# Having "THE TALK" again: Sex, love & everything in between

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# Talking to Your Kids

https://www.youtube.com/watch?v=LiH0\_2Xwzzg



# Who RU?

- U have the most influence over your young adult
- U can share knowledge and experience
- U can support and empower healthy choices
- U can inspire!
- What will U do?

# Harvard's Making Caring Common Study

- ▶ 87% of women reported experiencing one of the following during their lifetime:
  - Being catcalled (55%)
  - Touched without permission by a stranger (41%)
  - Insulted with sexualized words (e.g. slut, bitch and ho) by a man (47%)
  - Insulted with sexualized words (e.g. slut, bitch and ho) by a woman (42%)
  - Having a stranger say something sexual to them (52%)
  - Having a stranger tell them they are "hot" (61%)

### YET...

- Respondents reported never having conversations with their parents about the following:
  - How to avoid sexually harassing others (76%)
  - "Being sure your partner wants to have sex and is comfortable doing so before having sex" (61%)
  - "The importance of not having sex with someone who is too intoxicated or impaired to make a decision about sex" (57%)

# What do young adults want?

70% of 18-25 year olds reported wishing they'd received more info from parents about some emotional aspect of romantic relationships, including:

- How to have a more "mature" relationship (38%)
- How to deal with break-ups (36%)
- How to avoid getting hurt (34%)
- How to begin a relationship (27%)

## What Do You Know?



# Continuum of Sexual Experience



Ideal, Consensual Sex

#### **Cooperation:**

Hoping for something good

#### **Compliance:**

Avoiding negative outcomes

Forced Rape or Sexual Assault

"Regretted Sexual Experiences"

# Multiple Personalities

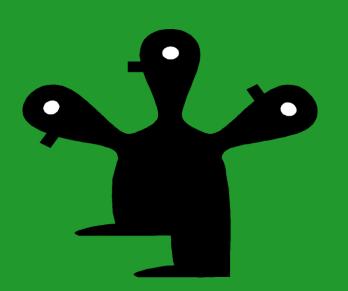
# Young adults are negotiating three different spheres

#### **After Dark**

- Parties
- Dates

#### **Daily Activities**

- Class
- Cafeteria
- Residence Hall



#### **Online**

- Twitter
- Email
- Texting

# What Would You Do?

https://www.youtube.com/watch?v=cBhnvCKHIrc&t=1561s 25:44



# Talking to Young Adults About Sexual Violence

- Process your own feelings about sex and sexual violence
- Increase your knowledge about the issues
- Know what values are important for you to share
- Use current affairs/media as ways to start the conversation
- Model open discussion



### And.....Action



## Sexual Violence and Title IX

- ► If a student wants CONFIDENTIAL support regarding an incident of interpersonal violence, they can talk to a student health services worker or a counselor at the Wellness Center
  - ▶ If the student wants to report an incident of interpersonal violence and file a Title IX complaint, they can:
    - Contact Title IX Manager, Nyssa Taylor, at (856) 256-5831
    - http://www.rowan.edu/equity/titleix/
- http://knowyourix.org/

# Student/Faculty Prevention Efforts

- Sexual Violence Prevention Committee
- Title IX Summit(s)
- October: Domestic Violence Awareness
- April: Sexual Assault Awareness
- It's On Us
- Green Dot Bystander Intervention Training
- Pact 5



# Next Steps

- Talk to your kids!
- It's not always comfortable but it IS always important
- Clearly communicate your expectations for your child's health and safety and those they are with
- Educate yourselves about the issues
  - www.livethegreendot.com

# THANK YOU!