

Healthy Relationships and Prevention

Sex trafficking, sexual exploitation, and other forms of sexual violence do not happen in isolation. Harmful attitudes, beliefs, and practices can create an environment in which sexual violence seems “normal.” It is in this type of environment that sex trafficking and sexual exploitation thrive.

Unless we help youth understand the difference between healthy and unhealthy relationships, individuals who perpetrate sexual violence will continue to believe they are doing nothing wrong, and victims will believe they should accept violence as a normal part of life.

What community policies and practices need to be changed in order to ensure that young people are learning about healthy relationships?

In what ways can I advocate for and model healthy relationships in my personal and professional life?

ISSUE

ASK

“It’s really important to learn what healthy relationships are . . . and what unhealthy relationships are. If you don’t know what an unhealthy relationship is it’s easier to get sucked into one.”

-Survivor, Voices of Safe Harbor

LEARN

ACTION

- Learn more about preventing sexual violence. <http://www.mncasa.org/prevent/>
- Learn from survivors. *Voices of Safe Harbor: Survivor & Youth Input for Minnesota’s Model Protocol on Sexual Exploitation and Sex Trafficking of Youth.* <http://www.hennepin.us/~media/hennepin.us/your-government/projects-initiatives/documents/no-wrong%20door-voices.pdf?la=en>

- Connect with school administrators, parent-teacher association members, and other youth serving programs to find out more about what they are doing to teach youth about healthy relationships.
- Contact local legislators and ask them to support legislation for updating the existing school sexually-transmitted disease programs to include a focus on pregnancy prevention and promoting healthy relationships.

