



Glossary

Abuse- To insult, hurt, injure, and/or rape another person. **Such behaviors may include, but are not limited to: physical abuse, emotional abuse, financial abuse, spiritual abuse and/or verbal abuse.**

Accountability- Taking ownership when you've intentionally or unintentionally done something wrong, hurt someone else, or let someone down.

Aggression vs. Assertiveness- You can be *aggressive* on the field, but not off the field. You can be *assertive* off the field in a respectful way when you need to communicate boundaries with someone.

Catcalling- Making unwarranted comments at, shouting at, or harassing someone in public.

Coercion- When one person forces or attempts to force another to think or act in a different way.

Consent- When someone agrees, gives permission, or says "yes". **There is no such thing as implied consent, the absence of consent means STOP.**

- **Lack of consent-** when a person uses force, threat of force, harassment, threat of adverse action or other coercion, or when the victim is asleep, incapacitated, unconscious, or legally incapable of consent

Child Abuse- Any act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation of a child who is under the age of 18 or not an emancipated minor, **or any act or failure to act which presents an imminent risk of such harm to a child.**

Domestic Violence (DV)- A pattern of abusive behavior in any intimate relationship that is used by one partner to gain or maintain power and control over another intimate partner. It occurs in heterosexual and same sex relationships and impacts individuals from all economic, educational, cultural, age, gender, racial, and religious demographics. **Domestic violence includes, but is not limited to, physical or sexual violence, emotional and/or psychological intimidation, verbal violence, stalking, economic control, harassment, physical intimidation, or injury.** Notwithstanding this definition, a single incident of abusive behavior in any intimate relationship may subject a Player to discipline under this Policy.

Emotional/Psychological Abuse- Behaviors that cause emotional harm to another person. **Some examples include name calling, insulting, gaslighting, threatening, humiliating, blaming, cheating, playing mind games, questioning someone's reality.**

Economic/Financial Abuse- When a person uses finances to establish and maintain power and control over a survivor. **Examples include controlling a partner's finances, taking a survivor's money without permission, giving the survivor an allowance, prohibiting/limiting a survivor's access to bank accounts or credit card, denying the survivor the right to work and/or sabotaging their credit.**

Equity- Refers to fairness and justice. Different from equality: whereas equality means providing the same to all, equity means recognizing that we do not all start from the same place and must acknowledge and make adjustments to imbalances.

Intimate Partner Violence (IPV)- Describes physical violence, sexual violence, stalking, or psychological harm by a current or former partner or spouse. **This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.**

Implied Consent- Occurs through the actions or conduct of a person rather than direct communication through words. **Sexual consent is never implied by things like past behavior, what one wears, or where they go. Sexual consent is always clearly communicated. Silence is not consent.**

Gaslighting- A form of emotional and psychological abuse that leads a survivor to question their perception of reality, sanity, or memories. **This form of abuse usually happens gradually and may at first seem harmless. However, over time, gaslighting can be extremely harmful to the survivor's self-confidence and mental health. Gaslighting is not limited to romantic relationships, but also happens in friendships, with family members, in the workplace, and in public life and politics.**

Gender Identity- Gender identity describes our internal understanding and experience of our own gender identity. **Each person's experience of their gender identity is unique and personal, and cannot be known simply by looking at a person.**

Gender Expression- The way in which we present or express our gender. **Can include physical appearance, clothing, hairstyles, or behavior.**

Healthy relationships- Characteristics of a healthy relationships include communication, respect, trust, honesty, equality, setting boundaries, consent, and support.

LGBT- an umbrella term for people identifying as Lesbian, Gay Bisexual, or Transgender

- **(L) Lesbian-** a female-identified person who is attracted to other female-identified persons
- **(G) Gay-** a male-identified person who is attracted to other male-identified persons

- **(B) Bisexual-** Used to describe people who have the capacity to form attraction and/or relationships to more than one gender.
- **(T) Transgender-** An umbrella term used to describe people whose gender identity differs from the sex they were assigned at birth. Many transgender people will transition to align their gender expression with their gender identity, however, you do not have to transition in order to be transgender.

People who cause harm- People who cause physical, emotional, or psychological harm. **Previously referred to as abusers, perpetrators or batterers**

Personal Boundaries- Limits and rules we set for ourselves within relationships. **A person with healthy boundaries can say “no” to others when they want to, but they are also comfortable opening themselves up to intimacy and close relationships.**

Pronouns- Names and pronouns are a common way to communicate one’s gender. Honoring a person’s name and pronouns shows respect and acknowledgement of their gender and identity. **We cannot assume someone’s pronouns, in the same way we cannot assume someone’s name.** It’s always best to confirm with a person what their name and pronouns are. You can do that by asking, or by introducing your own pronouns when you meet a person, which gives them the opportunity to share theirs.

Rape- Rape is a form of sexual assault, but not all sexual assault is rape. The term rape is often used as a legal definition to specifically include sexual penetration without consent. For its Uniform Crime Reports, the FBI defines rape as “penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.” **What is defined as rape can vary state to state as each state has their own definition of what constitutes rape.**

Sex- The classification of a person as male, female, or intersex. When we are born, doctors usually decide whether female or male will be listed on our birth certificate. This sex assignment at birth is typically based solely on one’s genitals, however sex characteristics also include chromosomes, gonads, and sex hormones. **Our sex assigned at birth may or may not correspond to our gender.**

Sex-based discrimination- Treating someone unfavorably because of their sex, gender, or sexual orientation.

Sexual Abuse- Unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent

Sexual Assault- A range of behaviors, including a completed nonconsensual sex act, an attempted nonconsensual sex act, and/or nonconsensual sexual contact. **Lack of consent is inferred when a**

person uses force, harassment, threat of force, threat of adverse personnel or disciplinary action, or other coercion, or when the victim is asleep, incapacitated, unconscious or legally incapable of consent.

Sexual Consent- When someone agrees, gives permission, or says "yes" to sexual activity with other persons. **Consent is always freely given and all people in a sexual situation must feel that they are able to say "yes" or "no" or stop the sexual activity at any point.**

Sexual Harassment- Any unwelcome sexual advances, sexual jokes, requests for sexual favors, and unwelcome verbal or physical conduct of a sexual nature. **Sexual harassment becomes a workplace threat when anyone in the workplace engages in sexually harassing others.**

Sexual Orientation- A person's physical, romantic, emotional, and/or spiritual attraction to another person.

Sexual Violence- An all-encompassing term that refers to sexual assault, rape, and sexual abuse (see definitions)

Stereotypes- Preconceived assumptions about a person or group.

Substances - Substances include drugs, alcohol, stimulants, depressants, opioids, and hallucinogens that can inhibit a person's physical and mental abilities and affect their judgment. **The use of substances ≠ implied consent.**

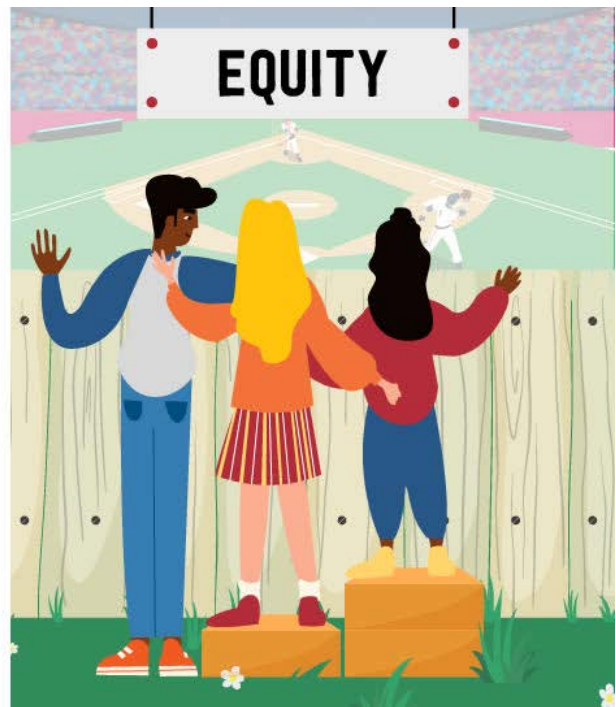
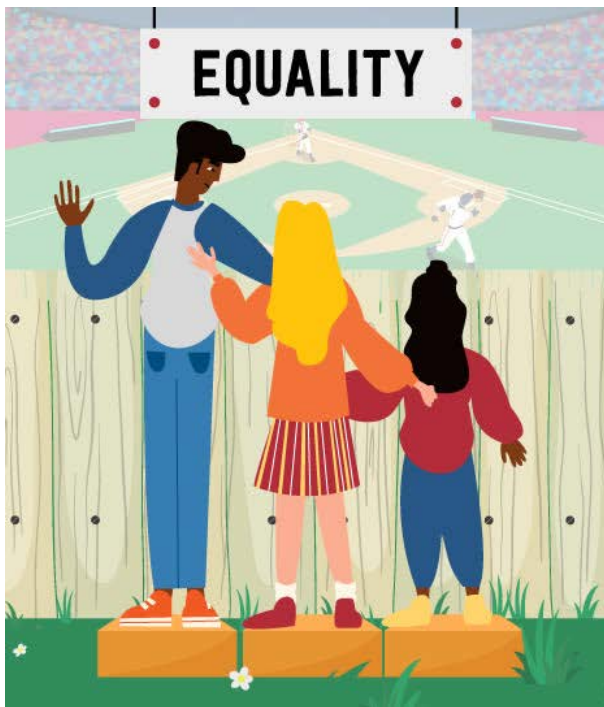
Survivor- A person who was or is being abused or harmed by another person, **formally referred to as victim.**

Unhealthy relationships- Characteristics of an unhealthy relationship include dishonesty, constant jealousy, mocking, possessiveness, manipulation, isolation, belittling

HEALTHY RELATIONSHIP WHEEL- VIA RESPECT MATTERS



EQUALITY VS. EQUITY- VIA FIRST 5 CA



FORMS OF ABUSE- VIA BREAK THE CYCLE



FORMS OF ABUSE

SEXUAL ABUSE



Sexual activity that occurs without willing, active, unimpaired consent, such as unwanted sexual touch, sexual assault, rape, or tampering with contraceptives.

PHYSICAL ABUSE

Any intentional use of physical touch to cause fear, injury, or assert control, such as hitting, shoving, & strangling.



EMOTIONAL/VERBAL ABUSE



Non-physical damaging behaviors like threats, insults, screaming, constant monitoring, or isolation.

FINANCIAL ABUSE

Exerting power and control over a partner through their finances, such as taking or hiding money, or preventing a partner from earning money.



STALKING



Being repeatedly watched, followed, monitored, or harassed. Can occur online or in-person, & include giving unwanted gifts.

DIGITAL ABUSE

Using technology to bully, stalk, threaten, or intimidate a partner using texting, social media, apps, tracking, etc.



breakthecycle.org

Copyright: Break the Cycle 2017

RELATIONSHIP SPECTRUM - VIA FUTURES WITHOUT VIOLENCE



Healthy
Relationship
Behaviors



Unhealthy
Relationship
Behaviors



Abusive
Relationship
Behaviors

RIGID, POROUS, AND HEALTHY BOUNDARIES VIA UC BERKELEY

Common traits of rigid, porous, and healthy boundaries.		
Rigid Boundaries	Porous Boundaries	Healthy Boundaries
<p>Avoids intimacy and close relationships.</p> <p>Unlikely to ask for help.</p> <p>Has few close relationships.</p> <p>Very protective of personal information.</p> <p>May seem detached, even with romantic partners.</p> <p>Keeps others at a distance to avoid the possibility of rejection.</p>	<p>Overshares personal information.</p> <p>Difficulty saying "no" to the requests of others.</p> <p>Overinvolved with other's problems.</p> <p>Dependent on the opinions of others.</p> <p>Accepting of abuse or disrespect.</p> <p>Fears rejection if they do not comply with others.</p>	<p>Values own opinions.</p> <p>Doesn't compromise values for others.</p> <p>Shares personal information in an appropriate way (does not over or under share).</p> <p>Knows personal wants and needs, and can communicate them.</p> <p>Accepting when others say "no" to them.</p>