

Avoiding

SEXUAL COERCION

Sexual Coercion is “the act of using pressure, alcohol or drugs, or force to have sexual contact with someone against his or her will” (source: talkwithyourkids.org).

You are the only person who has the right to choose what sexual activity you want to engage in.

No means no, and no one should be forced, manipulated or pressured into engaging in any type of sexual behaviors.



How does sexual coercion happen?

Sexual coercion can happen through physical force or emotional manipulation. A person may use threats, blackmail or anger to pressure someone into sexual behaviors.

Examples of verbal coercion:

- *If you really loved me, you'd do it.*
- *But you've already gotten my hopes up.*
- *You can't just make someone stop.*
- *I'll break up with you if you don't have sex with me.*

How can I avoid sexual coercion?

You always have the right to say no to sexual activity. Even if you've given someone consent in the past, that does not mean they have consent to engage in sexual activity with you again.

Here are some things you can say to try to avoid sexual coercion:

- *If you actually care for me, you will respect that I do not want to have sex.*
- *You must be mistaken. I do not want to have sex with you.*

If you need help, **talk to someone** who supports you and who you trust. If you ever feel like you or anyone you know is in serious danger, **call 911** and try to remove yourself or the person in danger from the situation **as soon as possible**.

If you see something, **SAY SOMETHING**. Scan this QR Code to report activity:

