

P.O.W.E.R. Glossary

~A~

➤ ABUSE

The intentional physical, emotional or sexual invasion of another's boundaries; mistreatment or misuse of another person. In an unhealthy relationship there are three main types of abuse: physical, emotional and sexual.

➤ ABUSER

A person who intentionally invades another person's boundaries; an individual who misuses their power and control over another individual.

➤ ABUSIVE RELATIONSHIP

An unhealthy relationship in which one or both persons intentionally invades another person's boundaries, and in doing so is emotionally, physically or sexually abusive. Some warning signs of an abusive relationship are extreme jealousy, possessiveness, controlling attitude, low-self esteem, unpredictable mood swings, alcohol and drug use, and explosive anger. (see these definitions for further information)

➤ ACQUAINTANCE RAPE

Sexual assault/rape by someone the victim knows.

➤ ACTIVE RESISTENCE

Resisting an attacker by actively trying to discourage or prevent the attack by doing such things as screaming or fighting back. There is no guarantee that this is the right thing to do. It may discourage the attack, but it could also anger the person and cause them to attack more forcefully.

➤ AGE OF CONSENT LAW

An individual under the age of eighteen cannot legally consent to have sexual intercourse with another individual, regardless of that individual's age.

➤ AGGRESSIVE COMMUNICATION

Asking for what you want or saying how you feel in a threatening, sarcastic, or humiliating way. Aggressive communication is never in your best interest because it leads to increased conflict and a false sense of power.

➤ **ALCOHOL ABUSE**

When an individual misuses alcohol by consuming too much or too frequently. Dating violence often occurs when one or both partners have been abusing alcohol (or drugs). Along with drug abuse, alcohol abuse is the number one factor leading to date and acquaintance rape. While alcohol lowers a person's self-control, it is not the direct cause of violence.

➤ **ASSAULT**

Using physical force to restrain or force another person to do something against their will.

➤ **ASSERTIVE COMMUNICATION**

Asking for what you want and saying how you feel in an honest and respectful way that does not violate another's rights or put them down. This type of communication is almost always in your best interest since it is your best chance of getting what you want without offending the other person(s). There are times when assertive communication may be inappropriate, for example, when tempers are high, if people are using drugs or alcohol, if people have weapons or if you are in an unsafe place. Using an "I" Message is an example of assertive communication. (see "I" message definition for more information)

~B~

➤ **BOUNDARIES**

The physical and emotional limits a person sets in a relationship. In a healthy relationship each person feels comfortable clearly defining their boundaries and respects the other person's boundaries. Each individual has a right to set their boundaries where they would like to and has the freedom to change them if needed.

➤ **BULLYING**

Taking away another person's power by intentionally invading their physical, emotional or sexual boundaries

~C~

➤ **CHILD MOLESTATION**

Intentionally or knowingly engaging in or causing a person to engage in sexual contact, except sexual contact with the female breast, with a child under fifteen years of age.

➤ **COMMUNICATION**

The process of talking and listening to achieve the goal of understanding. In healthy relationships people communicate what they want, need and feel in an honest and respectful way.

➤ **CONSENT**

To give permission; to agree to something willingly and freely.

➤ **CONTROLLING ATTITUDE**

This happens when one partner rules the relationship and makes all the decisions. The controlling partner might tell the other person how to dress, whom to talk to, and where to go.

➤ **CYCLE OF VIOLENCE**

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Relationships begin in the Honeymoon Phase where faults and certain behaviors are often overlooked. As the Honeymoon Phase ends, in unhealthy relationships tension and frustration leads to anger and abuse. The abuse is followed by apologies and promises in attempt to get back to the Honeymoon Phase. Each time the cycle continues the abuse worsens. The cycle can often be broken through positive communication and counseling when tension and frustration build.

~D~

➤ **DATE RAPE**

Sexual assault/rape by someone the victim has a relationship with, or has been socially involved with prior to the assault.

➤ **DATE RAPE DRUG**

Illegal drugs and controlled substances which are considered "anesthesia-type" drugs which are administered to a victim often without them knowing, and render the victim physically incapacitated or helpless and thus incapable of giving or not giving consent. Examples of date rape drugs include: Rohypnol, Ecstasy, Ketamine, GHB.

➤ **DATING VIOLENCE**

Any form of emotional, physical or sexual violence or abuse that occurs in a dating relationship.

➤ **DRUG ABUSE**

The misuse of illegal drugs or controlled substances. Along with alcohol abuse, drug abuse is the number one factor leading to date rape, sexual assault, and other forms of dating violence. Drug use lowers a person's self-control, but is not the direct cause of violence.

~E~

➤ **EMOTIONAL ABUSE**

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The act of mistreating or misusing another individual in a way that is emotionally damaging. Examples of this type of abuse include: ignoring someone's feelings, withholding approval or affection, humiliating someone in public or private, ridiculing beliefs, religion, race or heritage.

➤ **EMOTIONAL BOUNDARIES**

The emotional limits or the emotional space a person needs in a relationship. Emotional boundaries are crossed when we are exposed to put-downs, name-calling and are ridiculed by others. One example of emotional boundaries is that we all disclose personal information at different levels to different people.

➤ **EMPOWERMENT**

To empower someone is to give them power, to let a person know about the power they already have. One of the goals of the P.O.W.E.R. program is to show teens that they each have power while giving them the tools to use their power in positive ways.

➤ **EMPATHETIC LISTENING**

An empathetic listener seeks first to understand the person they are communicating with, then to be understood. An empathetic listener is patient, sincere, listens for the content and feeling shared, and tells the person what they are hearing. Since the goal of this type of listening is understanding, it is important that the listener look at things from the other person's perspective.

➤ **EMPATHY**

The ability to see the world the way another person sees it, from another person's frame of reference.

➤ **EQUALITY**

Refers to the balance of the relationship. In a healthy relationship, each individual has equal input into decisions made regarding the relationship.

➤ **EXCESSIVE MOOD SWINGS**

A dramatic shift in moods, for example being jealous or controlling or abusive one minute and being sweet, charming or loving the next minute. No one stays in the same mood all of the time, however when a person is constantly and unpredictably in a different mood it can be a warning sign of an abusive relationship.

➤ **EXPECTATIONS**

Expectations in a relationship include the things that you expect, need, and want in a relationship. It is important that each individual shares his or her expectations honestly and openly to limit miscommunication, mixed messages, and the crossing of other's boundaries.

➤ **EXPLOITATION**

To take advantage of another individual for one's own interest or gain. In date and acquaintance rape or sexual misconduct with a minor, things such as age, alcohol, drugs (including date rape drugs) are used in exploiting the victim(s).

➤ **EXTREME JEALOUSY**

Everyone gets jealous or envious occasionally. An extremely jealous person acts on their jealousy and may become jealous over things which seem normal or unimportant. Signs of an extremely jealous person are: anger when their partner talks with other people or has good friends and expresses warm feelings for anyone else. The jealous person may withdraw, sulk or become angry and abusive.

➤ **EYE OF THE BEHOLDER**

The idea that the person perceiving or receiving treatment determines the quality, meaning or value of the behavior. In terms of sexual harassment this means that it is the individual perceiving the behavior who determines whether it is wanted or unwanted attention, not the person who is giving the attention.

~F~

➤ FLASHERS

Individuals who show or flash other individuals the private parts of their body. (Private Parts: penis, vagina, breast or buttocks.)

➤ FLIRTING

Wanted or welcome sexual attention, perceived by the person receiving the attention.

➤ FORCE

To use coercion, strength or power to control or persuade an individual to do something against their will.

~G~

➤ GENDER STEREOTYPES

Ideas which assert that all members of a gender are similar with no individual differences. Gender stereotypes and biases can lead to and allow for harassing behaviors and even abusive behavior. It is important to challenge these stereotypes.

~H~

➤ HEALTHY RELATIONSHIP

A relationship that lifts a person up and makes them feel good about themselves and the other person. Healthy Relationships have mutual respect, good communication, boundaries, trust, positive self-esteem and equality.

➤ HOSTILE ENVIRONMENT

Conduct of a sexual nature that is sufficiently severe, persistent or pervasive thereby limiting a student's ability to participate in or benefit from the education program or to create a hostile or abusive educational environment.

~I~

➤ **"I" MESSAGES**

One form of assertive communication that allows an individual to ask for what they want and say how they feel in an honest and respectful way that does not violate the other person's rights or put them down.

Example: I feel____, when you____, and I want you to____.

➤ **INCEST**

Sexual relations within the family; sexual abuse/assault by someone related to or living within the home of the victim.

➤ **INTUITION**

A feeling that something is not right about a person, place or situation. A person's gut feeling that something is wrong when they are in an uncomfortable or unsafe situation.

➤ **ISOLATION**

To isolate someone is to get someone apart or away from others. Abusers often attempt to separate their victims from friends, family and acquaintances as a way of controlling them. When an individual is isolated from others it is hard for them to seek help, and difficult for others to know what is happening in the relationship. Isolation contributes to individuals staying in violent and abusive relationships.

~K~

➤ **KICK THE DOG CYCLE**

The passing on of negative power from one person to the next.

~L~

➤ **LAWS, SEXUAL HARASSMENT**

See Title IX

➤ **LOW SELF-ESTEEM**

A person who does not feel good about themselves. Low self-esteem is one cause of abusive behavior in relationships.

~M~

➤ **MANDATED REPORTER**

Any adult (parents included) who works with children in any capacity is a mandated reporter, thereby required by law to report any knowledge or suggestion of any form of abuse of a minor.

➤ **MISCOMMUNICATION**

When understanding is not reached in communication. This happens often in an unhealthy relationship.

➤ **MIXED MESSAGES**

Actions, appearances, or words that can give an unintended message. It is important that you mean what you say and say what you mean. For example, when you say "NO" with your mouth, your body needs to be saying "NO" also.

➤ **MYTH**

A story, saying or idea which is fictitious or not true. There are many myths about dating violence, sexual harassment and date and acquaintance rape. It is important to dispel these falsities to facilitate honest discussions and develop appropriate responses to prevent acts of violence and abuse from occurring.

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~P~

➤ **PASSIVE COMMUNICATION**

When an individual does not express his or her own needs and feelings, or expresses them so weakly that they will not be addressed.

➤ **PASSIVE RESISTANCE**

An attempt to discourage an attacker by trying to calm the person down and persuade them not to commit the assault. Gaining the person's confidence may allow the victim to escape to a safe place or scream to attract other's attention. You may be able to discourage the attacker by claiming to be sick or pregnant, by fainting or acting crazy.

➤ **PEEPING TOMS**

Individuals who watch others while they are changing or in a state of undress. This is against the law and should be reported to the police if observed.

➤ **PERPETRATOR**

An individual who has committed a crime and/or abusive or violent act.

➤ **PHYSICAL ABUSE**

Intentionally invading another person's physical boundaries or personal space. Examples are hitting, pushing, or standing too close.

➤ **PHYSICAL BOUNDARIES**

The physical limits or personal space a person needs in a relationship.

➤ **PORNOGRAPHY**

Pictures, movies, magazines, or internet sites in which people are not wearing clothes or performing sexual acts. These pictures, movies, magazines and internet sites are used for another person's sexual pleasure.

➤ **POSSESSIVENESS**

Treating another person as if they are a possession or a belonging. This is a warning sign of an abusive relationship. A possessive person will not want his or her partner to share time or give you attention to anyone else.

➤ **POWER**

The ability to do or act; authority or influence; force or strength. Everybody has power.

➤ **PREVENTION**

To stop or to keep something from happening.

~Q~

➤ **QUID PRO QUO**

A Latin term literally meaning "This for That." This term refers to a type of sexual harassment, similar to blackmail, in which an individual of greater authority sexually harasses a person of lesser authority and blackmails or bribes them into allowing the harassment to continue.

~R~

➤ **RAPE**

Internal violation; such as forced penetration of the body through the mouth, vagina or rectum. Forced sexual intercourse. See Sexual Assault.

➤ **RELATIONSHIP**

A bond or connection with another person. Different types of relationships include friendship, dating, family and peers.

➤ **RESPECT**

To respect someone is to feel and show honor, esteem, regard or consideration for another person.

➤ **RUMORS**

Rumors are unconfirmed stories or lies spread around and shared with other people. Rumors can be very hurtful to people because they are often very abusive and vulgar in content and encourage others to believe something negative or personal about another person.

~S~

➤ **SELF-ESTEEM**

A term used to define how a person feels about themselves.

➤ **SELF-PROTECTION**

Precautionary steps which a person can take to keep themselves as safe as possible and reduce the risk of harm in from dangerous situations.

➤ **SEXUAL ABUSE**

External violation; forced or tricked fondling or touching.

➤ **SEXUAL ASSAULT**

Internal violation; forced penetration of the body through the mouth, vagina or rectum. Forced sexual intercourse. See Rape.

➤ **SEXUAL MISCONDUCT WITH A MINOR**

An individual over the age of eighteen, having sexual intercourse with a minor under the age of eighteen.

➤ **SEXUAL HARASSMENT**

Any unwelcome sexual advance, requests for sexual favors and other verbal or physical conduct of sexual nature.

➤ **STEREOTYPE**

The idea(s) that all members of a group are similar with no individual differences.

➤ **SUBMIT**

Forced to give in to the power and control of another. To give in against your will.

~T~

➤ **THOUGHT-SWITCHING**

Stopping negative thoughts and replacing them with positive thoughts. For example changing: "I am so stupid, I'll never be able to do this" to "I might be nervous, but I can give it my best."

➤ **TITLE IX**

Title IX of the Education Amendment of 1972 was created to prevent and remedy sexual harassment in the schools in order to ensure a safe learning environment in which students can learn. This title makes sexual harassment illegal in the schools, and requires school administration to deal with sexual harassment and provide a safe learning environment for all students. Ignoring or failing to deal with sexual harassment may be punishable by law.

➤ **TRUST**

To have firm confidence, belief or reliability in another person. In a relationship, especially with friends, family member or partner trust is essential to openly and honestly communicate ideas, feelings and opinions.



➤ **UNDERSTANDING**

When individuals are able to communicate effectively and see another person's perspective. Empathy is key in obtaining understanding.

➤ **UNHEALTHY RELATIONSHIP**

An unhealthy relationship is one in which there is any type of abuse or violence, including: emotional, physical or sexual abuse; sexual harassment; and or rape/sexual assault. Some warning signs of an unhealthy relationship include: extreme jealousy, miscommunication, controlling attitudes, possessiveness, violent temper, uncontrollable mood swings and drug or alcohol abuse.



➤ **VERBAL PRESSURE**

Forcing, coercing or abusing power over another person to control or persuade them to do something using verbal threats, lies or other verbal communication. Examples of verbal pressure use in date and acquaintance rape include: "If you love me, you will have sex with me," "If you do not have sex with me, I will break up with you," or " I will kill you if you do not have sex with me."

➤ **VICTIM**

An individual whom has suffered loss, injury, pain or death as a result of abuse or violence committed by another individual.

➤ **VIOLENCE**

Action or behavior having great or extreme physical, verbal or sexual force.

➤ **VIOLENT TEMPER**

A violent temper is a warning sign of an unhealthy relationship. An individual with a violent temper becomes aggressive or abusive as a result of an incident in which they get angry or upset. Examples of a violent temper would include: hitting walls or lockers, yelling loudly, calling names, or threatening others with violence.

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~X~

~Y~

~Z~