



**Responsible
Inclusive
Sexuality
Education**

RISE provides and promotes trauma-informed, fact-based sexuality education in the greater Tri-Cities TN area and across the state. Our folx have diverse skills, identities, and experiences, and our approach is based on research and identified needs.

www.riseHFL.org   423-250-3046

Stop Sexual Assault & Domestic Violence Before It Happens

Creating a safer, healthier world

Responsible, inclusive sexuality education creates a healthier, less fearful, more equitable society by offering age-appropriate facts, developing communication and relationship skills, and emphasizing respect for others in a mixed-gender setting.

When people understand characteristics of healthy and unhealthy relationships and are empowered to talk without shame about bodies, sex, and sexuality, it is much harder for folx to hide abuse, manipulate partners, or assault without penalty.



The TN Coalition works to end domestic and sexual violence in the lives of Tennesseans through public policy advocacy, education, culture change, and support for response organizations.

tncoalition.org 615-386-9406



800-799-7233

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...with Responsible Inclusive Sexuality Education



**RISE: Healthy for Life and
the TN Coalition to End Domestic
and Sexual Violence**

What are sexual assault and domestic violence?

Sexual assault is any nonconsensual sexual contact with another person. This can range from sexual touch to rape (forcible penetration).

Domestic violence is behavior that attempts to control or intimidate an intimate partner or family member. This can include manipulation, isolation, or physical, sexual, emotional, or economic abuse.



What can we do...

- ...as parents?
- ...as friends?
- ...as partners?
- ...as neighbors?
- ...as educators?
- ...as students?

Sexual assault and domestic violence **ARE**:

- Demonstrations of power/control.
- Everyone's problem.
- The assaulter's/abuser's fault.

Sexual assault and domestic violence **ARE NOT**:

- Love.
- About sex.
- The victim's/survivor's fault.
- Just the way things are.
- OK.

Victims and survivors:

- Come from all income and education levels as well as all ages, genders, faiths, orientations, and colors.
- Often feel deep hopelessness, shame, and fear.

Assaulters and Abusers:

- Come from all income and education levels as well as all ages, genders, faiths, orientations, and colors.
- Often present a different face to the world than they do to their targets.

What does sex ed have to do with this?

We all are sexuality educators—for our kids, our friends, even our parents.

Teaching with facts **instills trust, encourages** important questions and **discussions, and leads to more responsible decision making.**

Intimidation, fear, and shame are poor teachers. These behaviors **can retraumatize survivors** and leave people defensive and without critical information they need to be healthy for life.

We can believe others, not judge them, and share these messages with them:

People are:

- Unique and worthy of compassion and respect.
- Infinitely diverse.
- Responsible for their own actions.
- Not entitled to anything from others.

Bodies are:

- Natural.
- Beautiful.
- Private.
- Our own.
- Important to care for.
- Nothing to be ashamed of.

We all are entitled to:

- Live by our own values.
- Create and maintain boundaries based on our values and needs.
- Be safe.
- Be ourselves.
- Enjoy and appreciate our bodies.
- Get accurate information about our bodies and ourselves.