to hurt me or kill him/herself if I leave	☐	☐	☐
 Makes me feel scared to disagree or to say no to things	☐	☐	☐

Did you get any warning signs when you did this check-list? If you did, then there are potential signs that you are in an unhealthy or abusive relationship.

If these things happen once, pay attention to the behaviour as any repetitive patterns show abuse. **Don't ignore it! Ask yourself what you need to do about this and who you can speak to!**

Every behaviour happens for a reason!!

There is a reason to any behaviour & the more we understand it the better we can change it. This means behaviour needs not to be judged, rather be understood!

Once we have understood ours and other people's behaviours, we have the possibility to change this.

REACTION

Are you reacting...

There is nothing wrong in feeling frustration, anger or hurt as it is telling us something is not right and it is important to be able to express how you feel. However, when we express from frustration, anger or hurt **we are in a reaction** and the situation doesn't resolve.

When we respond we are allowing ourselves and the other person to have space, because we are expressing how we feel rather than blaming.

To respond to a situation is easier when we can **accept what we**

are feeling. For example, **accepting (not ignoring)** we have been hurt by somebody or a situation allowing us to communicate clearly what's going on.

Accept what you are feeling!

Be super honest with yourself and the other person!! With honesty you can unpack the trigger. When we see more clearly what our hurts are, we are getting to know ourselves more and we don't have to build a wall or fight constantly to protect our hurts.



IDENTIFY YOUR
EMOTIONAL
NEEDS AT ANY
MOMENT

RESPONSE

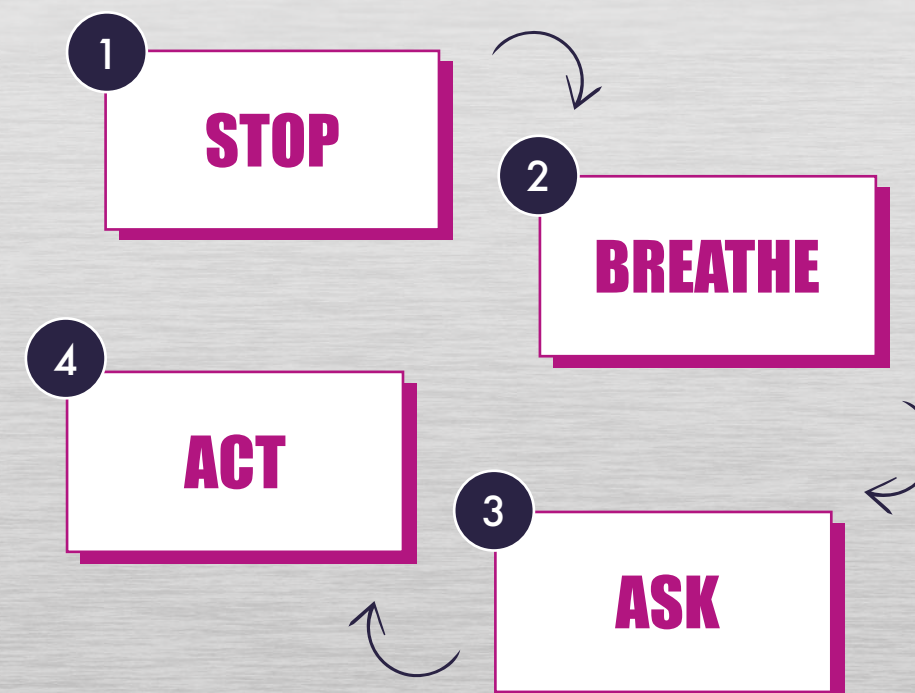
or responding?

Our reactions, and with this our emotions, can go from 0 km/h to 100 km/h in a split second. So, tune into your body, take your time and see if you notice distressing feelings arising.

When we truly understand the difference between a reaction and a response we have way more awareness of how to be in situations!

EMOTIONS ARE SUPER VALUABLE DATA and we want emotions to inform us, not rule us. If we have more awareness of how we feel we can observe situations and respond instead of react.

It is always best to be yourself and not be at the mercy of a situation and your needs. Through understanding yourself and your needs you set the foundations to be you!



© Iris Pohl

Steps to support this:

STOP and feel your body. What's going on in your body? Is your breath racy, are you sweating, are your hands or your body tense, are you anxious, etc. These are signs that something is not right.

BREATHE Just concentrate on your breath and not on what is happening around you, the breathing helps you to connect back to yourself.

ASK yourself what you are reacting to: What exactly hurt you? If you are feeling angry look at what is it that makes you feel so angry? Do you feel let down, rejected, not trusted, not loved, etc.

ACT on the situation. If you feel that you can communicate without reaction and aggression and express what you are feeling, do it. If not walk away and get space to re-connect back to yourself.

What are your NEEDS?

Needs can be defined as a condition or situation in which something is required or wanted. Needs therefore depend on our wishes and perceptions of what we deserve and what we should or can ask of ourselves and others, in different situations.

There are different types of needs:

 **Internal needs** which depend on our own decisions.

 **External needs** that we may wish for, but which are not influenced by our direct actions, and are often dependent on others.

Examples for **internal** needs:

- I need my own space
- I need to think good about myself even if someone doesn't like me
- I need some spare time every week to feel balanced

Examples for **external** needs:

- I need to be loved
- I need to be accepted and respected by my classmates
- I need to spend time with my friends

Why can it help us if we are able to differentiate our internal and external needs?

Internal needs usually fully depend on our own decisions. It can improve our quality of life if we are aware of what we are able to do for ourselves, to feel better, to feel more balanced in our life. For example, if you know that you feel better when you have time on your own, plan this for yourself.

External needs do not fully depend on us. For example, if you need to spend a lot of time with your girlfriend or boyfriend to feel better and they don't feel that way or are not able to spend a lot of time with you, how would you feel about this? With external needs we often cannot control them, however we can communicate how we feel about them.

Needs can also be divided into **negotiable** and **non-negotiable** needs. For example if your need is that your friends should be always able to spend time with you when you want to be with them, it is a negotiable need. By contrast for example to freely decide what you want to do in your spare time is a non-negotiable need.

Examples for **negotiable** needs:

- I need my friends to always be available when I want to spend time with them
- I need my partner to always pick up the phone when I call him/her
- I like a boy/girl and I need him/her to like me back

Examples for **non-negotiable** needs:

- I need to decide with whom I want to spend my spare time with
- I need to decide with whom I want to be in a relationship with
- I need to decide what I want to share on my social media platforms

BASED ON THE EXAMPLES, THINK ABOUT IF YOU CAN BRING MORE EXAMPLES FOR INTERNAL/EXTERNAL NEEDS AND NEGOTIABLE/NON-NEGOTIABLE NEEDS.

Once you know what your needs are communicate them! If not, how will others know what they are?

For example, if you feel that you need some space on your own, let others know, they cannot read your thoughts!

This can help you think through what you are able to do for yourself to support you.

No one is able to find out your needs if you are not communicating them.

Unfortunately there are some people who do not want to take in account your needs and who are only concentrating on their needs and forcing you to fulfil theirs. If someone is ignoring your needs it could be a sign of an unhealthy relationship.

Always talk from your feelings and what you feel is ok or not ok for you!

Here are some methods to be used:



I-Message

We often tend to attack or blame the other when we are in a conflicting situation. We tend to talk about what the others are doing and with this blaming, judging or attacking them. This does not support anybody and specifically when we are dealing with a possible aggressor this can put us into an insecure situation.

You are much more stronger in any situation if you do not focus on what the other did or said, but on how you feel in this situation. You stop blaming and you just express from your feelings and this helps the other to get out of their reaction and gives them the possibility to respond.

DESCRIBE HOW YOU FEEL...

- "I feel very sad right now"..."

DESCRIBE HOW THE SITUATION MAKES YOU FEEL....

- "I feel very uncomfortable now..."
- "I don't know what to say..."

DESCRIBE HOW WHAT IS HAPPENING CONNECTS TO HOW YOU FEEL...

- I feel angry when people call me names.
- I feel hurt when no one asks what I want to do.

- I feel suspicious when someone tells me one thing, then I find out they are doing another.
- I become frustrated and annoyed when people say they will do something for me and then they don't.
- When I am picked on by others, I feel this rage in my gut and just want to rip something to pieces.
- I feel frightened because of all the yelling and pushing.
- I feel humiliated as shouting at me in front of others shows a lack of respect.
- I feel worried when there is no phone call or message...
- When people talk about me as if I am not even there, I feel powerless and useless.
- I feel hurt because no one asked me what I thought.

You can say NO!

Have you ever had a time when someone has asked you for something and you have felt you can't say no? A friend borrowing a dress or top, someone asking for your snap or phone number, asking for more information about you, someone going to touch you, someone asking for a picture?

For some people it may be easy to say no. They have the confidence in their body to do this, for some of us we might find this not so easy and that's okay... we just need practice with it. Have you ever given yourself the space to even explore ways of actually saying no to something or someone?

The broken record

It is super important to reflect on what is making us react and build our capacity to respond and say 'No' to what we feel is not supporting us. However, you will often be in situations with people who want to force you to see their point of view, or to do what they want you to do. When you do not agree, they can become quite irate and aggressive. So it is also important to know what to do when this is happening.

Keep yourself safe!!!

This technique got its name from the days of vinyl records. When a vinyl record was scratched or broken, it played the same piece of music repeatedly.

The technique requires you to repeat the same message repeatedly, until the other person becomes clear that you are not going to change your mind. With the broken record you are only given one and the same consistent message over and over again.

Important: Your message needs to be very clear!!

- Yes, I know it's important, but I don't want to go...Sorry, but I don't want to go...I realize what it means to you, but I don't want to go.

- Yes, I know we are having a great time and I really love spending time with you, but I don't want to kiss you.... I know that you feel like doing it and that is cool, but I don't want to kiss you.... I know that you expect me to kiss you, but I don't want to kiss you.... Yes I do like you very much, but I don't want to kiss you....

Ways of saying NO:

OFFLINE YOU

- 1 Could walk away from the person;
- 2 Put your hand up to stop them;
- 3 Verbally say No

ONLINE YOU

- 1 Could block them
- 2 Report them
- 3 Or just not reply

Can you think of more or different ways of saying NO?



A people-pleaser might think: "If I don't do what my (boy or girl) friend wants, she or he will be upset with me and won't like me. I won't be a good friend to her/him anymore, so I better please them."

There's nothing wrong with being nice we could say – but we recommend let's stop for a moment.

Being nice is a behaviour we often apply to avoid reactions in other people or complicated situations, conflicts, fights, problems, etc...

Reasons why we may play nice are:

- Lack of self-confidence
- Fear of other's anger
- Fear of loneliness
- Guilt & payback
- Looking for approval
- Feeling other's loss

WE OFTEN BELIEVE THAT WE ARE OUR BEHAVIOUR, BUT WE ARE NOT!!!

PLEASING & BEING NICE

or

BEING LOVING?

What is the difference? Remember, we learn how to behave!!! There are many ways of how we are told what a good or bad behaviour is being a man or a woman.

What do we actually choose by being nice?



"To stay comfortable in whatever situation without feeling triggered".

In choosing to be nice we are not only avoiding what we are feeling, but what the other person may feel and specifically how they may react.

If you feel you might be a 'people pleaser' just ask yourself if you are avoiding reactions of others.

It is super important to care for others, but when we please them we're not supporting them at all!

So...why not be loving instead of being nice?

"BEING LOVING MEANS TO BRING UNDERSTANDING TO THE OTHER BUT NOT AT THE EXPENSE OF OURSELVES."

Being loving comes first of all from loving and caring for ourselves, our feelings and our body.

When we are "in love" with ourselves **we have the power to choose and express how we feel. This takes care of our needs and supports others to be respectful and do the same.**



Testimony

Self-Worth at 13.

I personally have been through the experience of being "too nice" when I was 13. At the time, I used to have a friend that was super sweet to me when we were alone the two of us but, when we were around other people, she used to make fun of me. Me, being as insecure as I was at that age didn't respond back because of being scared of loneliness.

Now, being 22 years old I understand that this girl was even more insecure than I was & that is why she needed someone to bully, in order to feel better with herself. This experience taught me to not allow this behaviour and respect myself even more.

JEALOUSY



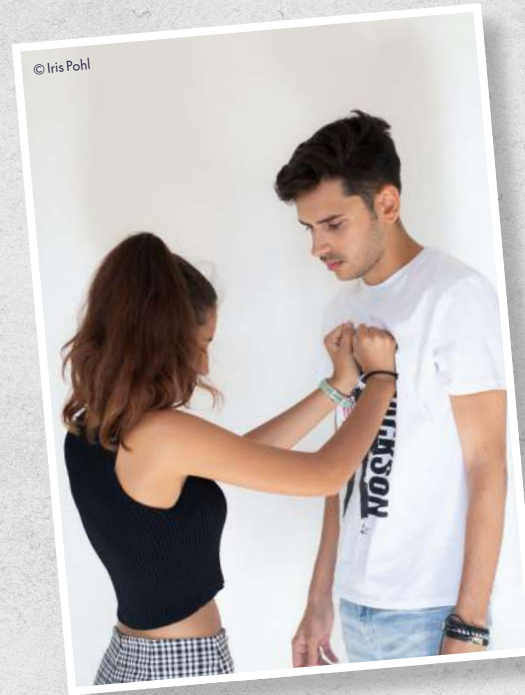
IS YOUR
PARTNER
CONTROLLING
WHO U ARE
TALKING TO?

Jealousy comes from a feeling of inferiority and the tendency to compare yourself to others and not feeling good enough.

It can come from a place of suspicion and insecurity – in truth it's fear, fear of not being good enough.

When we live with insecurity, jealousy can rapidly grow into paranoia and obsession and threaten to destroy the very relationship we're most afraid to lose. When it hits us, it can trick us into believing our relationship is in immediate danger and all we want is to protect what we treasure most.

Often, we confuse jealousy with love and believe 'wow that person is really into me', but in truth that is far away from what love truly is. It often starts with small things like a suspicious partner hunting for evidence of cheating. If they come up empty, rather than feel satisfied, they'll vent their frustration



through a variety of methods, attacking the other person with accusations, blaming, name-calling, and threats before moving onto emotional and physical abuse.

The tactics can take on many forms, all to prevent them from feeling the fear of the possible loss. While it may seem sweet when someone wants to spend all of their time with you, a person who respects and loves you will give you your own space.

A healthy relationship doesn't require 'check-in's'. Your partner shouldn't require you to stay in constant contact when you're away. Knowing you're safe should be enough, and if it's not, your boundaries are not being respected.

You are your own person, and you're allowed to live your own life!

Jealousy check-list:

- 1 You're expected to spend all your time with them.
- 2 They're not just excited to see you, they're insistent.
- 3 They ask you to blow off practice, ditch your friends, or back out of work, school, or family commitments because they've "never felt this way before" and "need to be near you."
- 4 They may become moody when you don't comply, and they tend to show up wherever you are, uninvited.
- 5 They hate being away from you & contact you constantly when you're not together.
- 6 They like to know what you're doing and who you're with.
- 7 When you're away, they call, text, or contact you through social media the entire time, expecting immediate responses.
- 8 They ask you to turn on tracking apps, like Snap Maps, so they can see where you are.
- 9 You keep your phone close at hand because you know if you don't reply fast enough, they'll become suspicious or get upset.

If they say...

"I'd literally die without you"

Your reaction should be:

THIS



NOT THIS



#THISISALSOVIOLENCE

"A caring partner will never force you to give up your hobbies, relationships, jobs, or activities so they can dominate your time."

If they say...

"you are only mine"

Your reaction should be:

THIS



NOT THIS



#THISISALSOVIOLENCE

Are there certain people you wouldn't interact with, cause you know it can lead to a fight with your partner? The list might include exes, people you used to like or once had a crush on, people of the other sex generally, etc.

There are many arguments you are given why not: "I trust you, I just don't trust them"; "I feel uncomfortable when you talk to that person"; "Am I not enough for you?"

Your partner controlling who you can talk to can lead to an abuse tactic called ISOLATION.

Eventually, everyone becomes off-limits until you're isolated to only your partner. This is a situation where more and more emotional and physical abuse can unfold and you have hardly other people that support you.

It's never okay to regulate who your partner can and can't talk to. Loving someone means trusting them to make good decisions about the people they hang out with.

Express your concerns in a loving and honest way, but if one of you can't trust the other, it may be time to move on.

If they say...

"i did that only to protect you"

Your reaction should be:

THIS



NOT THIS



#THISISALSOVIOLENCE

Jealousy isn't about you! It's about the jealous person!!!

Jealousy is about the insecurities of your partner and not the love they have for you! Jealousy comes from:

-  Low self-esteem
-  Feelings of insecurity and possessiveness that comes from a dependence on the partner to feel loved and good about themselves.
-  Feelings of inadequacy, fearing that they are not good enough.

What can you do if you're jealous?

-  Stop controlling others and life generally. The more you control the more you worry.
-  Focus on yourself, build your self-love and confidence.
-  Communicate openly and honestly about your feelings with your partner, your fear of rejection, your insecurities, etc.
-  Speak from yourself, don't blame, finger point, accuse or become angry!!
-  Ask for support

When I spend time with friends, he would send me irritated texts and call me all the time insisting I come back, and if I did, he asked me thousands of questions about everything that happened until he found something I did “wrong” and then he would freak out and punish me.

And that was only the beginning! When he found out that I had a male friend at school, I was required to “break off” the friendship, along with many others I cared about. Everything I did, my clothing and behaviour were under constant suspicious scrutiny. I felt like his ‘property’ and was constantly nervous about doing something wrong.

But, he was so loving at times!!! He would surprise me with notes and gifts or lavishing me in compliments and affection, which felt really sweet and loving.

However, most of the time my words got twisted around, and with the time I began to blame myself. I thought I deserved this ill-treatment directed towards me, because he was so kind and charismatic with everyone else and I believed everything that started happening behind closed doors was 100% my fault. It was a nightmare and I was trying to convince myself all the time that he was really loving and I just had to be ‘better’. I felt like in the Disney Movie the Beauty and the Beast and that I only had to be more kind and sweet.

But at some point with the help of friends I realized my lack self-worth and that this relationship was not loving. I had settled for a very low standard of love in my relationship and in understanding this it was my way out of an unhealthy relationship.

I found my way out and although he continued to contact me, tracked me down in public and was heavily stalking me I eventually healed and learned not only to trust again but to love myself.

I used to think that intense jealousy came from a place of love. And because I was so eager to please, I allowed the unhealthy behaviour, not realizing how destructive it was for both of us. If you’re in a relationship and experience similar behaviours, please don’t ignore them and justify them with the good behaviours!!

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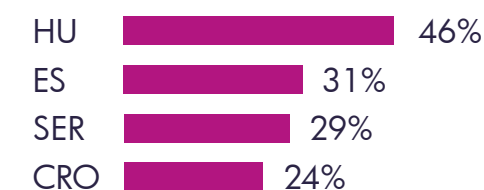
“And always remember, you’re not alone! You also aren’t worthless, crazy, or to blame. No matter what’s been done, no one deserves to be abused.”

Question it!

We have asked young people in Spain, Hungary, Serbia and Croatia these following questions about violence and control and this is what they answered:

Do you think that the demand for constant messaging from a partner is a form of violent behavior?

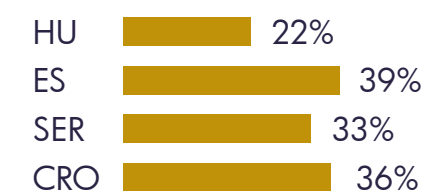
● YES



● NO

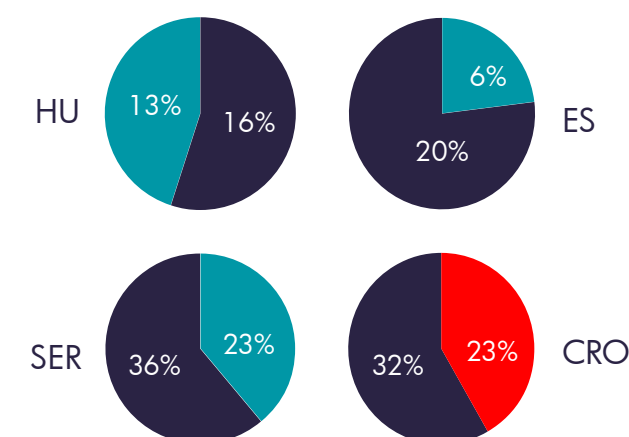


● I DON'T KNOW



Youth who, in a situation of demand to constant messaging, would respond to the partner immediately and apologize:

● Boys ● Girls



Testimony

“I was in a relationship where every move I did was controlled.”



PRETENDING THAT NOTHING HAPPENED...

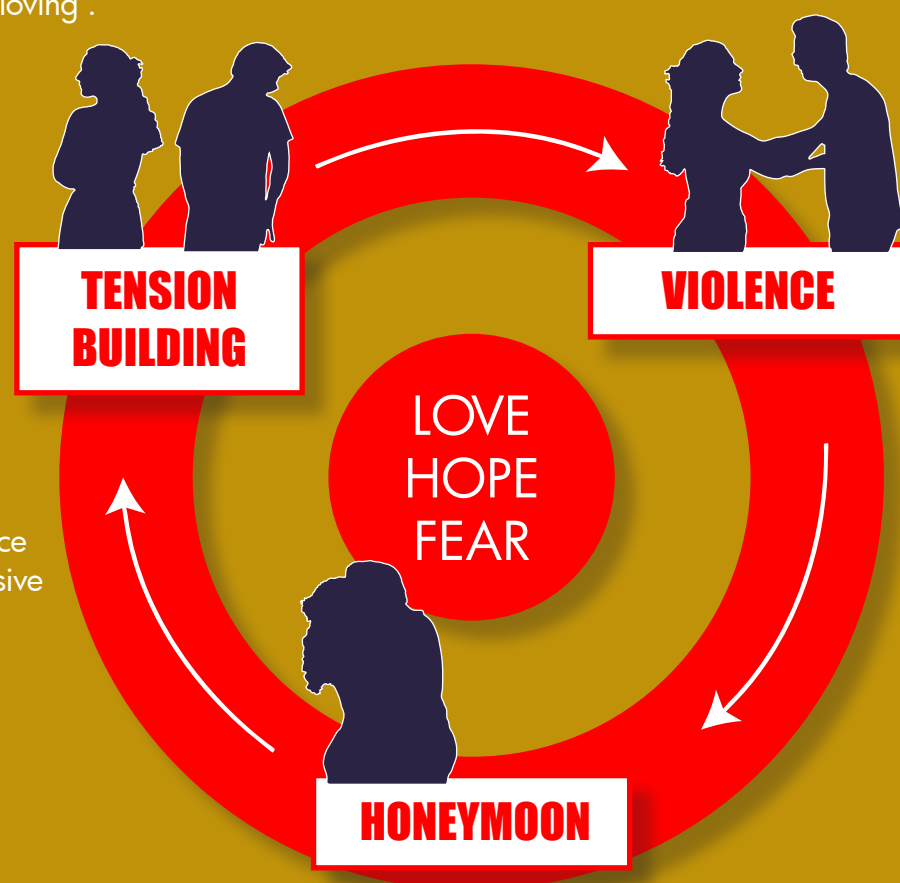
Think about the testimonial you just read, where she said "he would surprise me with notes and gifts or lavishing me in compliments and affection, which felt really sweet and loving". What do you think of this behaviour? Can you relate to someone that acts the same way? One minute he/she is yelling or angry and the next acting like nothing has happened?

This kind of behaviour is very common in abusive and violent relationships, and it's a part of what is called the **cycle of violence**.

Violent relationships don't become violent from one day to another and neither they stay violent 24/7. Violence doesn't start suddenly; it is a progressive and slow process that wears out and undermines you little by little.

At the beginning of the relationship the control or abuse can sometimes go unnoticed or happen slowly, being perceived by the person as signs of affection, such as jealousy as sign of love and control disguised as being concerned or protective, etc.

As time progresses, alongside these aggressive acts the person can display behaviours, which are also calm and affectionate. This can cause confusion to the person being controlled, who may find themselves trying to change everything they do to avoid such abusive behaviour, going so far in blaming themselves and not the person in the relationship that is being abusive.



Tension Building Phase

In this phase the tension between the people in the relationship starts and the abuser becomes increasingly agitated and aggressive. Some behaviours may include criticizing, displaying moody behaviour, putting down, threatening, withdrawing affection and yelling. The victim senses the abuser's agitation and has the feeling of walking on eggshells. The victim will do anything to avoid the impending explosion. Some of the victim's behaviours could include agreeing, attempting to calm, trying to please and reason with abuser.

Violent Phase

This is when the abuser initiates aggressive, verbal, physical or sexual abuse, attempting to control and oppress the victim. Some behaviours may include destroying the environment around them, hitting, slamming, humiliating, strangulating, sexual assault or rape.

Some of the feelings the victim may feel can be fear, scared, hurt, seeking protection, angry or vulnerable. During this phase the victim may call the police or try to leave the relationship.

Honeymoon Phase

At this point, the abuser may start to feel ashamed. They may become withdrawn and try to justify their actions to themselves and others. For example, they may say: "You know it makes me angry when you say that." The abuser may promise to never be violent again. Some behaviours may include begging for forgiveness, crying, declaring love, initiating romance gestures, promising to get help, etc. They may try to explain the violence by blaming other factors, may be very attentive to the person experiencing violence, including buying gifts.

IF SOMEONE
IS WILLING TO
CHANGE THEY WILL
RESPECT YOUR
BOUNDARIES
AND NOT REPEAT
THE UNHEALTHY
BEHAVIOUR

Blaming you:

An abuser will often blame someone else, mostly you for saying or doing something that "caused" their violent behaviour. Or they might say their behaviour was a result of being under the influence of alcohol or drugs or feeling stressed or frustrated.

Telling you they're sorry:

It's also quite common for the abuser to be sorry and to apologize after an assault. They may beg for forgiveness and promise they'll never do it again. They will quite often sincerely regret what they've done, which makes it more difficult for the victim of the assault to leave the relationship.

What you need to remember:

- **Their** violent behaviour is always **their** responsibility, not yours.
- Abuse is **never** okay
- Whatever they say, **their** violence is **never** acceptable.

It could seem as though the person has changed

The person experiencing the violence can feel confused and hurt but also relieved that the violence is over. During this phase some behaviours of the victim may include agreeing to stay, feeling happy and hopeful of change or returning back to the abuser.

Both people may feel happy and want the relationship to continue, so they may not acknowledge the possibility that the violence and cycle could happen again.

Over a period of time, there may be changes to the cycle. The honeymoon phase may become shorter, and the tension and violence may increase.

How can we tell if someone is in a Honeymoon phase or is willing to change?

Remember any repetitive behaviour is showing clear signs of an unhealthy relationship or abuse. Even though they said they were sorry about what they did, if they start doing it again they are not changing!!!

The Power and Control Wheel

Inside the Power and Control Wheel are the red flags - the different ways an abusive partner can use power and control to manipulate the relationship. Leading to physical and sexual violence.



PSYCHOLOGICAL/EMOTIONAL VIOLENCE

Psychological violence includes behaviours that aim to cause emotional or mental harm. It may not hurt your body but can be just as painful and distressing in other ways. No one behaves perfectly in their relationships all the time. However, when someone deliberately hurts you over and over again it becomes abusive. Behaviour from others that aim to make you feel scared or bad about yourself is abuse.

Emotional abuse can involve any of the following:

- **Verbal abuse:** yelling at you, insulting you or swearing at you.
- **Rejection:** Constantly rejecting your thoughts, ideas and opinions.
- **Gaslighting:** making you doubt your own feelings and thoughts, and even your sanity, by manipulating the truth.
- **Put-downs:** calling you names or telling you that you're stupid, publicly embarrassing you, blaming you for everything.
- **Causing fear:** making you feel afraid, intimidated or threatened.
- **Isolation:** limiting your freedom of movement, stopping you from contacting other people (such as friends or family). It may also include stopping you from doing the things you normally do – social activities, sports, school, etc.

The scars of emotional abuse are real and long-lasting, undermining your self-confidence and self-esteem, as well as causing depression, anxiousness or even suicidal thoughts.



© Iris Pohl

PHYSICAL VIOLENCE

Physical violence basically involves a person using physical force against you, which causes, or could cause, you harm.

Physical abuse can involve any of the following violent acts:

- **Scratching or biting**
- **Pushing or shoving**
- **Slapping, kicking**
- **Choking or strangling**
- **Throwing things**
- **Using objects that could hurt you**
- **Physically restraining you (such as pinning you against a wall, floor, bed, etc.)**
- **Reckless driving or other acts that hurt or threaten you**

Many survivors of physical abuse say that the violence started with just a slap or a push, but then became more intense over time.



© Sydney Sims

FORMS of VIOLENCE

SEXUAL VIOLENCE

Sexual violence is when someone forces or manipulates someone else into unwanted sexual activity including attempts to obtain a sexual act, unwanted sexual comments or advances, without their consent. Those who sexually abuse can be acquaintances, family members, trusted individuals or strangers. Studies show that sexual abuse and violence can often occur within the family or close people to the victim/survivor. In a lot of cases, the victims knew their attacker or at least knew who they were from before.

Sexual violence includes different criminal behaviours such as rape, sexual abuse, sexual harassment or sextortion.

DATE RAPE: forced sex that can happen on a date but also somewhere like a party with someone the victim may know, like, or even be interested in.

Here are three key things to know about rape:

1. The person who gets raped is not to blame. Rape is always the rapist's fault. People never "ask for it" because of the clothes they wear or the way they act. If sex is forced against someone's will, it's rape.
2. Rape is not always violent. If you say "no," but the person doesn't respect your wishes and talks you into something that you don't want, it's rape.
3. Rape is not about sex or passion. Forced sex is an act of violence and aggression. It has nothing to do with love. **Someone who really cares about you will respect your wishes and not force or pressure you to do anything sexual without your agreement.**

Sexual Violence in your Relationship

The dominant belief has been that once in a relationship or marriage consent for sex is always there, as it is seen as part of the relationship. However, recently this has started to be questioned and now consent should always be sought for sex, in any relationship, including marriage.

Sexual violence in your relationship can take many forms, such as repeatedly insisting a partner to have sex; emotional blackmailing them into feeling guilty; buying gifts and expecting sex in return; raping the partner or forcing them into sexual acts.

Sexual violence in a relationship is rarely an isolated incident. It often occurs alongside other forms of abuse, including physical and emotional abuse. For instance, the majority of women who are physically assaulted by an intimate partner have been sexually assaulted by that same partner.

SEX IS NOT A CURRENCY. If a partner pays for something, **you do not owe them and need to repay them in any sexual way.** If he/she wants to pay for something, it should be because they want to and are not expecting anything in return.

Sex must be desired and wanted by both parties in the relationship. Remember that, whatever happens, **you DO NOT 'owe' sex to your partner. Even if you've had sex before.**

What is ECONOMIC VIOLENCE?

Economic violence or financial abuse is when one partner controls another's partners finances, deciding without regarding the other how the money is to be spent or saved and thereby making the victim dependent.

As teenagers it may be possible that this kind of violence doesn't occur in such ways, as the money we have depends on our parents and caregivers. However, a partner can control your time and how you manage it and with this prevent you from earning money.

Imagine, for example, it's summertime and you really want to work at that coffee shop, or babysit, because you want to earn some side money, but your partner prevents you from doing this.

Another example is when your partner decides how you spend your money or is making you pay for common expenses all the time.



CYBER-VIOLENCE

Cyber violence is the use of technology to cause, facilitate, or threaten violence against individuals that result in, or is likely to result in, **physical, sexual, psychological or economic harm.**

Acts of cyber violence may involve different types of harassment, violation of privacy, sexual abuse and sexual exploitation and offences against social groups or communities as well as direct threats or physical violence and different forms of cybercrime. Cyber violence is as harmful as offline violence, as the consequences of it can be as bad as the ones produced by violence in the physical world, including affecting someone's mental health and wellbeing.

CYBER VIOLENCE AGAINST WOMEN AND GIRLS:

Different studies show that girls and women are more likely to be the victims of some types of cyber violence, such as cyber sexual harassment, abuse and cyber stalking. It is estimated that **one in ten women** have already experienced a form of cyber violence by the age of 15. Women and girls who have experienced sexual harassment, stalking or violence from an intimate partner 'offline' are also often victims of 'online' violence from the same person. So, it has to be taken into consideration as part of the violence cycles that we defined earlier.



BOUNDARIES!

Love is setting...

Boundaries in a relationship help us to figure out where one person ends and the other begins. Boundaries help you define what you are comfortable with and how you would like to be treated by others. They apply to any kind of relationship you have – whether with a friend, family member, partner or anyone else in your life.



What are my boundaries?

Even though we talk about them in relation to other people, in some ways boundaries are really about your relationship with yourself.

Boundaries help you honour your needs, goals, feelings and values. Boundaries can be **emotional**, **physical** or even **digital**.

- **I'm cool** with following each other on social media, but not with sharing passwords.
- **I'm comfortable** kissing and holding hands, but not in public.
- **I'm okay** with regularly texting, but I don't want to text multiple times in an hour.
- **I want** to spend time with my friends/family on weekends.
- **I need** some quiet time to myself every day.
- **I'm comfortable with** some touching, but I'm not ready to have sex.

Communicating Boundaries

How can others know your boundaries? By talking about them! **COMMUNICATION** is really key in all our relationships!!! If you're not clear on others boundaries, just ask! Questions like "Is this okay?" or "Are you cool with this?"



Important: if you don't want to talk with someone about your boundaries, because you're afraid they'll react with anger or violence that is a warning sign that there may be some abuse going on!

Can boundaries change?

YES! Absolutely, it's normal for boundaries to change in all our relationships. We might not be okay with something at the beginning of a relationship, but we might be totally cool with it a few months down the line. Like being physically intimate.

On the other hand, we might realize something crosses a boundary for us after experiencing it for the first time and we realize that we have to set clearer boundaries. For example, someone touched you and it wasn't ok, so communicate that you don't want that again.

Important! Every person has the right to change their boundaries at any time. What's important is that you're communicating your boundaries and the changes so the other person knows it.

Super important is that **YOU** are making changes to your boundaries, because **YOU** want to, not because you're being pressured, forced or manipulated into making them.

You deserve to be safe and respected, and boundaries play a big part in creating healthy relationships that let you be YOU.

Healthy vs. Unhealthy Boundaries

How do you know if a boundary is healthy...or not? It's important to recognize that healthy boundaries help to protect and respect you; an unhealthy boundary seeks to control or harm someone else. A healthy boundary would be: "I need space to hang out with my friends and do things I enjoy on my own." But if your partner says, "I need you to stop talking to other guys/girls because you might cheat/I get jealous," that's not a healthy boundary; it's a warning sign that your partner may have some trust issues and is trying to control who you hang out with.

Healthy Boundaries:

1. Not needing another to feel good about yourself
2. Enjoying just being with you
3. Being able to balance time on your own and time with your partner and others
4. Having other meaningful friendships
5. Being able to see and focus on your own, and others, good points
6. Communicating in a way that is open and real
7. Trusting your friends or partner and being committed to the relationships
8. Respecting and accepting the ways in which you and your partner or friends are different
9. Being open and able to communicate what you need and want, in a clear and unimposing way
10. Accepting when the relationship is changing or ends

Unhealthy Boundaries:

1. Feeling incomplete without the other person
2. Relying on others (especially your partner) to make you happy
3. Wanting either too much or too little time together
4. Being unable to build and maintain close friendships with others
5. Always focusing on others flaws and worst qualities
6. Playing games; being manipulative; not being willing to listen
7. Displaying jealousy and not being committed in your relationship
8. Criticising your partner or friends for being different to you
9. Being unable to ask for what you need or want
10. Being unable to change, let go and move on

CONSENT

Testimony

"I had a hard time explaining what was wrong for a long time. I kissed her back when she kissed me. I never told her to stop. I couldn't find the words to tell my friends why I flinched when she touched me. She and I never talked while it was happening. Eventually I would stop moving, arms limp and eyes averted and focus on the crack in the ceiling of my room. She would continue, faster and harder, and sometimes when I would come back she would be done, and sometimes she wouldn't be. I don't think she ever noticed I was gone. I wonder sometimes why I didn't say no, where all of my no's went every time I needed them."

Jenny

"I did not give consent to my first sexual partner. Get this, I was not raped but I also did not give my consent and unfortunately, this is true for many other young women and girls all around the world. Growing up, society has conditioned us to succumb to certain pressures. Even as 'aware' and independent as we have become, many of us still have sex with our partners and other people without giving our consent."

Betty

"I was taught the mechanics of sex but nothing about what consent should look like. In other words, I knew how to give oral sex, but not how to refuse performing it. Entering the dating and hookup scene with low self-esteem and little knowledge led to many encounters of an "icky" nature: I didn't know how to stop them, once started, and often felt as if I was contractually obligated to take the guy to the end and expect nothing in return. So I did, even as I wished I didn't have to."

Lidia

"I was told that the ones who held back until they had permission were the pussies, the cowards, and the nerds. I've encountered, oh, about 10,000 messages from movies implying that nothing is sexier than a guy who doesn't wait for consent and that there's nothing less sexy than a dude asking if he can kiss you."

Pete

"From the movies I learned one thing: In any relationship, men are the predators, women are the prey. Their expressions of fear and rejection -- including defensive physical attacks -- are a coy game to be overcome. I learned that the cool guys molest women into loving them at least once! The result of those violent encounters is in most movies that she falls in love with him and they spend the rest of their lives together."

Alex

"We kissed first, then he started pulling off my clothes. He said how much and for how long he had wanted me like this, how much he fancied me. I liked him too. Part of me was happy to hear that I could turn a boy into pieces of desire. The moment turned bittersweet because I started to fear that if we went all the way, everything would turn just sexual. I didn't feel ready to have sex with him yet. I felt guilty for being so naive and I feared his reaction if I said no. To this day I look back with regret and shame for being so naive."

Ana

"After a couple of drinks at a party, I approached a guy I liked. After exchanging small talk and dancing a bit, I started kissing him. He quickly asked me to go upstairs with him and I said no. He asked again and again. He told me I was a tease and if I wasn't going to sleep with him, what was the point? I got embarrassed, and ended up following him to the basement, still saying I wasn't comfortable with sex. But I felt like I owed him something."

When we got to the basement, I sat on the top of a washing machine and he took my clothes off. I soon realized I was alone; my friends upstairs couldn't hear or find me. I was scared. I said nothing after the first few no's, but after that, I put my clothes on, got up and went upstairs.

I'm lucky. A lot of people don't have the option of walking out. It reminds me that consent is not sexy for some men; it's a chore."

Mariel

"Maybe we all have different reasons for saying yes when our bodies or hearts say no. The first time I had sex, the implication was that I would say yes. Not because I had to under some form of coercion, but simply because it was the polite, lady-like thing to do. I was not the kind of woman who said no. And throughout the years, I thought that gave me power over the situation, but really, it took even more away. I need to find my ability to not just say "yes" or "no," but also "not tonight" and "that hurts." I need to stop being polite about it. Dating is not a contract, and I do not have to display my affection through sex."

Carla

"I had to reassert myself every step. No, I do not want to have sex. No, I don't want to try that. Can we stop this now? These vocalizations are how we are taught to handle consent. But it is also exhausting to have to constantly ask to be heard. It is draining to keep putting up yield and stop signs. Yes, I consented, but man, am I tired of being the only one responsible for keeping things consensual. The agency to keep saying "no" isn't agency at all."

Carly

"He had asked if he could kiss me. Instead of a moist darting tongue, I received a question. Whenever we spooned, he would ask if he could touch me. A marvel. It was such a simple question, yet I had never heard it. I was accustomed to my partners groping my breasts or my butt while I attempted to fall asleep. I never felt more like an object than when their arousal didn't even require my consciousness. Hearing this simple question -- "Can I touch you?" -- reminded me I should feel like a person."

Molly



CONSENT

Is it confusing?

Consent is to agree. To say YES. To give a clear audible YES. Specifically as a young woman it is crucial to understand the importance of clearly saying YES.

We all learn to consent to many things without thinking about it.....

We all grow up with constant non-consensual behaviour of the people around us.

Have you ever been asked to hug or kiss someone (an adult, relative, etc.) you did not feel comfortable with? This is an example of how we learn from a young age to do what others tell us to do, instead of expressing how we feel about it and if we would like to do it or not. We learn to override what we feel from a very young age. We learn to be nice, polite and behave from what we observe around us.

The absence of no does not mean yes! It is so important to know that if the person hasn't said anything it does not mean they are giving consent.

Consent is giving permission for something to happen. The key word here is permission. When both people are giving permission they are consenting. If one person is not giving permission, then there is NO consent. It is that simple.

Only with a clear YES you stand on firm ground and eliminate the risk of succumbing to any pressures –

- **the pressure** of being a young woman and being in love
- **the pressure** of being a young woman in the era of online porn
- **the pressure** of being a young woman who grew up watching other women submitting to men in TV shows, movies, music videos, etc.

So, what is it to consent?

Is it just saying YES?

Do you know how to give consent?

The best feeling for any woman is the feeling of having control over what happens to her body and when it happens. It could be just a pat on the back or just a hand on your thigh but it is in your power to say YES, it is okay or NO, it is not okay.

So to what, exactly, am I consenting? To consent is to agree to partake in each and every stage of any interaction.

- The fact that you initially agree to kissing does not automatically mean you agree to sex.
- Or just because you initially agree to sex, it does not mean you cannot opt out at a later stage if you ever feel uncomfortable or don't feel like it anymore.

Super IMPORTANT: As young women and girls we have been strongly influenced by society to believe that once you opt in you cannot opt out, but you have the right, even after giving consent, to withdraw that consent anytime!

Consent is having control over your very own body!!!

Consent needs to be given at any time and being in a relationship with someone is not an automatic consent card! Being in a relationship should not change your individual boundaries! For example, if you don't like sending nudes and you are in a relationship with someone who does, it doesn't mean you have to do it.

Consent is communication...

Consent requires communication at ALL stages.

Communicating what do I feel in my body, what do I feel comfortable with, what do I want. Is it ok for that person to be close to me? Talking about what you like and don't like, want and don't want can help you to have more comfortable and enjoyable experiences of touch – including sex.

Learn about how we are coerced and pressured into sexual situations when we are not ready for them.

WAYS SOMEONE MIGHT USE SEXUAL COERCION

- Wearing you down by asking for sex again and again or making you feel bad, guilty, or obligated
- Making you feel like it's too late to say no
- Telling you that not having sex will hurt your relationship
- Lying or threatening to spread rumours about you

WHAT HE OR SHE MAY SAY

- "If you really loved me, you'd do it."
- "Come on; it's my birthday."
- "But you've already gotten me all worked up."
- "You can't just make someone stop."
- "Everything's perfect. Why do you have to ruin it?"
- "I'll break up with you if you don't have sex with me."
- "Everyone thinks we already have, so you might as well."
- "I'll just tell everyone"

You should never feel that you owe someone something, particularly anything sexual and if you do ever feel pressured about anything then speak with someone you can trust.



Watch this

If someone is sexual with another person in any way and the other person has not given consent then it is sexual abuse, assault or rape.

Watch this video
'#Listentoyourselfie: The Party'



This 4-minute film shows the story of a young woman who is being pressured into a more intimate relationship than she is ready for.

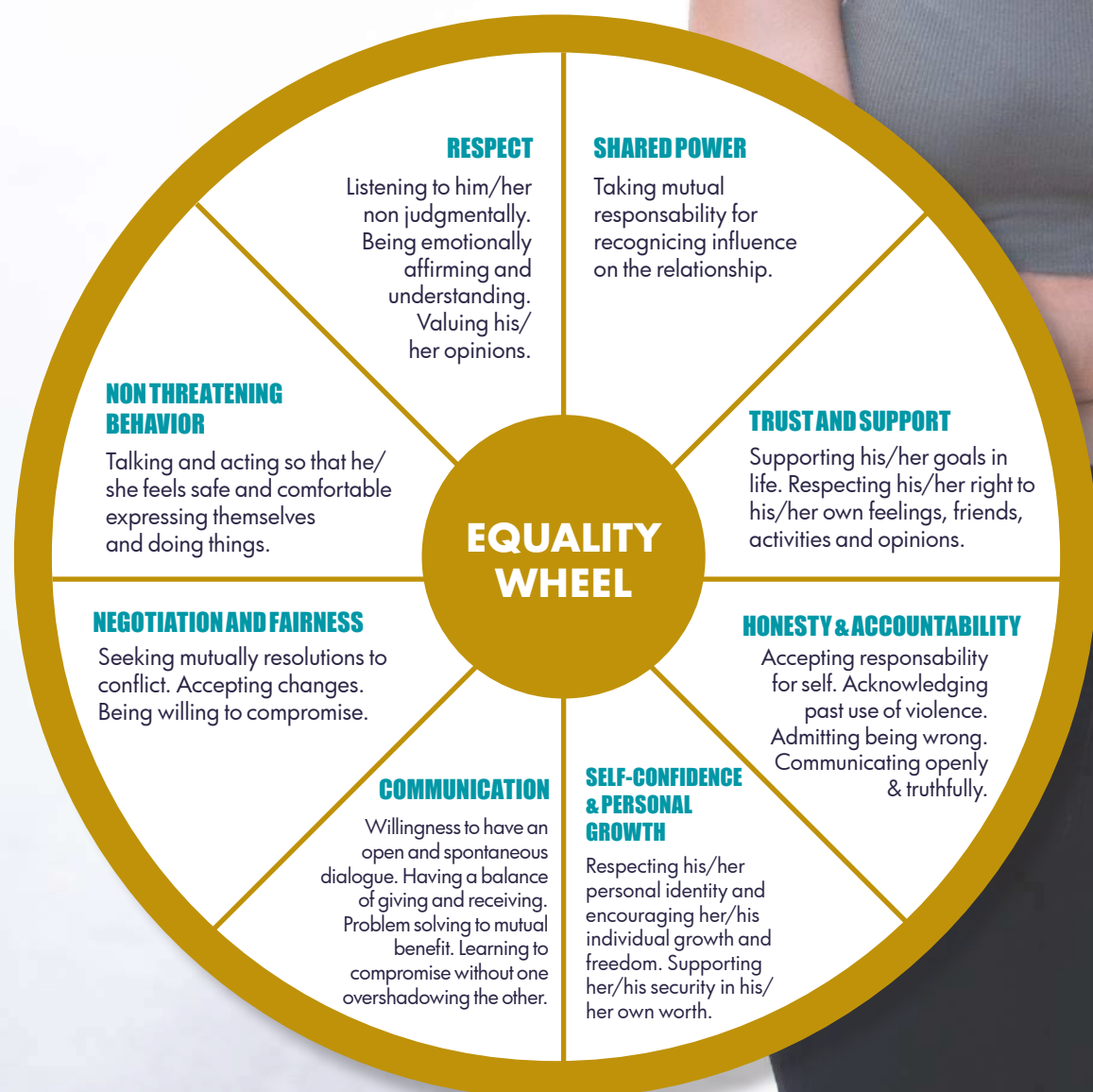
Green Flags in a relationship

We keep talking about red flags, toxic behaviours, warning signs, but, what are the green flags in your relationships?

The equality wheel below shows us what is healthy (green flags) in relationships.

Being in a relationship that is equal means both people are taken into consideration and treated with love & respect.

Think about your relationships. Can you identify with some of the qualities that appear on the wheel?



GAME!

HEALTHY vs UNHEALTHY?

Do you ever take time to evaluate your relationships and consider if they are healthy or unhealthy? Relationships are something in life we always have from friends, family, partners, work colleagues they are forever changing.



What do I want in relationships?

Healthy

CAN YOU SPOT **GREEN FLAGS** YOU CAN HAVE IN A RELATIONSHIP?

D P S L F I T A T T D K A E Y
K Y O H O N E S T C P E Q E N
H V N U F D X V J Z E U O X B
E B A S Q E V L K X A P D K C
F G F G R P L W O L E B S X A
A G S S P E W X I D T N X E K
S B H Y U N Z T L T T U C F R
G E H H V D Y F T H S R D S R
N K A Y J E G V M C O H U G O
I I X H K N W D S G N U Y S E
L N Z B I C E F A S L E E F T
E D R R H E Z J O N T V P B N
E D A J C W E A C Y P V P F V
F C K C L B G P D P T W G Q W
D L I S T E N S T O Y O U K F

CARING • EQUALITY • FEELING SAFE • FUN
HONEST • INDEPENDENCE • KIND • LISTENS
TO YOU • LOVE • RESPECT • TRUST

Unhealthy

CAN YOU SPOT **RED FLAGS** YOU CAN HAVE IN A RELATIONSHIP?

L C O L N T J M T S M M X S H
I V P A D O R E J R A O R V U
Y X M Y K X I B L N U H K U U
Y C W A I I F T I O X H A X R
L D M R F B V P A F U W W E K
R B N T W M U N C L R S R T X
O S J E B L I R W O O U Y B L
E A Q B A Y D G U B S S M H K
H B B T C C Z H K S H M I O Y
G N I L T T I L E B L S K S S
Y O T C O N T R O L C Z T T Q
N E S U B A P M N A A H F I L
D T T K U J G Z R E I Q K L H
W H S Z H V Z E S Q I Z A E A
V B U B Q Z D I R M P C V T C

ABUSE • BELITTLING • BETRAYAL • CONTROL
• HOSTILE • HURT • ISOLATION • JELOUSY •
MANIPULATION • PRESSURE • SCARED



ROMANTIC LOVE

♥ is it true love? ♥

Almost all of the music we listen to, is about the ups and downs of people's love life. One minute we are on top of the world and the next minute we are in such despair. Such angst!

People sing all the time about their crushes, unrequited love and romantic break-ups; about feeling awkward, unsure, in despair, overwhelmed, happy and inspired. Although these days the sexual imagery on music videos

and on TV is the more predominant message and it can appear that the tender feelings of first love are at odds with today's world of 'out there' sexuality.

Statistics say that online porn makes 30% of the Internet traffic worldwide. That is huge and shows how much online porn is watched. Sexting and wanting to only have casual sex have become normal. Almost everybody posts about their sexual and romantic successes and failures and it seems that sex has hijacked all romanticism, but has it?

Let's take a closer look at how much nowadays romantic love is still the underlying drive of our 'dating' interactions even though we believe in 'friends with benefits', poly-love and sex as the ultimate fulfilment in human life.

Where is the prince with the damn white horse?

As women, we have been taught to be good girls, obedient, tidy, and smiling and although often unspoken, we are brought up in the need to be rescued by Prince Charming as on our own, just being who we are we are incomplete and never enough.

When we are little there are the Disney princess stories - beautiful, innocent and in love and later on, advertising, movies, mainly everything tells us that we should wear particular kinds of clothes, style our hair in a certain way, and play all sorts of games to attract the attention of men.

From romantic movies, we learn that we should wait for Mr. Right. It doesn't matter whether he's already in a relationship with someone else, whether he cheats, or whether he needs time to realize that you are the one. We accept that men are setting the standards for the way we relate with them. We adjust our needs to them. They just want 'friends with benefits', we accept..... in the hope that he will come and truly love us.

Every typical romantic movie ends with getting him and being a complete woman for the first time in her life. We learn that without him, we're nothing and that 'love conquers everything'.



...and Men? The role of prince charming seems to have kicked the dust...?

Boys and men grow up feeling the pressure to perform as the ultimate alpha male in a hyper sexualized world. Just have a look at how society, media, gaming, TV, advertising, the music and the film industry is showing us what it means to be 'a real man'?

- Being sexually dominant and experienced
- Being desired by lots of women, and not committing to a relationship
- Having power and control
- Being competitive in sports and drinking, etc.
- Having money
- Being successful and intelligent
- Being tough and not crying or being able to show feelings or pain
- Showing emotions through yelling, being aggressive and violent

So no wonder boys and young men become tough and rough and live their life from this world where they constantly need to prove themselves by being confident, dominant, overpowering and abusive. So, how does this allow boys and young men to be tender, sensitive and sweet?

How do you feel if you see a boy in a pink top, crying or expressing his feelings? Are you able to be there for them and accept them for who they are or do you feel uncomfortable with this and find yourself laughing at them?

Be a critical thinker!

De-code the gender role messages bombarding you every day.
Don't let the outside world tell you how to think or act.

TELEVISION

Television is in every household and people spend many hours watching a day. There is no question that television affects us. Different shows transmit to us different gender stereotypes and can impact our attitudes about a lot of topics.

ADVERTISING

Advertising is huge and our daily diet!! Be aware that mass media is an industry. Its purpose is to turn profits for companies, so there are reasons why the companies choose to market the way they do. When you sit down to read a magazine or watch a show, keep an eye out for the models and messages companies use to promote their products. Think about why they choose to cast those particular individuals in their ads.

MUSIC INDUSTRY

The **Music Industry** has a huge influence on us. Have you ever listened closely to the lyrics of current popular songs? Many artists, both male and female, send messages about gender roles. Some lyrics and music videos portray an image of men that implies that "real men" have multiple sexual partners that "can't get enough of them." Images of women in music may often suggest that they are submissive or powerless.

VIDEO GAMES

Video Games is a huge business too and there are many video games that normalize sexualized violence against women - using them as objects for their pleasure and then getting rid of them, even by killing them.

INTERNET PORNOGRAPHY

Internet pornography is a massive business and it is estimated that 30% of all data transmitted online today is of pornographic content. Its easily accessible, anonymous and readily available for any age group. Pornhub's (one of the biggest porn business) advertisement slogan "All you need is hand", transmits the underlying message that people can find ultimate happiness if they have access to porn. Today porn is our biggest sex-educating medium, but what do men and boys watching porn learn? That a "real man" doesn't need to respect a "no", that violence is how he will fulfil the harmful masculinity norms that porn conveys. Young girls are conditioned into thinking that sexual violence is what they should expect during sexual encounters. Pornography thereby promotes and perpetuates destructive masculinity norms, racist stereotypes, and sexualized violence. It fails to teach us a sexuality based on consent, respect and equality—in fact, it teaches us the exact opposite.

WE GET TAUGHT WHAT "LOVE" IS

How do we learn to love? How do we learn how to be in a relationship or what to expect of a relationship?

Think about it, you are not born knowing how to date, but you kind of sort it out from your family, the movies you watch, the books you read, TV-shows and even strangers around you. We observe all of this and learn "Oh, so that's how it is! That's how it's done!"

Most of this love we see in films and the media in general is what is called Romantic Love.

But, how does it work?

Romantic love tells us the specific roles for men and women and what these should look like.

Romantic love relies on a series of ideals/stereotypes of how relationships should work and how each person in this relationship should act and behave. These false ideals and beliefs include things like "romantic love is the only source of happiness" or "the love for the other person comes first".

In **heterosexual** relationships the boy gets the strong, independent, protective and dominant role, the girl learns that she needs to be delicate, feminine, loving and submissive.

These roles can also be played out in same sex relationships.

Whatever our age is we always get the same message – romantic love is the medicine that cures everything and if we don't find that person, we feel like something is missing, don't we?

But, is that really what love is about? Can our happiness and contentment really come from another person?

While healthy relationships can be really supportive it is key to love ourselves first.

TOP 5 MYTHS ABOUT ROMANTIC LOVE:

- 1. The better half:** There is only one person who is destined to be our partner. You just need to find each other. The rest will simply happen. And if you are not with that person you are not complete.
- 2. Love hurts:** Love means suffering and sacrifice. Despite the intensity of the conflicts between the couple, love will prevail, & you should do whatever it takes to make it work.
- 3. Jealousy is a sign of love:** If you are jealous, that only means how much you care about your partner and if you are not jealous that means you don't care enough.
- 4. Love is forever:** The belief that once we have found true love it is forever and we have to stay in the relationship no matter what.
- 5. Real love must be shared (online):** If you are really in love, you would share that love with everyone. If a relationship is good it must be shown on social media. "If its not posted it doesn't exist".

Warning! The belief on these myths can lead to:

- 1. Unrealistic expectations** of the other person and the relationship
- 2. High tolerance** towards **red flags** in your relationship
- 3. Needing to constantly be confirmed** by your partner
- 4. Discarding your boundaries** and giving in on things you don't want to do
- 5. Pressure not to leave the relationship**

What is **Self-Love**?



When you love and accept yourself, you don't feel the need to seek approval or recognition from others. There is no need to look outside of yourself because you know who you are on the inside. You can allow yourself to BE. Accepting others allows them also to be who they are!

Learning to accept yourself and BE yourself empowers you to express and share your unique individuality like no one else can.

There is no one better qualified to be you than you!!! Be yourself!

Love starts with yourself - TREAT YOURSELF!

How do you treat you and your body? When you look at your own reflection, what do you see? If all we see when we look into the mirror is an ugly face or an ugly body, would we believe

others when they say we look beautiful? We see what we have been told to see!!! The world constantly tells us:

- what beauty is
- how our body shape and size should be
- what sexy is
- what manly is

We live in constant comparison to the images, ideals and beliefs we see and are told.

What is comparison?

Comparison is when you look outside of yourself and compare yourself to someone else. When you compare you often wish for something other than what you have or who you are.

For example when you are on social media what do you do all the time?

- Compare yourself,
- Better yourself,
- Criticise yourself,
- Criticise others
- Wanting recognition through likes, etc.

Or when you're out with friends what happen?

- Do you compare your looks to friends and others?

- Is there someone you really look up to or you really like? Why? Is it his/her looks, behaviours, what is it that you like about them? Do you make yourself less than them?

- Is there someone you don't like and you put him or her down to make yourself feel better?

.....

Instead of comparing, judging and criticising yourself or others try appreciation and acceptance and feel inspired by each other.

We can start by building a safe space within ourselves, finding the parts we like about ourselves, appreciating and loving those parts.

Of course, self-love doesn't get built over night, but appreciating yourself is a great start!



Do you find it easy to appreciate you? Your beauty, wonder, laugh, smile, the way you care about someone, how your eyes sparkle...

The Gorgeous YOU Challenge ... to everyday appreciate at least 1 thing about yourself and see how this becomes easier and easier until you can appreciate at least 10 things about yourself in a day!

Appreciating and loving ourselves builds a strong foundation for not only an amazing life but also amazing relationships... YOU ARE SOOOO WORTH IT!!!



HOW GORGEOUS ARE YOU?



What do you love about you? Circle as much as you want!

My eyes, the way I care about others, my sense of humour, My smile, my creativity, my sensitivity, my sass, hardworking, independent, My hair, honest, a good friend, my skin completion, my eyebrows, I can be really focused, The way I laugh, respectful, loyal, I'm a good listener, my independence, I'm quirky, practical, the way I dance, my confidence, well organised, friendly, I'm determined, my style, How at ease I am with myself, I'm respectful, I'm motivated, I'm self-aware, I make really good choices, my friends, I'm decisive, ambitious, honest, kind, generous, I'm a leader, I'm brave, I'm goofy, how I am imaginative, I'm humble, that I'm serious, good cook, sporty, open minded, loving, I'm hardworking, I'm reliable, front footing, grateful, I'm wise, I'm cheerful, I'm smart.

Quality not here? Write down the ones you want to include:

.....

.....

.....

Whether it's a friend or partner what do you appreciate about others in your life?

their eyes, the way they care about others, their sense of humour, their smile, their creativity, their sensitivity, their sass, hardworking, independent, their hair, honest, their a really good friend, their skin completion, their eyebrows, how they can be really focused, the way they laugh, that they are respectful, loyal, they're a good listener, their independence, their quirky, practical, the way they dance, their confidence, they are organised, friendly, determined, they've got good style, how at ease they are with themselves, their respectful, motivated, they are self-aware, they make really good choices, they are decisive, ambitious, honest, kind, generous, they are a leader, their brave, their goofy, they are imaginative, their humble, their serious, they are a good cook, sporty, open minded, loving, their hardworking, their reliable, front footing, grateful, their wise, they are cheerful, they are smart.

Is there something else you love and appreciate about them?

.....

.....

.....

Be aware that there is an inner world and an outer world that affects **you**

There is an INNER WORLD, which are your thoughts and emotions and an OUTER WORLD, which is everything that surrounds you, like the people around you, social media, movies, music, advertising, etc.

Your INNER WORLD can be affected by the OUTER WORLD without you being aware of it!



Taking care of our inner world through caring for ourselves supports us to be less affected by the outer world!

1 "When I was a little girl I thought I was perfect and beautiful and then I started to compare myself with what I saw around me. For example, I loved playing with Barbie's, but the older I got the more I compared my body and specifically my hair with theirs. And although everybody always told me how pretty I was and how gorgeous my dark curls were I started to think that I was less, because I didn't match the image of my Barbie."

ML, 15 years

2 "When I was 10 years old I did a lot of swimming and when my pubic hair started to grow I didn't have any problem with it. However, one day a boy noticed that I had hair under my arms and he said that it was disgusting and then I became ashamed of it and felt ugly."

PB, 16 years

3 "When I was a young boy I was always bullied for being fat and ugly and one summer vacation I spent the whole time getting slim, build muscles and become better so I would be accepted."

AD, 18 years

4 "I spent all my teenage years hiding my forehead with my hair, because I was ashamed of it because someone told me it was ugly."

PG, 20 years

5 "When I was 14 years old my mother told me that I had big legs, so I stopped wearing shorts in summer and always tried to hide them."

IP, 17 years

Can you see how much the outer world can affect our inner?

The power of images is that in truth people don't even need to say something, we have enough images around us to compare ourselves constantly and become our own censors and critics.

All of the time we are given thoughts that make us feel we are not enough.

1 "When I spend a lot of time on Instagram and I look at myself in the mirror I can't stop criticising myself and I spend hours trying to get a good shot to

post and then feel better about myself."

RA, 14 years

2 "Sometimes I scroll through Instagram and I feel really bad about myself and I compare my life to everything that is shown there. For example, I feel that everybody is having fun, has lots of friends and really great plans and I am just at home with my parents with a handful of friends."

BG, 15 years

3 "I noticed that when I was scrolling through Instagram I focused on all the bodies and good looking people and I realized that this was really toxic for me, so I stopped spending so much time on Instagram and unfollowed some people."

PA, 18 years

So don't be ignorant of your surroundings. We live in an ocean of images, ideals and beliefs and they are our daily diet!!!

Every time we are on Instagram, tik tok, snapchat or any other of the thousands of social media communication tools or watching a movie, seeing adverts, etc. we are affected by it. What we see, what we feel, what we pick up and register shapes us and gives us certain vibes that make us feel in a certain way.

Consciously and unconsciously – all of this is continuously felt in our body. Our body is like a sponge and absorbs and attunes to what is around us.

Everything sends us messages and can make us emotional, critical of ourselves, give us dreams about how life could be, teaches us about what love is supposed to be, etc. Our inner world is affected by the outer world all of the time!!!



Fake news, Fake pictures...

Fake love? ♥ Fake life?

Think about it: Is everything you post on your social media about the real you?



Do we post all that's going on in our life or only the 'good' parts of it, that are 'worth' showing? Filtering only what we want people to see?

If so, then, why would we believe everything we see and read in other people's profiles?

Do we question if this 'amazing' person that we see online is real?

To be able to navigate in a safe and healthy way, we need to constantly question ourselves if what we are watching, reading, hearing, is real.

Next time you see the perfect photo with the perfect couple in it and the perfect life, remember that social media is just a frame of your life that usually captures the best parts of it, but outside the picture lies the **REAL YOU**, with all that you are!

TUNE IN!

Make the connection

Could it be that we learn to become someone else, seeking our happiness on the outside and from other people, not feeling that we just can be ourselves?



This can make us feel empty and disconnected from ourselves, then constantly craving for love, bonding and connection. If we lack self-worth and self-love it can be a constant cycle of looking for this love and connection on the outside. This process can create a giant unhealthy feedback loop. Yes!! Social media is a giant feedback loop where:



Currently Social media is mostly a platform for comparison that makes us feel we are not thin enough, pretty enough, cool enough, tough enough, sexy enough, etc. and not accepting, confirming or appreciating us for who we are.

No wonder we end up feeling lonely, anxious, lack of self-worth, frustrated, angry, sad and overall not feeling good about ourselves, because this is what is constantly being communicated to us and we are encouraged to feel that way!

But it's so accessible! We are looking constantly on our phone for the likes, the next post or what we are going to post next.

Ironically we become dependent on the media and this cycle and we have the momentary satisfaction that it is filling our needs, but as we know this doesn't work and we are in the loop again.



© Iris Pohl

Here are some testimonials:

TP, 14 Years

"I always sleep with the TV on as when I switch it off I feel anxious and lonely and it scares me and I don't like to feel that."

JB, 19 Years, Influencer

"Living much of your life on social media means that you can be extremely well connected, but still feel lonely, especially if you can't relate to the apparently 'perfect' lives that other people are presenting."

NG, 23 Years

"I have 2 million followers but no friends!! Social media has made me become a loner in the real world. My 7 years of online fame have never mirrored popularity in my offline life. Nobody talks about how sad and lonely most of the influencers are. Loneliness is huge, partly because many seem more comfortable online than in the real world, something that helped us create our Internet persona in the first place."

DIGITAL DETOX

Is your Phone controlling you?



Signs when a digital detox is needed. Do you have at least one of the following?

Did you know that there are over 2.55 million apps available and in just 60 seconds there are approximately

- 347,222 scrolling Instagram
- 2.1 million snaps created
- 4.5 million videos viewed on YouTube
- 41.6 million messages sent on WhatsApp and Messenger
- 4.8 million gifs sent

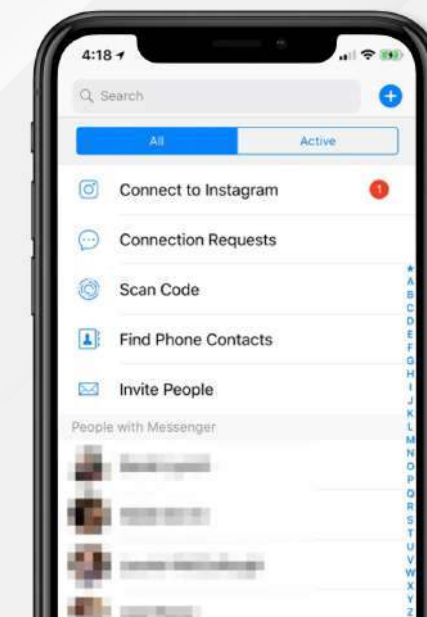
While social media and the internet can be a great way to connect and find out information it can also be a place where there is a lot of abuse. It can also affect our mental health and wellbeing in a negative way if we let it.

- When you are constantly looking at your phone checking for messages
- Unable to sleep without looking on your phone
- Increased stress levels
- Noticing you are feeling depressed, moody or more angry
- Comparing yourself a lot to friends or celebrities etc.
- Fear of missing out FOMO .. that if you are not on social media you are missing out on what is going on
- Unable to focus on something without checking your phone

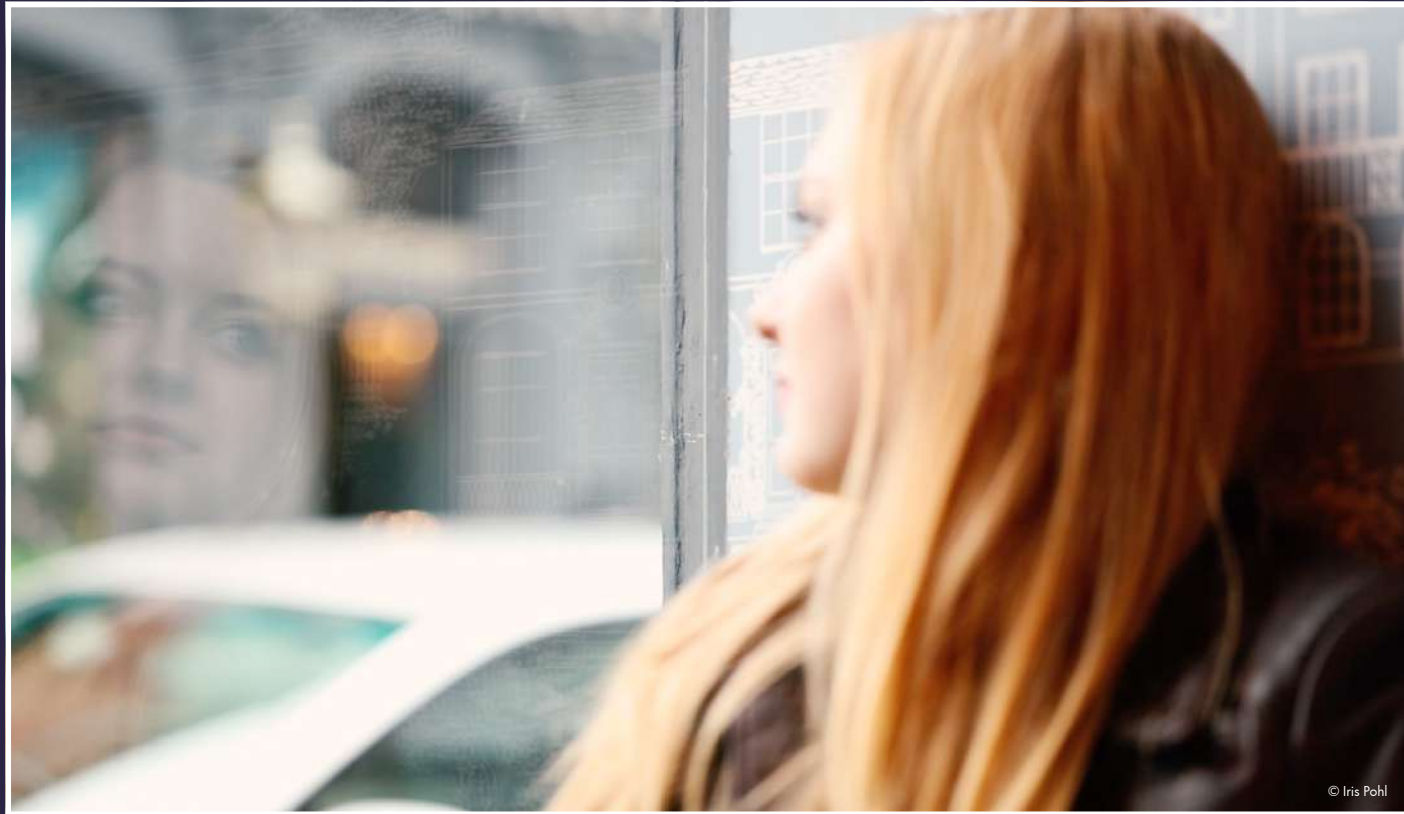
Okay if yes why not try a digital detox? "Whhhhattt!" You say. A digital detox doesn't have to be massive and it can be fun. Why not try some of these...

- Turning off message and notification alerts
- Practice not responding immediately to every message or notification
- Turn your phone off at least 1 hour before you go to bed
- Leave at least 1 hour in the morning before you look at or turn on your phone
- Set yourself a task to do and complete this before having screen time
- Send a card or letter to someone you know
- Write an article or a story
- Note the app that you use the most and try to reduce the amount of time you go to it in a day

Okay one last thing. Do you know everyone you have in your contacts and social media accounts? We might have forgotten about the friend request or person we have accepted 6 months or a year ago. Just because we have accepted a request or added someone to our contacts it doesn't mean they have to stay there. As friends and people come and go in our life offline (trustfully all healthy relationships) this is also with online. Going through your contact and social media accounts and deleting people you don't know or don't speak too can make space for more healthy friendships and relationships with people that you do want to speak and be with.



OBSERVING YOURSELF



Start observing yourself and your surroundings during your day. You experience then how people, places, groups and situations can feel, act and behave differently.

Observing yourself is becoming aware of your feelings and watching your reactions to different situations, experiences and people. You will be amazed by how much you can actually feel about the other person, before they even say something!

Feelings can often let you know if something is appropriate for you or not.

Through observation you become more aware of yourself and also which parts of yourself are really affected by all the images, beliefs and ideals we are constantly seeing about how to 'be a man' or how to 'be a woman'.

Question one thing per day!!



Could it be that we are constantly being told how to be, how to feel, how to act, without questioning. Think about one thing you have been told to do: does it feel right to do? Can you see why you are doing it? Is it good for you?

For example: Why did you post your latest post? Agree to something a friend or partner asks you to do. Why do you wear that dress or top? Why did you make that sexist joke? Why did you not say what you felt?

We need to train ourselves to be able to observe everything with a critical eye. Allowing us to be confident in and with our own bodies and what we are feeling.

How well do you know yourself?

Do You...

- Spend time on your own
- Observe your feelings, emotions, thoughts, actions, words and intentions
- Observe how your environment can affect you
- Say no to what is not supporting you
- Do what you love
- Say no to abuse
- Breathe your own breath
- Accept yourself as you learn and grow
- Laugh at yourself
- Love yourself
- Allow yourself to be sensitive



CYBER VIOLENCE

Do you really want to hurt me?

Think about how much time a day you spend on your phone, what do you use it for?



The virtual world is getting more and more real, isn't it? We use it to communicate and socialize with our friends, post our life, see what's new in other people's lives, get informed, watch videos, etc.

So how can we say that whatever happens in virtual world is not real? That it doesn't affect us? Technology and social media can be useful to us or can have a negative effect on us. Just because its virtual it doesn't mean its less real. Any form of violence or abuse perpetrated through technology is cyber violence/abuse. There is violence on social networks, chat apps, gaming platforms or

or anywhere on the Internet when communication occurs.

Cyber violence can be perpetrated by people who know you, a partner or someone you don't know.

This violence, even though online, can cause physical, sexual, psychological or economic harm to the people exposed to it.

It can start online and continue offline, or it can be the continuation of violence that started offline.

Cyber violence can take many forms

VERBAL threats, blackmail, insults, hate speech

GRAPHIC, unauthorized taking of pictures & videoing, unauthorized publishing of photos and videos, manipulation of photos and videos...

Who's affected the most?

Though cyber violence affects both women and men, girls and boys, data show that **women and girls are most frequently the victims** of this form of violence and that they are exposed to especially violent forms of aggression, such as stalking and sexual harassment.

Estimates are that in Europe, **9 million girls have experienced some kind of cyber violence by the time they are 15 years old.**

VICTIM BLAMING

There are no blurred lines...

Many judge victims of cyber violence for "allowing" their abuse to happen because of their behavior.

"They didn't say no"...
"She was asking for it because of what she was wearing"...
"You shouldn't have taken those pictures"

You are entitled to consent to one thing and not another! You can consent to sending your nude pictures to someone you trust, but this does not mean that you consent to them being shared.

This is known as specific or selective consent.

We understand and frequently utilize the concept of specific and selective consent. However, when it comes to sexuality and the human body people attempt to blur the lines around consent and place blame on victims, excusing perpetrators from the crimes they have committed that this point gets blurry. That's why we should not forget that the only one to blame is the abuser!

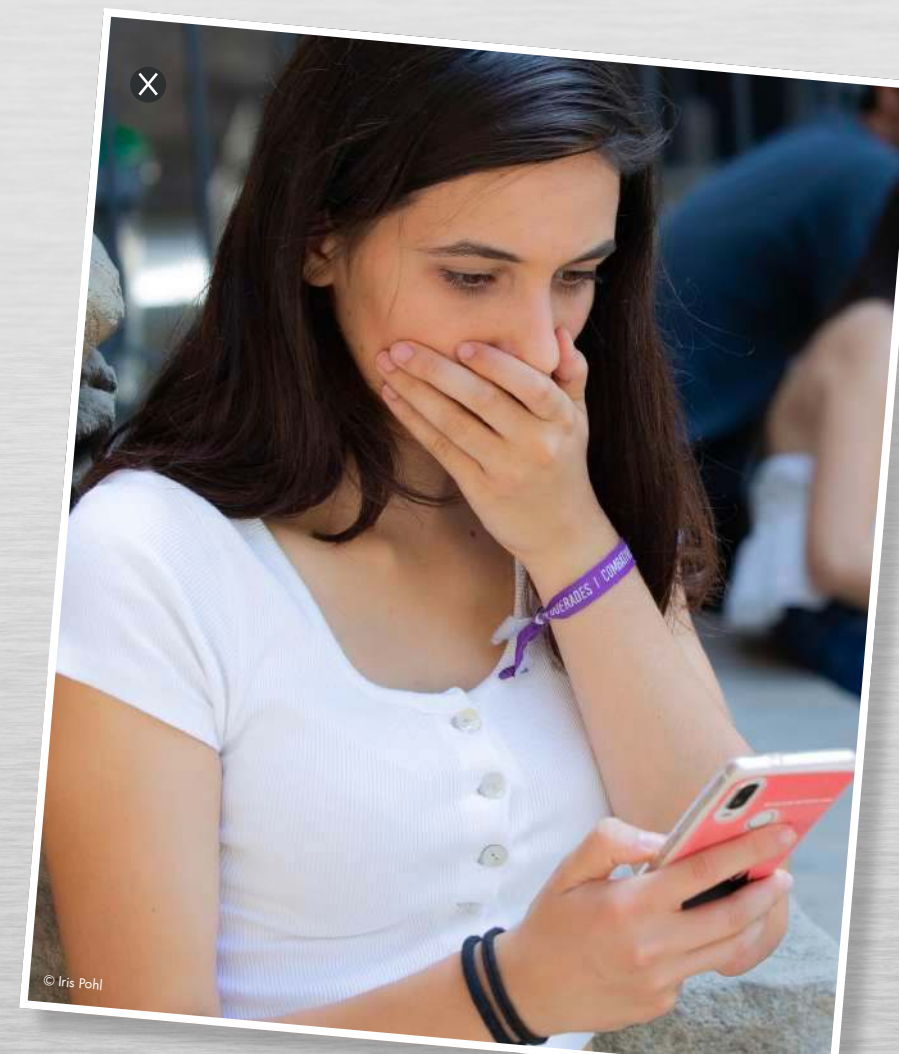
Always remember when it comes to consent, there are no blurred lines!

NOT TO BE TAKEN LIGHTLY!

It is important to realize that consequences of cyber violence can be just as dangerous as if the violence occurred offline. Consequences can vary – from fear, anxiety, lack of concentration to sleep disturbances, depression, isolation, or even suicide.

A victim can report the crime to law enforcement. Victims can also contact websites directly to block abusers and have harmful materials taken down.

"Still, victims often carry around the fear of another post or another e-mail going up worrying and waiting for another attack."



DEFINITIONS OF CYBER VIOLENCE

CYBER VIOLENCE

Cyber violence is an online behavior that assaults the well-being of a person or group, causing physical, sexual, psychological, emotional or economic harm to them. For example the aim of the abuse can be to control the other, humiliating others, to force someone in activities, which he or she doesn't want to do.

CYBER VIOLENCE AGAINST WOMEN & GIRLS

"Although cyber violence can affect both women and men, women and girls experience different and more traumatic forms of cyber violence. There are various forms of cyber violence against women and girls, including, but not limited to, cyber stalking, non-consensual pornography (or 'revenge porn'), gender-based slurs, hate speech and harassment, 'slut-shaming', unsolicited pornography, 'sextortion', rape threats and death threats, and electronically facilitated trafficking. Cyber violence is not a separate phenomenon to offline violence, as it often follows the same pattern."

The Union Agency for Fundamental Rights (FRA) survey's on violence against women showed that 20% of young women (18-29) in the EU have experienced cyber sexual harassment since the age of 15 and 77% of women who have experienced cyber harassment have also experienced at least one form of sexual or/and physical violence from an intimate partner.

DIGITAL DATING ABUSE

"Digital dating abuse is the use of technologies such as texting & social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated online."

CYBER SEXUAL VIOLENCE

"There is no universally-accepted definition of cybersexual violence. However, it can be described as using social media and communication technologies for the following:

- Sexual comments or advances
- Attempts to obtain a sexual act
- Unwanted sexual acts
- Sexual coercion

It can also be spreading rumors online, sending damaging messages, photos or videos, impersonation and much more. All these behaviours aim to damage a person's feelings, self-esteem, reputation and mental health."

Is control a form of violence?

How technology supports control

Here are pictures of different phone screens/screenshots showing examples of controlling behaviours.



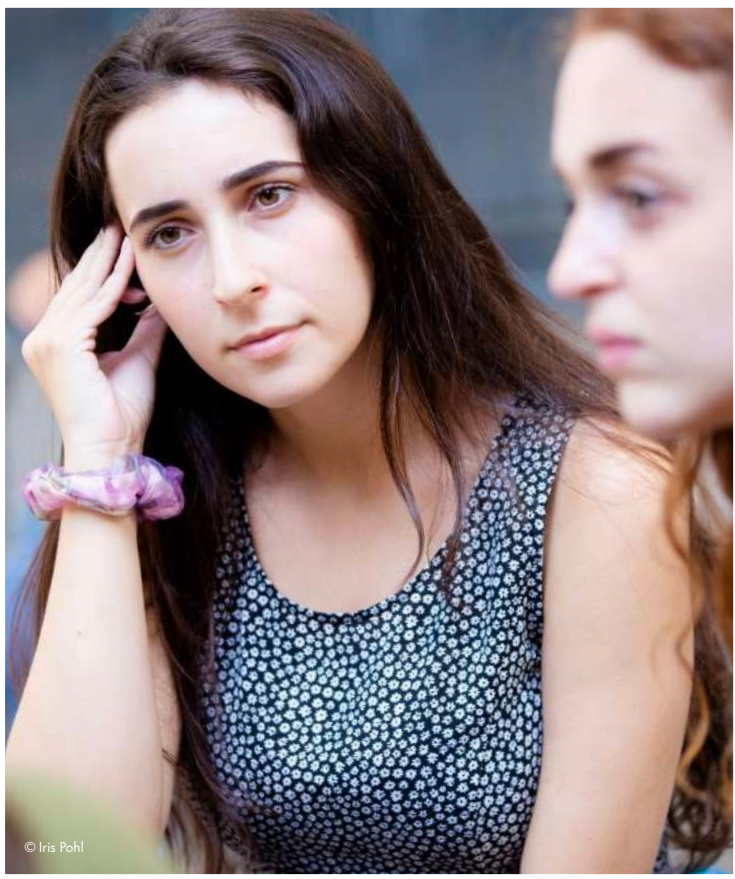
We asked Siri: How is cyber violence used in relationships?

This is what I found about cyber violence in relationships:

- **Harassment:** the use of technology to continuously contact, annoy, threaten, and/or scare someone. *Example: Constantly messaging the other and becoming angry when he/she doesn't answer immediately. The messages can include constantly asking what activities he/she is doing at the moment and who they are with.*
- **Surveillance/Tracking:** is taking control of another's digital life, using technology to stalk and monitor someone's activities and behaviours either in real-time or historically. *Example: Tracking your every location, being able to read your text messages or listening to your phone calls, etc.*
- **Hacking:** the use of technology to gain illegal or unauthorized access to others online accounts in order to exploit them. *Example: someone hacking into your online account (social media account, bank account, etc.) in order to access and obtain personal information and data to harm you.*
- **Impersonation:** the use of technology to assume the identity of the victim or someone else in order to access private information, embarrass or shame another. *Example: to make an Instagram account with someone's identity and posting in his/her name.*
- **Recruitment:** use of technology to lure potential victims into violent, abusive and dangerous situations. *Example: to message someone to meet with him/her somewhere where the abuse then will happen.*
- **Revenge porn:** someone posting either intimate photographs or videos of another online without their consent, with the aim to publicly shame and humiliate that person. *Example: to ask for naked photos from someone privately and afterwards share them publicly on online platforms.*

TEST!

Is cyber abuse present in your intimate relationship?



Here is a test for you to check whether cyber violence is present in your relationship.

If you are not currently in an intimate relationship you can think of past relationships or current friendships while completing the test.

YES NO

☐

☐

Has your partner ever asked for any of your online passwords?

☐

☐

Does your partner become angry when you are not answering his/her messages immediately?

☐

☐

Does your partner often get jealous and constantly message you whenever you make friends with someone else?

☐

☐

Does your partner message you to justify hurtful remarks after saying that they were only jokes?

☐

☐

Do you find that in your relationship you feel that when you're with your friends instead of spending quality time with them, you have to constantly talk with your partner on your phone?

☐

☐

Do you often have the feeling that you always have to stay connected and say where you are to them, but they often disappear, without giving any information about what they are doing?

☐

☐

Does your partner call or text you often to know where you are and what you are doing?

☐

☐

Have you experienced your partner threatening you with physical violence on online platforms or in private messages?

☐

☐

Does your partner read your personal messages or e-mails without your knowledge and permission?

☐

☐

Does your partner ever ask you to use apps so they know where you are?

☐

☐

Does your partner message blaming you for flirting or cheating without any basis, when you are meeting with your friends?

☐

☐

Have you ever felt that you are not able to concentrate on your studies as your partner becomes frustrated when you are studying and not answering to their messages?

☐

☐

Does your partner ever threaten you that he/she will post things online that you sent him/her privately?

☐

☐

Does your partner ever pressure you to send them naked photos of your intimate body parts?

☐

☐

Does your partner ask for pictures when you are meeting with others about what you are wearing?

☐

☐

If you are on a break in your relationships does your partner still constantly message you ignoring the fact that you asked for some space?

0 yes answer: According to this test, cyber abuse is not present in your relationship.

1–3 yes answers: There are some things you might want to pay attention to. Problems occur in every relationship, but if yours is a good one, you should be able to talk about the problems, and solve them.

3–4 yes answers: Your partner behaves in ways which can be abusive. Learn about the early signs of intimate partnership violence, emotional and verbal abuse, so that you'll have a better picture of this issue. You have every right to end a relationship, and the other must respect your decision.

More than 5 yes answers: According to this test your partner has abusive tendencies. Experience shows that the abuse can worsen with time: the abuser increasingly isolates the partner, which makes it much harder to end the relationship. Learn about this issue, and try to find someone who has knowledge about abusive relationships, and can effectively support you.

Cyber Violence... KNOW YOUR ENEMY!

CYBERBULLYING AND CYBERSTALKING ARE CRIMINAL ACTS WITH SANCTIONS INCLUDING FINES OR PRISON!

CYBERBULLY



... uses technology to harass, embarrass, humiliate or insult another person; repeatedly sends hurtful messages and starts rumors to shame and humiliate.

Most frequently this is peer to peer. Therefore, this is often considered **a form of peer violence**.

Their intention is to target and exclude a specific person.

Both forms of abuse have existed long before the Internet, but today technology makes it easier for the bully and the stalker to "advance" their abusive behavior to intimidate and shame their victims. Today, both the bully and stalker rarely abuse without using any technology.

The most severe consequence for the victim of the cyberbully is **suicide**.

CYBERSTALKER



... uses technology to spy on, harass and collect information about another person, in order to scare and blackmail them.

Their most frequent victims are girls and women who they are allegedly "blindly in love with", whether in a relationship with them or not, especially if they have recently split up. This is why it is often considered a **"prolonged" form of violence in a partner relationship**.

Their intention is to have the person they are stalking completely under their control and be focused on what the cyberstalker is doing.

The most severe consequence for the victim of the cyberstalker is **becoming a victim of homicide**.

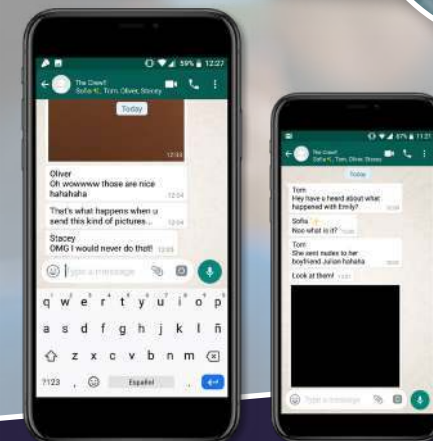
DON'T BE A FOOL, DOXXING IS NOT COOL!

Doxxing refers to the online researching and publishing of private information on the internet to publicly expose and shame the person targeted.

This may include private phone numbers, home, address, names of family members. Once the information is out there, who knows what other internet users may do with them. Victims of doxxing report being extensively harassed online, attacked offline, as well as their identity being stolen as a result of their personal information becoming publicly available. Doxxing is sometimes part of an orchestrated online attack on a person.



SEXUAL HARASSMENT



Sexual harassment offline and online is a reality for many young women. Online sexual harassment can take the form of comments, videos, photos, and graphic images of sexual nature aimed at vilifying women and creating conditions of humiliation and sexualisation. Offensive sexist and insulting words such as "slut", "whore", "cunt", "bitch" can be used, as well as commentaries on women's physical appearances.

It can make a person feel threatened, exploited, coerced, humiliated, upset, sexualized or discriminated.

Behaviors of cyber sexual harassment:

- When someone is receiving sexual threats, being forced to participate in sexual behavior online or blackmailed with sexual content;
- When someone is being targeted by, and systematically excluded from, a group or community, with the use of sexual content that humiliates, upsets or discriminates against them;
- When someone receives unwelcomed sexual requests, comments or content (e.g. dickpics).

SEXTING - SENDING NUDES

Sending and receiving nude pictures is becoming a popular activity.

We could say that there is nothing wrong or shameful in wanting to express your sexuality through nude pictures, specifically not if this is today's standard and that is what everybody does. However, remember that we are learning from society how we have to express our sexuality, but are there other ways?? On many platforms, such as media, social media, ads, music videos, magazines, porn, etc. the bodies of young women and women generally are highly sexualized.

Because we see those images every day we feel this is normal and we could feel that we have to be and do the same.

So, next time you want to share a nude, STOP and think about it. Remember that you are not just your body, but an entire person. Your sexuality is all of you, not just a naked body part.

Remember you are NEVER obligated to send a nude picture, or to partake in ANY sexual activity that you don't want to do. With any sort of sexual activity, you should be aware of the potential risks and how to do whatever you're doing in the safest way possible.

It could be really hard to make a decision when someone you love or care about is asking you to send a nude, even though you may not feel like doing it. That's a really scary situation to be in, as you don't want to be unpopular or cause this person losing interest in you. But remember that you should never do anything you're not comfortable with.

.....

Here's a great Insta post about things to consider when sending nudes:

Link to Instagram post:

<https://www.google.com/url?q=https://www.instagram.com/p/CABKmSdA47O/&sa=D&ust=1591885519882000&usq=AFOjCNF1lqL5vdUYKsnywXx3Cg-EciViA>



ALSO!

Recommended VIDEO:

<https://twitter.com/SulaBatsu/status/1228421958255161344>



NUDES - Who are you sending them to

- if this is a person you know or are in a relationship with, it might end, and what you have shared could be used as revenge porn.

- if it's a person, who you only know online, you can't really know who's on the other side and where your pics will end up.

Remember as soon as you have pressed the send button, it's out of your control!

Ask yourself would you be ok with what you have sent being on a billboard in town or your family seeing it. If not don't send it!!!!

Also, in some countries it is considered illegal if a person under the age of 18 sends or receives a nude of another person under the age of 18!!!



© iStock

DICK PICS

Still, not all nudes sent are mutually appreciated. A new trend of sending unwanted nudes is happening – either to known or unknown persons. This is also the case with "dick pics" (the name says it all).

Many women and girls active on social networks have at least once received an unwanted dick pic!

You may say "I will survive, it's no big deal", or "that's how guys are", but still it's not ok. Society and porn culture push girls into believing that they need to accept sexual advances otherwise they will be considered frigid or unpopular. Some guys may think this type of communication attracts girls' attention and will get them to send similar nude images back. Some may get off imagining that someone is looking at their "work of art". However, sending these images is offensive. Some girls receiving them may be scared and although some find it funny, generally such content is not welcome and not ok.

Soooooooooooooooooooooooooooo? Should you send dic pics? NO! Specifically not to people who haven't ask for it!

Just because everyone is sending them, doesn't make it less offensive!



© iStock

REVENGE PORN & SEXPREADING



Anyone can experience revenge porn/ sextortion, you are not alone and you have not done anything wrong!

Revenge porn ('sexpreading') involves the distribution of sexually explicit images or videos, without consent of the individuals shown.

Revenge porn is often used to blackmail another person (mostly girls and women) into performing sex acts or to continue a relationship (sextortion) -or just as a mean to harm the person's reputation.

The name revenge porn misrepresents what it actually is, as it suggests that the victim did something to deserve this crime, in effect placing blame on the victim. Even if the photos are taken consensually – for example within the context of an intimate relationship – posting these photos online without consent (and the person knowing) with the intent to harm the victim is a **non-consensual and criminal act**. This is **CYBER SEXUAL ABUSE**.

Even though it occurs most often after ending a relationship, "revenge" porn can occur in other types of relationships too (for example by a person you only have a virtual relationship with or someone that you are with, but not 'together'). Be aware that anything you share might be used against you! And there is a chance of this happening every time you send an image! **It's not your fault if it does, but it is important to ask for support!**

Videos we recommend...



#RevengePorn

Measures have been taken against revenge porn. Social media sites like Facebook have started to take actions to detect and stop the spread of revenge porn.

Legislation has also been proposed to criminalize the posting of non-consensual nude pictures. Sites dedicated to the posting of revenge porn have been shut down and there is a growing awareness and movement to stop the spread of revenge porn.

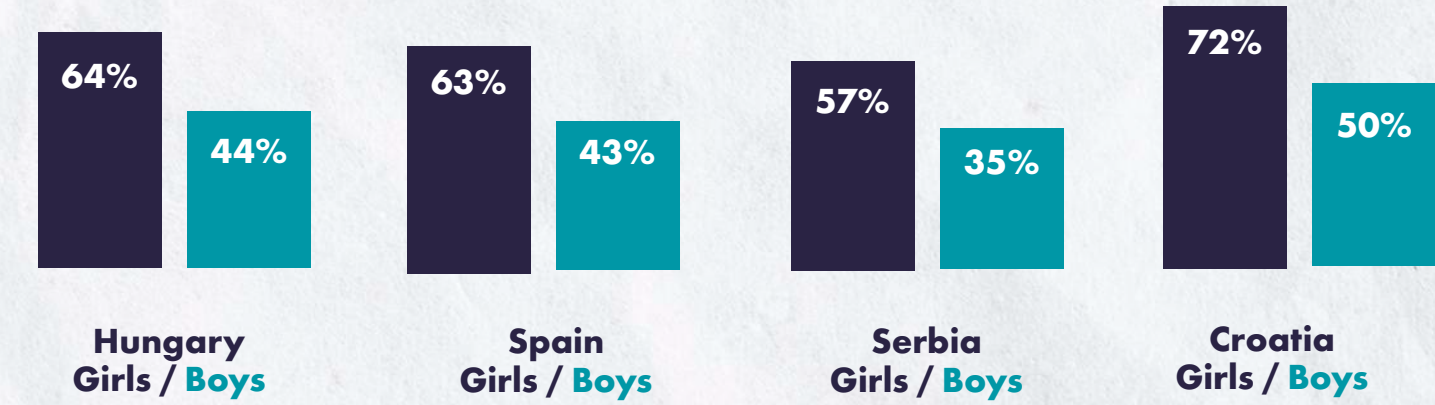
5 GOOD THINGS TO REMEMBER ABOUT YOUR IMAGES and VIDEOS ONLINE!

1. Don't let anyone convince you that you have to send your intimate photos and videos to anyone, even if it's a person you really like.
2. If your private photos or videos are shared or published somewhere online – know that this is not your fault! The only one to blame is the person who did this without your consent.
3. Find an adult you trust and tell them what is going on. Your best friend and her older sister can be supportive, but in these serious situations it is good to talk to an adult, for example your parents, teachers, youth worker or others so they can support with what is needed.
4. Think about reporting your case to the police. It is important for this kind of abuse to be recorded and for the person/s responsible to be held accountable for what they have done to you.
5. If you are feeling anxious or distressed, try not to panic – reach out to a support service where you can talk to someone who understands what you're going through.

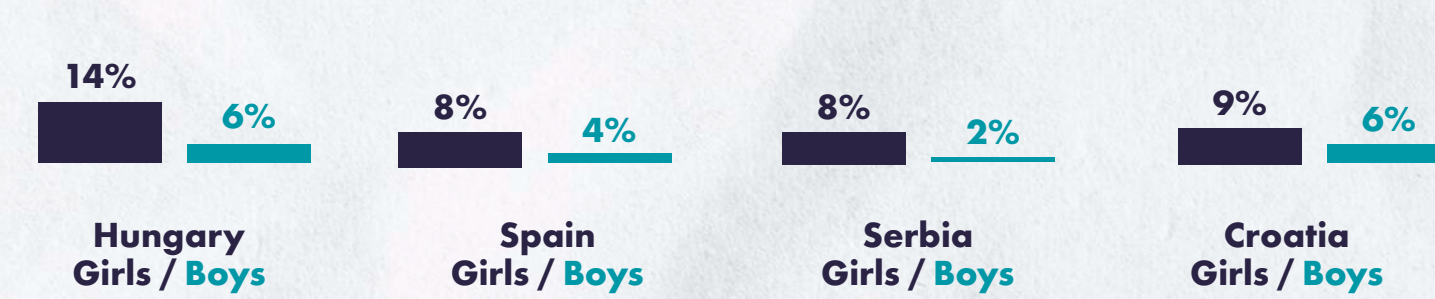
Data on Violence

In all countries, girls were exposed to a greater extent to:

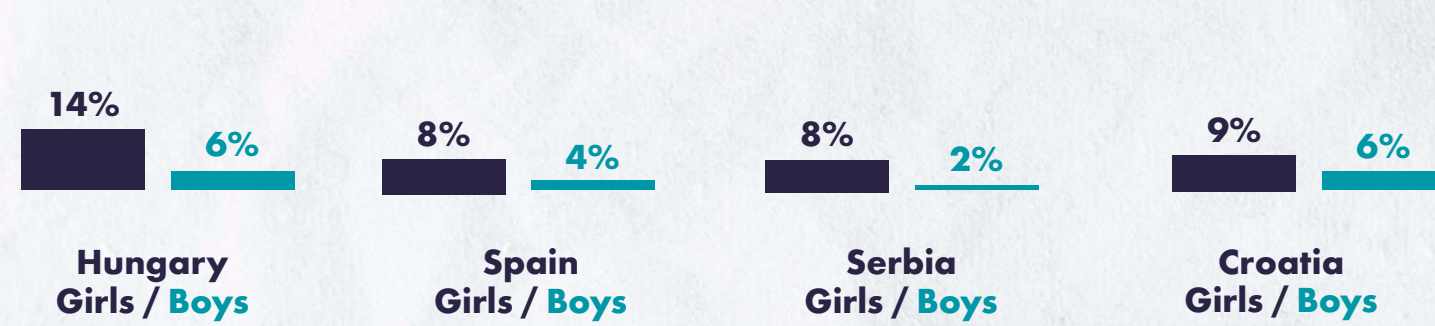
Sexualized comments online



Blackmail that their private information/photos/video will be published if they do not do something sexual in return

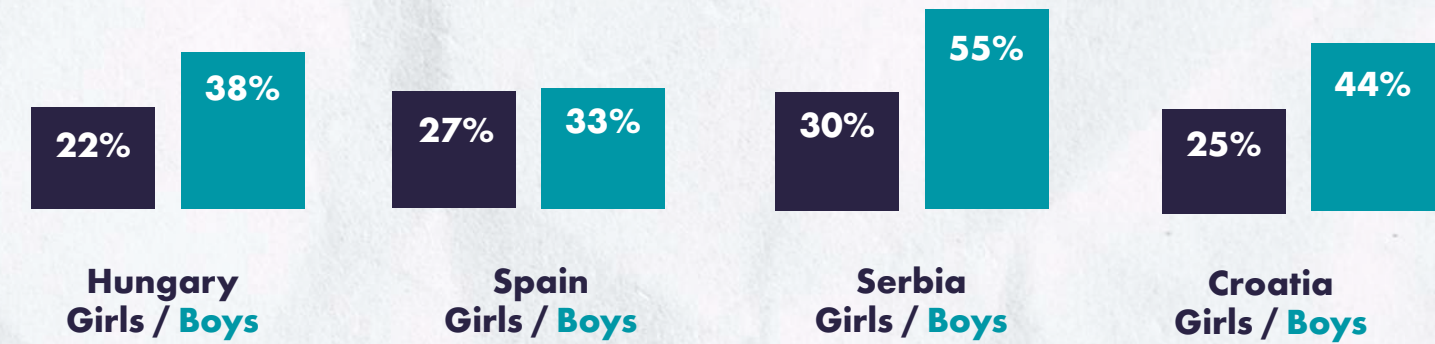


Non-consensual publishing of photos/videos they sent privately to someone (except in Croatia where boys were more exposed to it than girls)

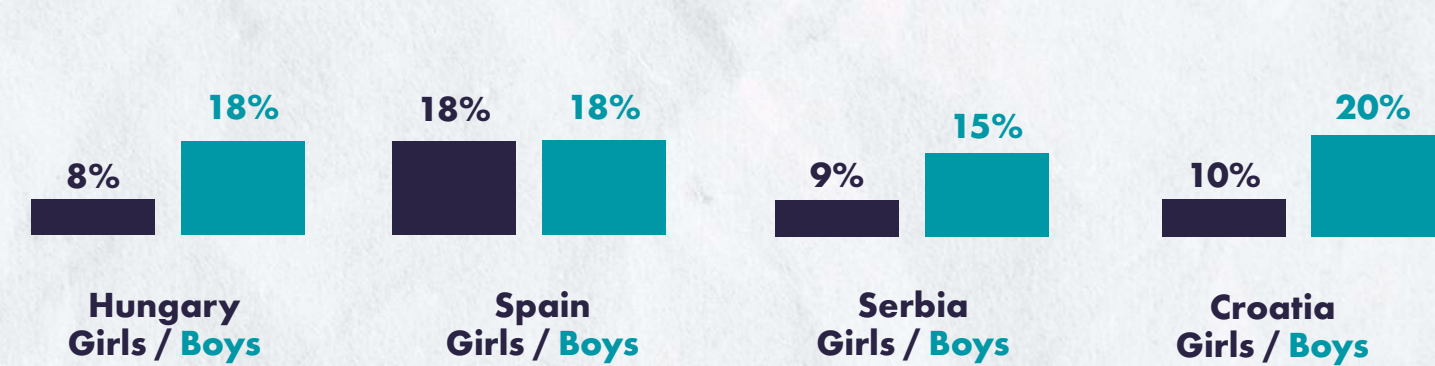


On the other hand, boys in all countries were more exposed to:

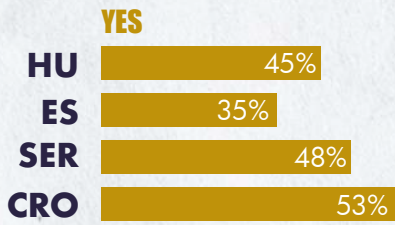
Online threats via chat/e-mail/comments related to their physical safety



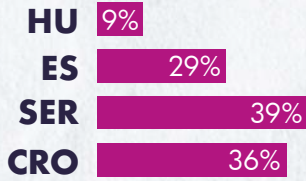
Pressure to watch online porn or participate in acts inspired by online porn (except in Spain where girls and boys were exposed to it equally)



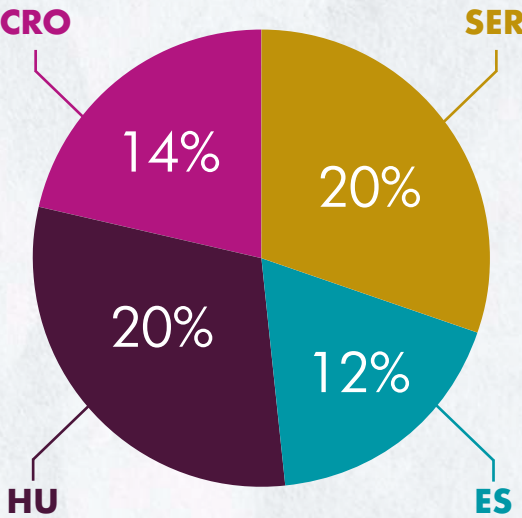
Experience of sexual harassment in the form of receiving unsolicited photo of someone's intimate body parts



MORE THAN ONCE OR FREQUENTLY



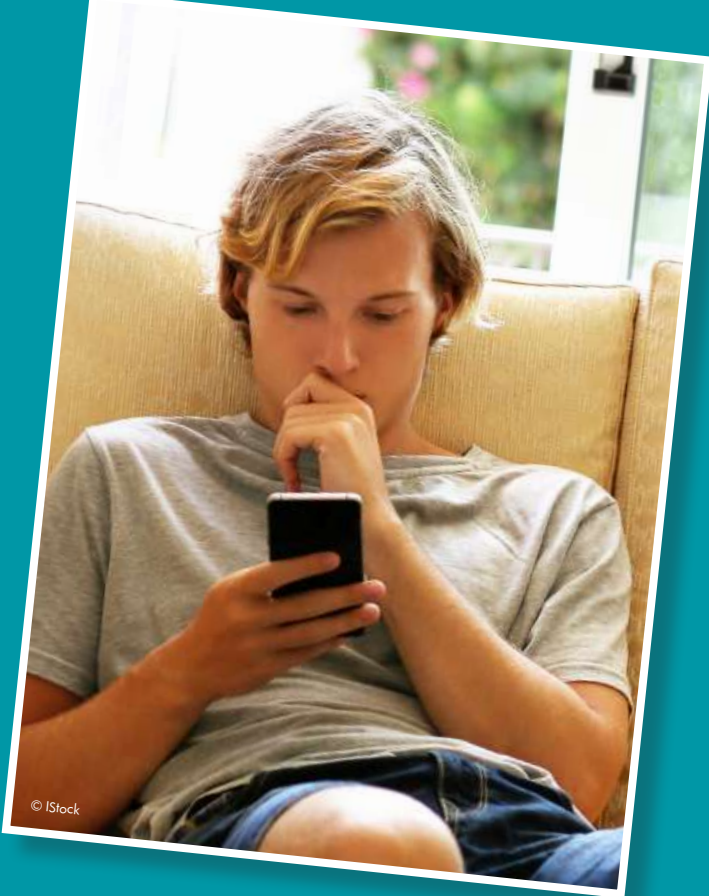
Experience of sending nudes to their partners



TEST!

Your **Online** S@fety

We know that the Internet can be a dangerous place. Take a look at the statements below on online safety and see if there is anything else you could do to protect yourself online.



PASSWORDS & PROFILES

True 2 u - Section 3 - FINAL_20200702.docx

google.com

Google

1. My phone is not locked with any kind of password, PIN or fingerprint.

YESNO

2. My laptop/computer is not locked with any kind of password.

YESNO

3. My password(s) for online accounts are very simple so I can remember them.

YESNO

4. I don't have 2-factor authentication mechanism for my online passwords.

YESNO

5. I keep all my passwords written on the same paper/document so I don't forget them.

YESNO

6. My passwords for various online accounts are everywhere the same.

YESNO

7. My passwords are also known to someone else who is not my parent (e.g. boyfriend/girlfriend, friend...).

YESNO

8. My profiles on social media are mostly open and public.

YESNO

9. I use my full name for social media profiles.

YESNO

10. I have published my home address somewhere on my social media profiles.

YESNO

11. My social media profiles have the name of my pet or the birthdate, which I also use as password(s).

YESNO

12. I don't get an alert about unrecognized logins to my social media.

YESNO

13. I often my social media in public places.

YESNO

14. I often connect to free Wi-Fi spots without checking who operates them.

YESNO

COMMUNICATION & APPS

True 2 u - Section 3 - FINAL_20200702.docx

google.com

Google

1. I interact privately with people I don't know in person.

YESNO

2. Sometimes I share some of my private information (full name, address, birth date, etc.) with people I don't know in person?

YESNO

3. I have posted private photos using some of my online accounts.

YESNO

4. I have sent my photos to persons I don't know offline.

YESNO

5. I have met offline with a person I have only known online.

YESNO

6. I always trust people with whom I'm communicating with online.

YESNO

7. I am not sure how to report inappropriate or abusive things on social media.

YESNO

8. I don't know how to block someone's messages, e-mails, calls.

YESNO

9. When downloading a new app or game, I am usually not checking if it can access my location, photos, contacts and camera.

YESNO

10. Sometimes I post some nasty and offensive comments about others online.

YESNO

11. When I am posting photos online with other people in them, I usually don't ask for their permission/consent

YESNO

12. Sometimes I share photos I received privately with my friends.

YESNO

13. I've lied about my age online when I wanted to access a page for adults.

YESNO

14. I've clicked on links that I've received from a stranger via email or chat message without checking the source.

YESNO

Great, well done for completing this! If you have answered YES to any of these questions go back to the question and see how you can change your setting and behavior to support your safety! Read our advice and tips below and share this test with your friends to make sure they are also taking care of their internet safety.

PASSWORDS are often the biggest weak spot in online security. People tend to choose easy ones, or ones they can remember quickly.

You can check how secure your password is here: <https://howsecureismypassword.net/>

We know it can be super hard and annoying to come up and remember different complex words and numbers. Have you thought about using a Password Manager? These are usually free to download and they can store all of your social media logins safely so you only need to remember one single password!

TOP TIP: Instead of using a passWORD, come up with a passPHRASE like: "1AmSuperCarefulOnline"

PROFILES Most of the social media sites provide safety tips and recommendations for their users. These guidelines can help you keep safe online.

Facebook: <https://www.facebook.com/safety>
 Instagram: <https://help.instagram.com/667810236572057>
 Snapchat: <https://support.snapchat.com/en-US/article/safety-tips-resources>
 Tik Tok: <https://www.tiktok.com/safety/resources/online-safety>
 Youtube: <https://www.youtube.com/about/policies/#community-guidelines>
 Twitter: https://about.twitter.com/en_us/safety/safety-tools.html

Don't forget that even if you decide to share personal information, you can manage who sees this from the security settings. **TOP TIP:** Check your profile 'as a third-person' to see what others can see and access, by logging out of your account and searching for you.

COMMUNICATION & APPS It is super important to remember that **you do not have to accept** any online activity meant to intimidate, scare, threaten, tease or harm you. Whenever you feel bad about something happening to you online, you can always close the page, block or report the person, switch off your device. It is OK not to respond. Sometimes reaction is exactly what the attacker or troll is looking for, because it gives them power over you. **TOP TIP:** Do the research on how to block and report. Reach out for help – especially if the behavior's really getting to you.

If you are planning to meet someone in person you met online, don't go alone the first time or arrange the meeting in a public place.

Be cautious about sarcasm and humor! Something that may be funny in person could be misinterpreted online.

Be kind online! Treat people the way you would like to be treated.

3 THINGS YOU SHOULD REMEMBER ABOUT INTERNET

1. Internet is forever
2. Don't put personal information online
3. Don't forget about your digital safety

When it comes to Internet safety remember that sometimes the biggest risk is actually – YOU!

This doesn't mean that you have to blame yourself if something bad happens - the responsibility for violence is always on the perpetrator! However, you need to be careful and do what's in your power to stay safe and to not endanger anyone else. Use the Internet with all its wonders, but know the Internet has its dark side. Be wise while using it and always check to see if there is anything you can do to improve your safety.

Like with many things in life it's good to have some basic principles.

Some basic online principles could be:

BE KIND – DON'T ABUSE – HAVE FUN – STAY SAFE

And in case of any unwanted experiences, you already know what to do:

SCREENSHOT – BLOCK – GET SUPPORT – REPORT!

SUPPORT

If you are exposed to any form of cyber violence or just want to talk to someone, even if you're not sure it's violence, please use the following services:

UK SUPPORT

- CEOP <https://www.ceop.police.uk>
- Child line: <https://www.childline.org.uk>
Tel: 0800 1111
- The Marie Collins Foundation
<https://www.mariecollinsfoundation.org.uk>
- The NSPCC <https://www.nspcc.org.uk>
Tel: 0808 800 5000
- Safe4me.co.uk <https://www.safe4me.co.uk>
- UK Safer Internet Centre
<https://www.saferinternet.org.uk>
- Internet Watch Foundation <https://www.iwf.org.uk>

SCOTLAND SUPPORT

- Police Scotland: www.scotland.police.uk

IRELAND SUPPORT

- Department of Justice and Equality: www.justice.ie;
Helpline: 1890 221 227
- Iris Internet Hotline: <https://www.hotline.ie>
- An Garda Síochána Ireland's National Police and Security Service: www.garda.ie
- The Irish Society for the Prevention of Cruelty to Children (ISPCC) is Ireland's national child protection charity: www.ispcc.ie; **Helpline: 01 243 2000**

USA SUPPORT

- National Teen Dating Abuse Helpline TTY Hotline
866-331-9474 and **866-331-8453**
- Pathways to Safety International (domestic violence, dating violence, sexual assault, and stalking)
833-SAFE-833 (833-723-3833)
- National contact center for children's online safety:
<https://www.justice.gov/coronavirus/keeping-children-safe-online->
- Child help National Child Abuse Hotline
800-4-A-CHILD (800-422-4453)
- Love is Respect National Dating Abuse Helpline
866 331-9474 – 24-hour helpline for teens, parents, friends and family, peer advocates. All communication is confidential and anonymous.

- Reporting contact for cyber/sexual abuse:
<https://cyberbullying.org/report>
- Online reporting of harmful content on the internet:
<https://www.safekids.com/internet-safety-organizations-sites/>

AUSTRALIA SUPPORT

- 1800 THE LINE: **1800 695 463**
A national 24 hours relationships helpline for young people to talk to someone about the relationship issues they may be experiencing, or if they are unclear about where to draw the line between what is, or isn't a respectful relationship.
- 1800 RESPECT: **1800 737 732**
A national 24 hours sexual assault, family and domestic violence counseling line for anyone who has experienced, or is at risk of, physical or sexual violence. This service is designed to meet the needs of people with disabilities, Indigenous Australians, young people and individuals from culturally and linguistically diverse backgrounds. Online counseling is also available.

NEW ZEALAND SUPPORT

- Safe to Talk Helpline: **0800 044334** or text: **4334** or email: support@safetotalk.nz, website: <https://www.safetotalk.nz>
- Youth line: **0800376633** or text: **234**;
<https://www.youthline.co.nz/get-help.html>
- Ministry of Health has many support lines:
<https://www.health.govt.nz>

Don't forget that there are people in your life that you can trust – mom, dad, a teacher, family members, youth worker, counselor, etc. Find your person of trust and talk to them!

Cyber violence can be terrifying, but it becomes less so when you tell someone and accept their help!

BYSTANDERS

Have you ever been a victim of cyber violence? What would you do in similar situations?

GIRL1:

OMG! I have to call Emily and ask how she feels and what I can do to help!

BOY1:

Hahaha !Nice!

BOY2:

What a slut! She should have known that this will happen.

GIRL2:

That girl is crazy! I would never do that!

BOY3:

I don't know Julian or Emily and don't care!

GIRL4:

I want to do something but I don't know what to do or say!

GIRL1:

Look at you all! Why are you laughing and commenting this? This is not OK! How would you feel

BOY4:

That's not ok, but I don't want to say anything because they'll have a go at me.

GIRL3:

I really like that boy and I'm not saying anything because I don't want to ruin my chances with him.

BOY5:

A few nude photos..it's not a big deal!

BOY6:

I agree! Did you know that this is actually considered abusive! Yeah, let's speak to Miss Rose to ask for help!

BOY4:

Julian's my friend, this is not OK I'll speak to him about it.

WHAT DOES A BYSTANDER MEAN?



A bystander is a person who is aware, witnesses or suspects that someone is being abused offline or online, for example by his/her boyfriend or girlfriend or bullied by someone online, but is not directly involved in the event itself.

Are you a bystander or an upstander?

We are all bystanders, all the time. We witness events unfolding around us constantly. Sometimes we recognize events as being not ok or abusive. When this happens, we make a decision to do or say something or to simply ignore it and let it go. A bystander has the potential to make a positive difference in a situation. A person who knows what's happening is wrong and does something about it is known as an upstander.

Sometimes it can seem hard to be an upstander when it means standing up against what your friends or other people think or do. It is also important to consider your own safety and you need to be able to think critically about when, where and how you engage in upstanding behavior.

When no one intervenes, the person experiencing the abuse or violence may feel that bystanders do not care or agree with what is happening. However, even if you didn't react

There are different forms of abuse and violence you may experience while growing up, whether as a victim, perpetrator or bystander.

"What hurts the victim the most is not the cruelty of the oppressor but the silence of the bystander"
-Elie Wiesel

immediately, you can later turn to the person who is/was experiencing the abuse or violence and show them they have support and are not completely alone in the situation. It will empower the person who has experienced the abuse to hear that they are not alone, that it's not their fault and that they should never feel ashamed or guilty.

Why don't people intervene?

While many people may see aggressive or sexist post, few people do anything about it. People are less likely to help if there are more people around, because everyone assumes someone else will do something about it. This is known as the bystander effect. Communication is key, as we don't know who else is aware of what is happening or if anyone has done anything about it. If nobody does anything, we tend to do the same. Sometimes we are not sure what to do or what to say. Do you know situations like this when you don't really know what your role can or should be?

In an abusive situation bystanders either fail to notice the abuse, do not believe it is their responsibility to anything about it; or don't believe they have the skills to intervene; or are afraid that they will get in trouble for intervening.

Some reasons bystanders **do not** intervene or respond to abuse and/or violence:

- They don't recognize that help is needed
- They don't know how to help
- Fear of being abused themselves, if they stand up against it
- Fear of losing their social status
- They are not friends with the victim
- Lack of knowledge about the incident
- They believe that if they tell an adult it will make it worse

Upstanders intervene because they:

- Are friends with the victim
- Are morally engaged and treat others with respect
- Have empathy for the victim
- Strongly believe the abuse or violence is wrong
- Know how serious or dangerous the behavior is

What would you do as a member of this group?

1. I would share the nudes with my friends.

Yes ☐ No ☐

2. I would reply with "ahaha-hahahah OMG".

Yes ☐ No ☐

3. I would reply with: "I agree with Oliver, she should have known that this will happen".

Yes ☐ No ☐

4. That is not ok for me, but I wouldn't reply anything as all the others see this as ok and I don't like to argue.

Yes ☐ No ☐

5. I would ask them to delete all the pictures and tell them to speak to Julian that this is abusive & a criminal behavior.

Yes ☐ No ☐

6. I would call Emily to tell her what happened and to ask her how she feels.

Yes ☐ No ☐

When we're passive others may view that we have accepted or approved of what's happened. Sometimes, people are not only passive, but they join in with their gestures, laughing, comments, and actions that support the perpetrator. Being active is taking a stand against the abuse!

Don't be active in supporting the abuse. Act to prevent it!

How to be active

1. Gather a group to talk to the abuser
2. Stand up for the victim
3. Question the abusive or violent behavior
4. Reach out privately to the victim to express support or concern
5. Speak up and tell the abuser that their actions are not ok
6. Tell a trusted adult about what is happening
7. Report to the police

NOT SURE WHAT TO SAY AS A BYSTANDER? HERE ARE SOME TIPS:

1. Ask for clarification... Question the perpetrator or/and the bystander "Why are you doing that?" "Why are you saying that?" "Why do you find that funny?" "I'm not clear about what you mean by that. Maybe you could explain?". By questioning we make others reflect on their behavior. Always question in a non-aggressive way.

2. "Give... a face to the victim..." Make it more personal by reminding the perpetrator or bystander that this could be their sister, brother, friend or girlfriend, boyfriend and how they would feel if this would happen to someone they care about.

3. Don't accuse the perpetrator or bystander... Instead of saying: "YOU are sexist and this is the stupidest thing I've ever heard", which puts the other in a defensive position, you could say: "I don't agree with what you are saying; I believe that nobody deserves to be treated like this".

4. Use your humor... This can be tricky, if people think they've been made fun of. However, if you use humor effectively, it can reduce the tension of the situation. Be careful, though, not to be too funny that you undermine the point you're trying to make.

5. Don't accuse the perpetrator or bystander... You could just ask the group, "Am I the only one uncomfortable with this?"

6. Ask for or offer help... If you witness a violent incident it may be necessary to call the police and also ask for help from people around you. Do not intervene if you are alone and you feel that it could be dangerous. You could also offer your help to the victim by talking to them, which could make them feel safe and supported. If you feel the situation is too dangerous to intervene, get help and talk to them after the incident is over.

7. Make yourself visible... Let the perpetrator know that you are around and that you're witnessing what's going on.

8. Report the abuse... When you notice abusive online behavior (hate speech, abusive comments, films or photos that are miss-used or sexist) don't hesitate to report it. Most social networks have a place report abuse.

And remember, violence is NEVER the proper way to react to violence!



As a bystander we have the CHOICE to remain passive or become active.

SCENE 1

You're at a birthday party, a girl nearby has had a lot to drink and is being harassed by someone and you think he may do something harmful to her.

What's your main concern?

That she had too much to drink and is not able to look after herself or say no to the person harassing her?

What do you do?

A situation doesn't have to be dangerous for you to step in. Ask yourself what could happen to the people who are involved?

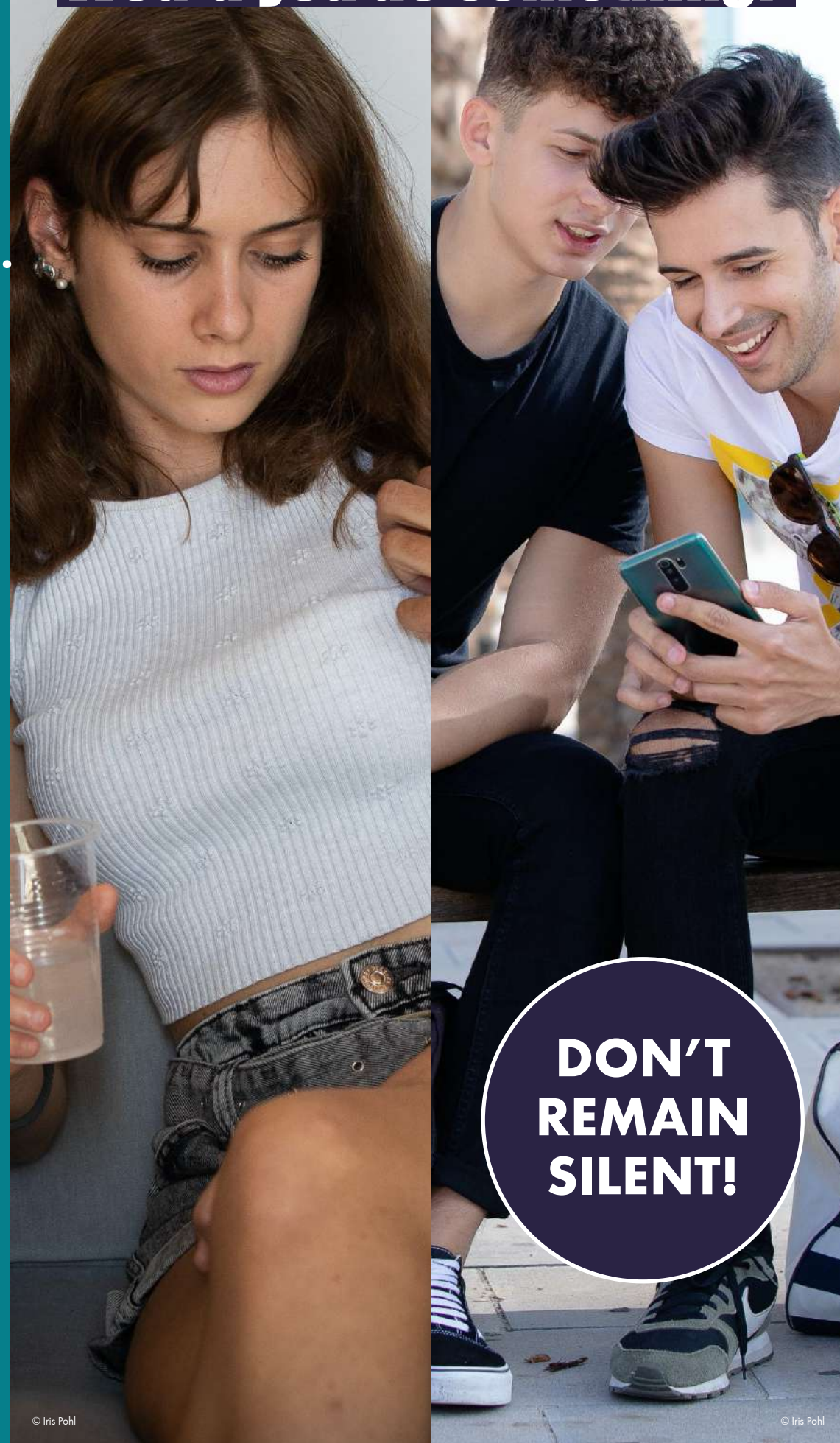
- Consider asking her if she needs help, start a conversation with her.
- Don't leave. By remaining present as a witness, the potential perpetrator is less likely to act.
- If you know the potential perpetrator ask him to leave her alone.
- Find allies is key: Recruiting allies, like a mutual friend or party host can be much more productive and safer than trying to do it alone.

What boys and young men can do to prevent sexual violence?

- Don't engage in any forms of sexual harassment, such as cat-calling, unwanted touching, or inappropriate behavior.
- Don't ignore a person if they say 'no' or seem reluctant or resistant in any way.
- When your best friend tells a sexist joke about abusing girls in some way, say you don't find it funny.
- If a friend or classmate is abusing another person speak up against the abuse and don't look the other way.
- Learn to observe others behavior and identify if its abusive

Note: Most porn shows that abuse is part of a sexual relationship and that this is a normal behavior. However, it is not normal and unacceptable to abuse someone or treat someone in a disrespectful way.

When you see something, Would you do something?



SCENE 2

Ana and Peter are 16. Early on in their relationship, Peter pressured Ana to let him take nude photos of her. When Ana ended the relationship, Peter didn't accept this and kept messaging her to get her back.

When Ana didn't reply, Peter shared a nude picture of Ana with his friends on Instagram. Because of this Ana was targeted by peers for weeks, calling her a slut, etc.

Ana's close friends tried to show their support and comfort her privately, but no one had the courage to defend her on social media. People in the school started to laugh and talk about her behind her back. Ida was Ana's only friend who told her classmates to stop making the comments and to imagine how they'd feel if someone made that comment about themselves, their sister or girlfriend.

Have you ever witnessed an abusive act like this? Did you say or do anything? Did anybody else do or say anything?

What's your main concern?

That Ana is experiencing digital abuse and bullying

What do you do?

This is abusive behavior that can happen to anybody any time and can have serious consequences. Ask yourself what can you do to help Ana and to stop the abuse?

- Speak with Ana and ask how you can support her and if she wants to get an adult involved
- Ida is talking to her classmates, you can too!
- Speak up against the abuse on Social Media
- Tell everybody that this is abuse

How to help a friend who is being abused?

Watching a friend endure dating violence often leaves you feeling helpless and wanting to do something more to help them. By initiating a conversation about the violence, you are showing the victim that you care, and that she/he is not alone.

- **Tell the person who is being abused that you are concerned for his or her safety.** Make it clear that you know about the abuse, and that you are concerned. Tell your friend that he or she does not deserve to be abused.

- **Be there.** Listen without giving advice, unless it is asked for; instead, talk to your friend about the choices they have and let your friend know that you believe them.

- **Don't pressure your friend to break up with their partner,** and don't put down their partner, as this may drive your friend away.

- **Acknowledge that the abuse is not the victims fault.** Remind the friend that the abuser is responsible for the abuse. Tell the person that they are not alone.

- **Be supportive and patient.** It may be difficult for the person to talk about the abuse. Let your friend know that you are available to listen or help any time.

- **Avoid judging your friend.** The person may break up with and go back to the abuser many times before finally leaving the relationship. Do not criticize your friend for doing this, even if you disagree with the choices they make.

- **Encourage the person to talk to others who can provide help and guidance.** Offer to help the person talk to family, friends, a teacher/staff at school or to help them find a counselor or support group. If your friend decides to go to the police offer to go with them, but make sure you don't do the talking when you get there.

- **Do not confront the abuser during an act of violence** as it could be dangerous for you and your friend. It is best to call the police or get help from an adult in violent situations.

- **Remember that you cannot 'rescue' the person who is experiencing the abuse.** It is difficult to see someone you care about get hurt. However, your friend must be the one who decides what to do. Your job is to be supportive.



"The world will not be destroyed by those who do evil, but by those who watch them without doing anything"
-Albert Einstein

How to help a friend who is the abuser?

Most young people who act violently or abusive in a relationship do not consider themselves as being abusers. Many of them deny or do not think that such behaviour is a big deal.

You as a friend might find it difficult to believe that your friend is an abuser. Talking to a friend who has been violent is not an easy thing to do but it is a sign of a true friendship.

- When you talk to the friend who is abusive the following might help:
- Do not pretend that you don't know what is going on
- Be specific about what you have seen and how you feel about it.
- Tell your friend that this is not ok and that you won't allow this to continue.
- Make sure that your friend understands that they are responsible for their behavior and the consequences, because abuse/violence is a crime.
- Do not accept any excuses or justifications from them.
- Help them to find professional help, to talk with teachers at school or the school's psychologist or any other grown-up that they trust.
- Offer your friend your support during the process of seeking help.
- Tell your friend that you are worried and care about them.
- Be a role model for healthy relationships by treating them and others with respect.

Remember we all play a role in creating a culture of respect and Saying NO to violence and abuse! Don't be the bystander be the hero!!!

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All content in this magazine was inspired by a multitude of materials. Some of the materials have been used and many have been adapted to fit the specific context and age group and last but not least our amazing team has developed many!

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