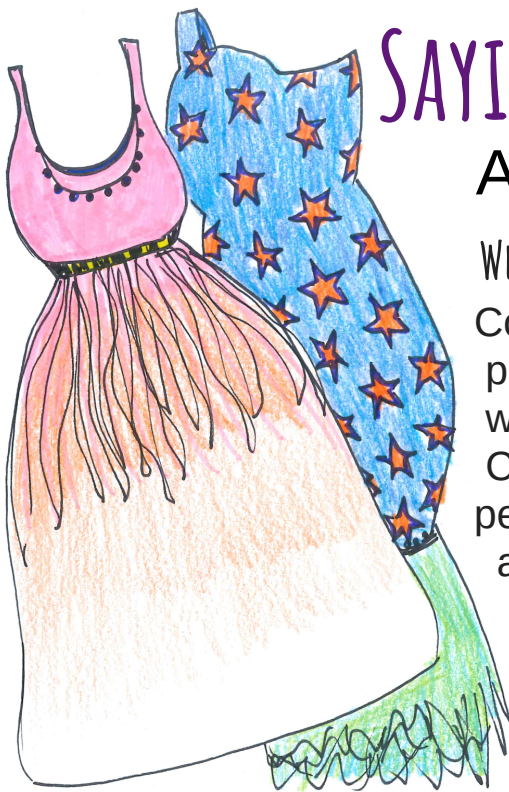


Love Notes

A NEWSLETTER FOR TEENS & YOUNG ADULTS ABOUT LOVE, RELATIONSHIPS, AND EVERYTHING IN-BETWEEN

PUBLISHED BY **WOMEN AGAINST ABUSE**

Special Prom Issue!



SAYING "YES" TO THE DRESS:

A Discussion About Consent

WHAT IS CONSENT?

Consent is the communication that happens between people, especially romantic partners or people who want to be physically/sexually intimate together. Consent is, in essence, permission given from one person to another. It is important that both individuals ask for and are asked for consent. Doing this supports each individual in having their boundaries respected and met. Consent can consist of:

- Explicitly agreeing to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying"
- Asking for clarity to be sure you know exactly what activity is being okayed (if you are receiving consent)
- Clearly defining the activity you are saying "yes" or are giving consent to
- Regularly checking in with your partner. Ask "Is this okay?" or "How are you feeling?"

CAN I CHANGE MY MIND AFTER GIVING CONSENT?

Absolutely! Consent is an ongoing conversation. It's okay to tell your partner that you are no longer comfortable with the intimate or sexual activity you are doing and you want to stop. When someone communicates that they are uncomfortable or want to stop, it is important to respect their decision.

BUT WAIT! THERE'S MORE!!!

Read the rest of this article and bonus articles at [http://bit.ly/waaloventotes!](http://bit.ly/waaloventotes)

About Love Notes

Love Notes is a newsletter created by the Educators of Women Against Abuse's S.A.F.E.R.™ (Safety Awareness for Every Relationship) program to provide information about healthy, safe relationships to teens and young adults in and around Philadelphia.

If you are in a violent relationship and need help in Philadelphia, contact the Philadelphia Domestic Violence Hotline at 1-866-723-3014. Counselors are available 24/7, and all calls are confidential.

© 2018, Women Against Abuse, Inc.

This project is supported by Grant No. 2015-CY-AX-0010 awarded by the Office of Violence Against Women, Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Department of Justice, Office on Violence Against Women.

JESSICA'S STORY

A Relationship Serial by Damyra, age 15

Jessica and Jordan decide to meet



The conversation begins well



Jordan gets angry again



They agree to work on it



Jordan's imagination wanders...



Jessica doesn't know what to do



In the last issue of **Love Notes**, Jessica and Jordan started dating. Things were going well until Jordan exploded at Jessica for texting with a guy friend about a school project. She didn't like that side of him and wasn't sure what to do.

Jessica decided to talk things out with Jordan. He had texted her several times to check in and it seemed like he really cared about keeping the

relationship going. She figured that, if he cares that much, she should give him another chance. It didn't feel right for her to cut others out of her life just because Jordan wanted her to. Shouldn't he trust her?

Jessica and Jordan met to talk about what had happened. At first it was going well. Jordan said how bad he felt. But when Jessica told him how it had made her feel, Jordan

thought she was ending things. He called her a flirt and said if she didn't want to be with him, then she should just leave. Jessica reassured him that she wasn't trying to break up with him. Once she calmed him down, he apologized and said that he just wasn't comfortable with her having guy friends. He said that he trusted her but not them. Jessica nodded. She didn't really agree, but didn't want to upset him again.

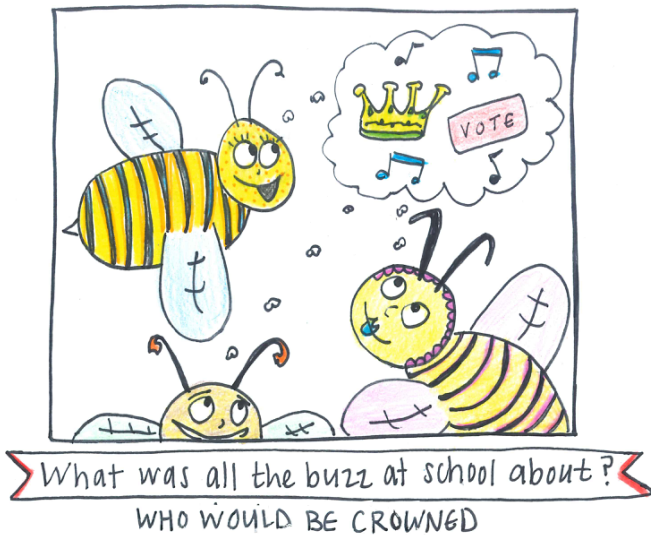
(Continued on page 3)

SUMMER DATE IDEAS: WORD SCRAMBLE

Unscramble the words below to reveal different summer date ideas!

1. R W T E A C E I _ _ _ _ _ _ _ _ (E)
2. G M S I M N W I O P L O _ _ _ _ _ _ _ _ _ _ _ _ _ _
3. T E K I G F I N L Y _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
4. O T O R O U D V I M O E (O) (O) _ _ _ _ _ _ _ _ _ _ _ _ _ _
5. I S A H K O S W C I N K I H E _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ (E)
6. N R L F A K I N R Q E S U A _ _ _ _ _ _ _ _ _ _ _ _ _ _
7. E R E F B Y I L R A R _ _ _ _ _ _ _ _ (R) _ _ _ _

Now, re-arrange the circled letters to the answer to the riddle!



_ R _ _ _ _ _ E _ _ _ _ _ E _ _ _ _

SPREAD THE LOVE ON SOCIAL MEDIA!

Tell your friends about *Love Notes*, and share your thoughts about love, dating, and healthy relationships with other teens and young adults on Facebook and Twitter using hashtag **#LoveNotesPhilly**

• ***(Jessica's Story, from page 2)***
 • They agreed to stay together and kissed good-bye, but both left feeling sad and angry.

• When Jessica got home she had another text from her study partner Richard. She felt torn. She didn't want to betray Jordan's trust, but it also didn't feel fair that she had to end friendships. She typed a response but didn't press send. She was nervous that Jordan would want to check her phone and didn't want to risk it. Richard texted her a few more times and she started to feel guilty so she turned off her phone and went to sleep. When did something so small like a text message get so complicated?

• ***Why do you think Jordan doesn't want her to have guy friends?***
 • ***Which warning signs of an abusive relationship could that be a sign of?***
 • ***How does Jordan's explosive temper have an effect on Jessica's power in the relationships? Find out what happens in the next Love Notes...***