

# Remembering the Sacredness of Your Body

- I feel comfortable and safe expressing my choices about how and when someone touches my body.
- We agree about when and how to have sex. If I say “no,” my partner respects me and stops.
- My partner supports my use of any type of birth control. When I ask to use condoms, my partner always listens.
- My partner respects and understands the sacredness of having children, and honors my voice when the time is right to have children.

## Facts about Sex

- Sex changes relationships. Make sure it is what you and your partner really want to do.
- You can get pregnant the first time you have sex, or during your period
- Withdrawal, taking the penis out of the vagina just before ejaculation (or “coming”) doesn’t always prevent pregnancy.
- Using condoms every time helps protect against STDs, HIV, and pregnancy.
- Your partner can have an STD without them or you knowing it. Getting an STD test is the only way to know for sure.

**FUTURES**  
WITHOUT VIOLENCE™

Formerly Family Violence Prevention Fund

[FuturesWithoutViolence.org](http://FuturesWithoutViolence.org)

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MY SAFE NUMBER:

## National Hotlines

When the Hotline answers the phone:  
Let them know you are Native  
and ask for the nearest  
Native American Service Provider

National Domestic Violence Hotline  
1-800-799-SAFE (7233)  
TTY 1-800-787-3224

Sexual Assault Hotline  
1-800-656-4673

Child Abuse Hotline  
1-800-422-4453

**We Are**

**Sacred**

# We are Sacred

Domestic and sexual violence was originally not part of Native life and it was never tolerated.

Women were honored and considered sacred as life and care givers.

Our traditions, ceremonies, songs and prayers, respect the mind, body, spirit and integrity of all people.

**As nurturers of women, we share this card and these truths with our friends, sisters, and relatives**

## Are you In a Balanced Relationship?

- Does your partner honor your family and friends?
- Is your partner kind and loving?
- Does your partner value your decisions and opinions?
- Does your partner appreciate your traditions, culture and spirituality?
- Is your partner respectful of your path as equal and as important as theirs?

If you answered **YES** to these questions, it is likely you are in a **balanced healthy relationship**.

## Are you in an Unbalanced Relationship?

- Does your partner control who you see, including friends, family and spiritual leaders?
- Does your partner make you have sex when you don't want to?
- Is your partner twisting tradition to prove they are better and you are nothing?
- Does your partner shame you in front of family?
- Does your partner make you drink or do drugs to have sex with you?

If you answered **YES** to even one of these questions, your health, spirit and safety may be in danger. Talk to someone you trust: a relative, friend, advocate or healthcare provider.  
**Remember, It Is Not Your Fault... You Are Not Alone**

## Your Right to Control Your Body

Is your partner pressuring you to get pregnant?

- You have a right to birth control that you control (like shot/injection, implant, IUD).
- If you have access to emergency contraception ("morning after pill"), it can be taken up to five days after unprotected sex to prevent pregnancy.
- The IUD is a safe device a doctor can put inside your womb to prevent pregnancy up to ten years. The strings can be cut so your partner won't know. The IUD can be taken out by a doctor any time you are ready to get pregnant.