

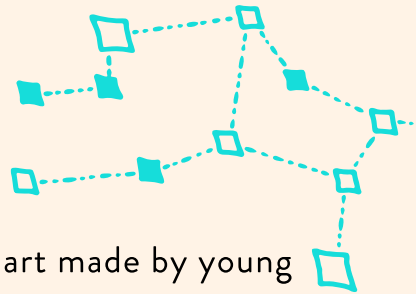
WORKING TOWARD A VIOLENCE FREE COMMUNITY



A DIGITAL ZINE SHOWCASING
YOUTH VOICES AND ART

CREATED BY YOUTH, FOR
EVERYONE IN OUR
COMMUNITY

It's all about community!



Thanks for reading through this zine!

We created this project to bring our community together and to showcase art made by young people.

Even though this zine is about preventing sexual violence, it's more about bringing us together. We want to inform and educate our community about issues that affect all of us.

A lot of people have experienced violations, whether you have personal experience, or have a friend or family member who has experienced violence.

We hope this zine will help you understand these issues and give you a foundation to then learn more on your own!

Take this zine—whether in print or digital—and use it to help spark conversations in your life. The contents of this zine are applicable to all relationships, whether it be your family, your friends, or your romantic partners.

WRITTEN, DESIGNED, AND CREATED BY YOUTH AGES 14-18 IN SAN LUIS OBISPO COUNTY



No matter your age, you can get involved and make an impact in your community. It's important that this was written by us, for the community because these are issues that young people are facing, and we want to share it from our point of view.

We want to show other young people that they also have a voice and can make a difference in their communities. We hope to inspire the younger generation to make change.

Youth provide a new perspective and that allows everyone to take a look into what our generation is advocating for. And we will keep advocating for this until we are in a community that is safe for everyone.



"I used graphite drawing pencils and a white paint pen to create this artwork. The eyes have seen violence and experienced pain. The tears represent the anguish caused by violence, but they can also wash away the hatred and support new growth. The petals represent the potential for new perspective, regeneration, and healing. The eyes see a new future with hope for positive change."

**ESTELLA EUALTE
SHE/HER, 14**

Consent is FRIES!

- Freely Given
- Reversible
- Informed
- Enthusiastic
- Specific/Sober



Consent is about mutual respect. It is an enthusiastic agreement to take part in an activity. Consent is required in any mutual decision that involves another person.



How to get consent:

ALWAYS ASK!

1 Some examples of good questions are: "Is this okay?" and "Are you feeling comfortable with what's going on?" Remember to be respectful and polite.

2 USE "YES" OR "NO" QUESTIONS

This helps keep boundaries clear and avoid confusion.

3 DON'T MAKE ASSUMPTIONS

Everyone has the right to say "no", so do not have any set expectations. Respect whatever decision they choose to make.

4

WAIT, SOMETIMES PATIENCE IS NEEDED

Consent can be long term. If someone says "no" on one day, they may change their mind on the next day. Give the person time and space to think about the answer if that's what they need.

CONSENT: WHEN DO YOU NEED IT?

01

Whenever there is a decision to be made that affects more than just yourself

02

When approaching a boundary of any kind, not just physical or sexual

03

Every time, every step of the way – continual check-ins

04

You can have an agreement with someone that says "I consent to this unless I say otherwise"

05

Before emotional situations (like crisis situations) or talking to a friend about heavy topics

**5 TIMES
WHEN
CONSENT IS
KEY**



How do
YOU
model
consent in
your daily
life?



FLIPPING THE SCRIPT

Victim blaming is when someone insinuates that a victim of sexual assault is somehow responsible for their abuse. The practice of victim blaming has sadly become very common in our society. Here are some ways to recognize and stop victim blaming.

WHAT VICTIM BLAMING LOOKS LIKE:

- "She was asking for it"
- "If you were wearing something different, that wouldn't have happened."
- "They should have tried harder to stop it"

People victim blame to distance themselves from an unpleasant situation. By putting the blame on the victim, they can think "Well I am different from this person, so this can't happen to me."

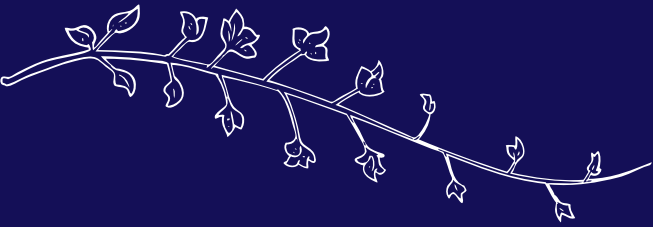
WHY IT'S HARMFUL:

Victim blaming isolates survivors of abuse and makes it harder for them to report their abuse. It also makes it seem like survivors are just as responsible for their abuse as the abuser. This is NEVER the case.

HOW TO HELP:

Silence is compliance! If you hear someone victim blaming, explain to them that it is harmful. If you find yourself victim blaming, take the time to ask yourself why you are victim blaming. Remember to be empathetic. We can all work together to build a violence free community.

HEALTHY RELATIONSHIP TIPS



TALK ABOUT IT

With them, you have established boundaries, open and easy communication, as well as positive conflict resolution

GOOD VIBES

You should be able to have fun together, be happy, and be safe

CALL 'EM IN

You can give and receive valid criticism of each other

INTERESTED

You have similar and different interests

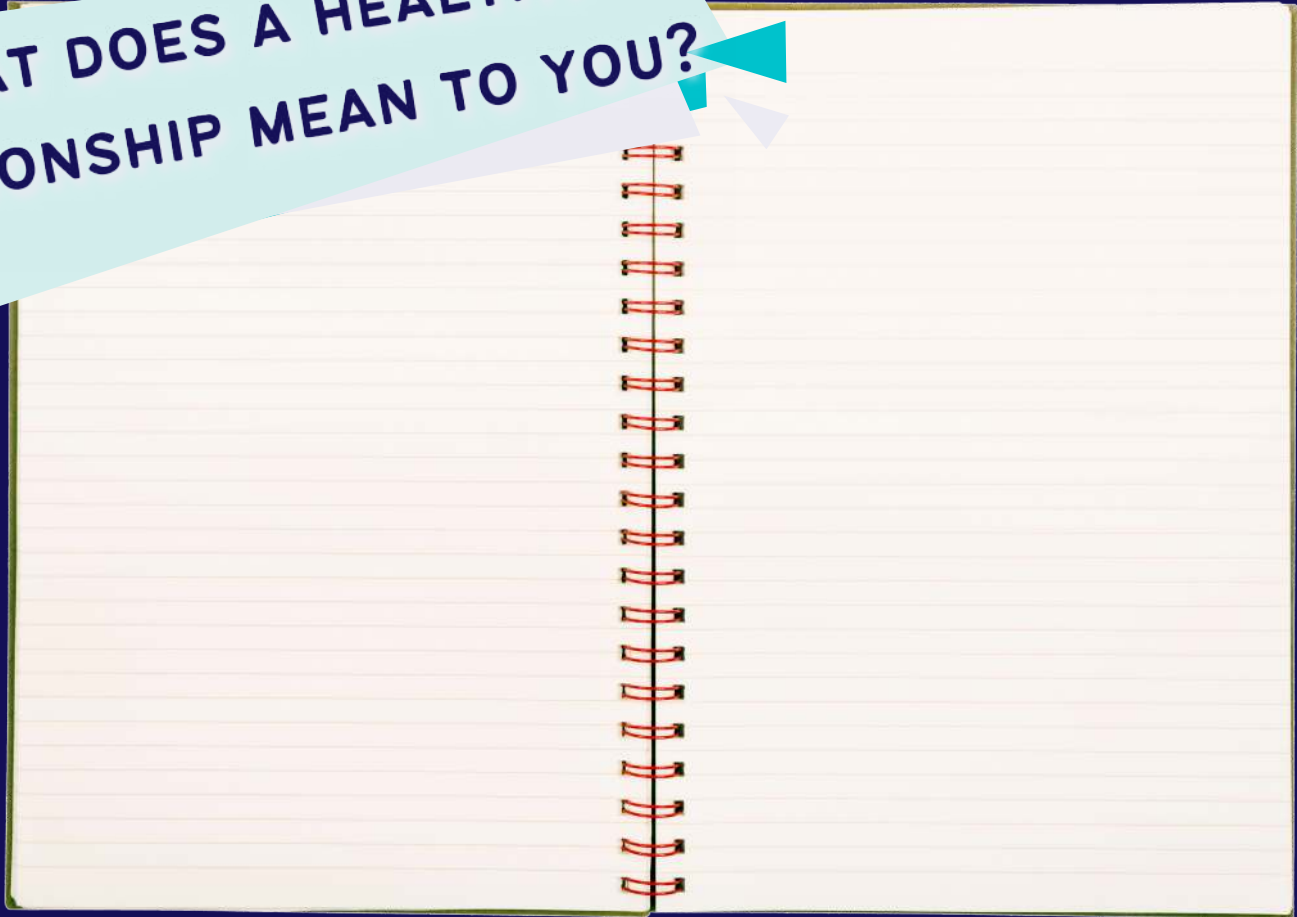
STABILITY

You can have disagreements and issues without fearing for the status of the relationship. You can depend on one another when you need support

GOES BOTH WAYS

There's mutual trust and respect in the relationship. You can enjoy time together and apart

**WHAT DOES A HEALTHY
RELATIONSHIP MEAN TO YOU?**





"I chose to create this image to show that all survivors of sexual assault are strong and just as beautiful as they always have been. It is important to recognize the growth that we make, even if it is small."

ANNIKA MILTNER
THEY/SHE, 14



"When I first thought of what the world would be like without sexual violence, I thought of the can of mace hanging in the entry room of my house for when I have to walk my dog at night. It made me think of all the self defense devices so many people carry in a purse. I wanted to show how much lighter that purse would be without sexual violence. I want assaulters and sympathizers and people who joke about it to see all the things we carry around to protect ourselves while they continue to downplay rape, and how if it all stopped, our load would be a lot lighter."

**LINNAEA MARKS
SHE/HER, 17**

Whether it be familial,
friendly, or romantic,

**BOUNDARIES ARE AN
ESSENTIAL PART OF
EVERY RELATIONSHIP**

YOU

Get to decide what doors stay opened or get closed in your relationships.

You should always do what feels safest and most comfortable for you in your relationships, and you can always change your mind later!

TYPES OF BOUNDARIES

Emotional

GIVING SOMEONE THE SPACE TO CHOOSE THE AMOUNT OF EMOTIONAL ENERGY THEY WILL USE. ASKING BEFORE VENTING OR SHARING HEAVY NEWS

Physical

ALLOWING A PERSON TO CHOOSE HOW MUCH CONTACT THEY ARE COMFORTABLE WITH. ASKING BEFORE HUGGING, HAND HOLDING, KISSING, ETC.

Digital

ALLOWING SOMEONE TO SHARE HOW THEY FEEL ABOUT DIGITAL COMMUNICATION, LIKE PHONE CALLS AND GROUP CHATS, SO THEY DON'T GET OVERWHELMED. ONLY POSTING PHOTOS OF OTHERS WITH CONSENT. RESPECTING PRIVACY!

Financial

EFFECTIVELY BALANCING THE RELATIONSHIP BETWEEN YOURSELF, YOUR FINANCES, AND LOVES ONES. DON'T ABUSE SOMEONE'S FINANCIAL RESPONSIBILITY AND KINDNESS

HOW TO SET YOUR OWN BOUNDARIES



HAVE A CHAT WITH YOURSELF

Think about what scenarios make you feel uncomfortable, and what makes you comfortable.



LISTEN TO YOUR GUT FEELINGS

If a situation doesn't feel right in your gut, that's a boundary! Even if you can't put into words why that's your boundary, it still deserves to be respected.

TALK TO TRUSTED FRIENDS ABOUT BOUNDARIES

Talking about boundaries can be awkward at first, but it gets easier.

Make it a regular part of conversation.

Try saying, "Here are my boundaries, what are things that make you comfortable or uncomfortable?"



REMEMBER: YOUR BOUNDARIES ARE YOUR OWN

Having and asserting boundaries does not make you bad or different.



"This piece aims to communicate entering a future without sexual violence where women can wear whatever they want and be their truest most authentic self."

ISABELLA BONINI
SHE/HER, 16

How to Help a Friend

- Get consent to talk about the situation - ask if they would like to talk about it
- Find a place to talk in private



- Understand boundaries and triggers during the conversation - respect your own boundaries as well
- Respect what they need when they want support -not everyone wants advice. Listen to their needs.

- Allow them to set the tone for how much they want to share
- Comforting them - do they want physical touch or just moral support

- Understand if their life is in danger, an adult or professional may need to intervene
- Do not victim blame



WHAT YOU CAN DO TO PREVENT VIOLENCE



STAND UP

Call out offensive and toxic jokes, harassment, and inappropriate behavior. Allow others to call you out for potentially harmful behavior, without taking it as a personal attack.

BUDDY UP

Check in on friends often, and create a support system for marginalized people in your life. Share your location with people you trust, and use the buddy system when going out.

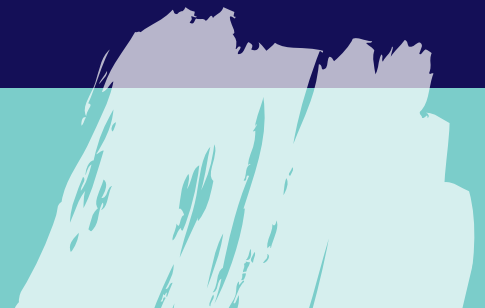
GIVE BACK

Support your community! Buy from local businesses, instead of large corporations. Invest in your community by supporting local individuals and efforts to help BIPOC and LGBTQ+ people.



"I created this piece to describe how in relationships people often misinterpret aggressive and violent acts as affection and a way of expressing feelings of love. I created it because people have a hard time recognizing it and breaking away from cycles of violence."

**CARMEN JOINES
SHE/HER, 15**



WHAT DOES A COMMUNITY WITHOUT VIOLENCE MEAN TO US?

**Jobs that are all viewed
with equal respect**

**People feeling
like they do not
need to act or
conform to
certain roles**

**No toxic
masculinity or
harmful
gender
norms/roles**

**A safe space, regardless
of gender identity, sexual
orientation, ethnicity,
race, ability, or
background**

**No
patriarchy**

**Accessible & quality
education for all**

**Not sexualizing women
(especially BIPOC women)**

WHAT DOES A COMMUNITY WITHOUT VIOLENCE MEAN TO US?

**Violence is responded to
by community members &
we take care of each other**

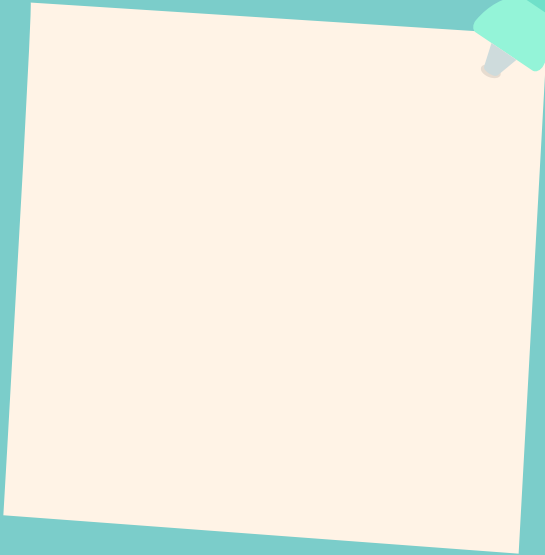
**When everyone is able to hold a job &
have suitable living arrangements and
no significant wealth gap in society**

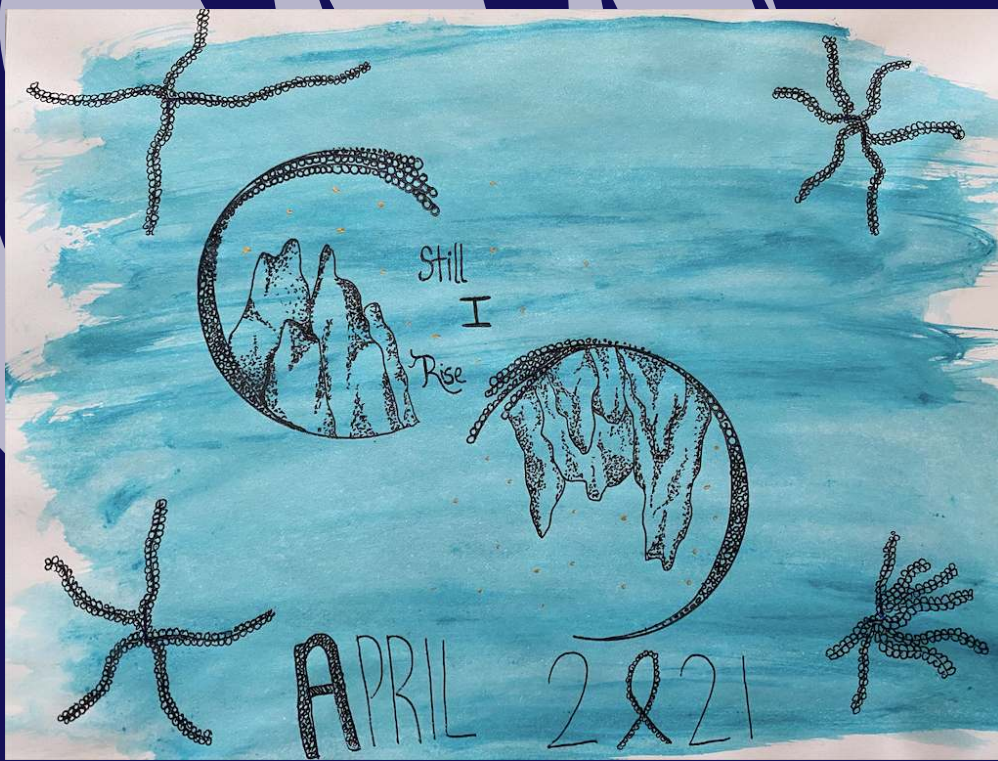
**Parents, caregivers, or
adults do not pass
down harmful gender
roles or any trauma to
the young people in
their life**

**When anybody can
wear what they like
without the worry of
being shamed &
harassed**

**Respectful
people**

What does a community without violence mean to YOU?

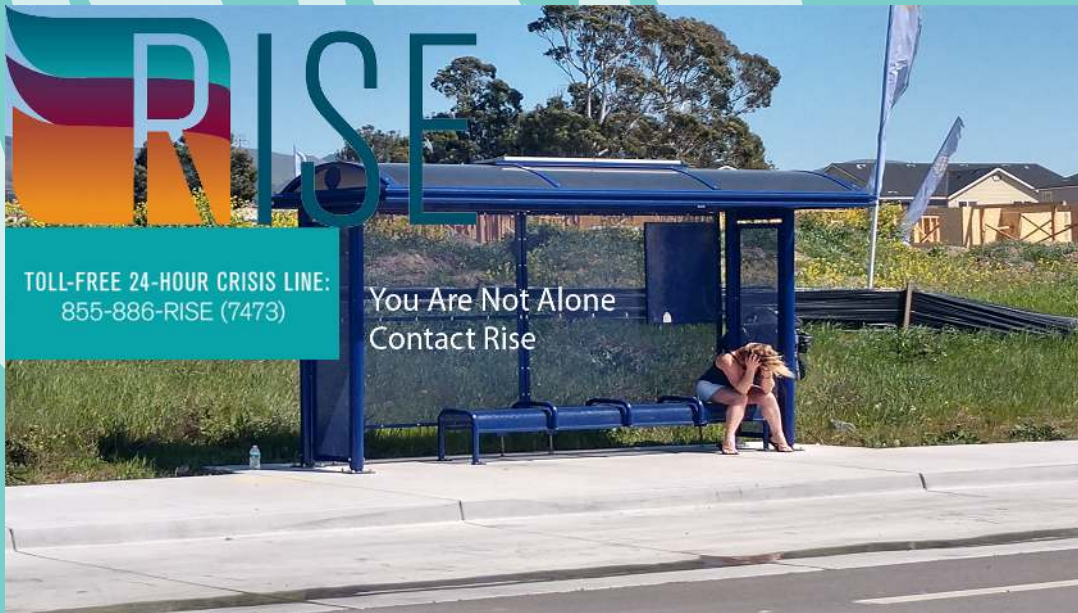




"A quote I saw inspired me to create what I created, "I may be gentle but it doesn't mean I'm weak. I climb mountains in my mind and listen when souls speak" by Michelle Schaper. She inspired the mountains in my piece, that no matter what obstacles life throws at us, we can climb and overcome them. And that no matter what, everyone is always there, surrounded with warmth and happiness, which represents the half circles."

HANNA JORGENSEN
SHE/HER, 17





"I created that when I was walking with my mom I saw an opportunity to take the photo. I thought people that went through that would want to sit down and cry and take a minute."

**IAN FISHER
HE/HIM, 19**

RISE AND STAND STRONG HAVE MERGED TO BECOME LUMINA ALLIANCE

Our new agency will provide more comprehensive and inclusive services to those in our community who have experienced gender- and power-based violence.

**FOR MORE INFORMATION VISIT
WWW.LUMINAALLIANCE.ORG
AND FOLLOW US ON SOCIAL MEDIA
FACEBOOK, INSTAGRAM, AND TWITTER
[@LUMINAALLIANCE](https://www.instagram.com/luminaalliance)**

**IF YOU OR SOMEONE YOU
KNOW HAS BEEN IMPACTED BY
SEXUAL ASSAULT OR INTIMATE
PARTNER VIOLENCE, WE ARE
HERE FOR YOU**

24/7 Crisis & Information Line,
Advocacy, Restraining Order Support,
Legal Services, Emergency and
Transitional Housing, Therapy, and
Prevention Education.

The new 24/7 Crisis & Information Line
number is 805-545-8888

Working towards a safe, thriving, and
equitable community

Check out some of our past art shows...

In February 2020, Close to Home partnered with the local high school and youth in the community to put on an art show for Teen Dating Violence Awareness Month. All of SLO came out to view over 60 art pieces created by teens, and to have real discussions about the relationship violence that young people experience.



Virtual Art as Community Connection

During the COVID-19 pandemic, our Close to Home team hosted a virtual art competition. Community members submitted art in one of three categories: "Privilege", "Responsibility", or "Non-Essential". The community then voted on their favorites. Winners were selected from each category and received a prize from local businesses that had been loud and proud supporters of the Black Lives Matter movement. To view all of the art pieces submitted with full artist statements, visit <https://sloc2h.wixsite.com/artshow>.



What is

Close to Home?

We are a community action team, made up of youth and adult volunteers, working to create a happier, healthier, and more equitable San Luis Obispo for everyone.

Do you want to make a change in your community? Are you passionate about ending sexual violence and relationship violence?

You can get involved and meet other change makers in SLO! DM us on instagram or email education@riseslo.org to learn more.

@Close2Home_SLO



Follow us on Instagram
@Close2Home_SLO

meet the authors



Kayla-Jade C, 17 (she/they)



Mary Z, 16 (she/hers)



Annika M, 14 (they/she)



Natalie B, 15 (she/hers)



Mel W, 18 (she/hers)



Nick G, 17 (he/him)



Aisling M, 17 (they/she)

Join Our Team!

We are always looking for new people to join our youth and adult volunteer teams and work to end violence in San Luis Obispo!

If you would like to get involved with our youth or adult volunteers, drop us a message on Instagram @Close2Home_SLO or email us at education@risleslo.org.

Thank you for checking out our work and engaging with us!

