



DOMESTIC VIOLENCE, SEXUAL ASSAULT, AND CHILD ABUSE PREVENTION & AWARENESS

ABUSE

DOMESTIC ABUSE (VIOLENCE) is defined as a pattern of toxic behavior (verbal, physical, emotional, sexual, psychological, financial, etc) in any relationship where one partner exerts and maintains power and control over the other partner. Everyone can experience abuse as victims or aggressors regardless of gender identity or sexual orientation, and abusive relationships do not start out that way. For the purposes of this document, we discuss relationships on a spectrum of healthy to unhealthy practices.

HEALTHY RELATIONSHIPS SHOW SIGNS OF:

RESPECT AND TRUST: Both partners value each other's time, decisions, and privacy, and speak to each other in ways that do not belittle or invalidate the other's opinions.

EQUALITY AND SUPPORT: The goals and needs of both partners are taken into consideration when making decisions, both partners give encouragement and care.

GOOD COMMUNICATION: Both partners feel safe to express their feelings, both partners listen and work to resolve conflicts respectfully when they arise.

PERSONAL BOUNDARIES: Both partners are free to have their own interests, hobbies, and friendships. Both partners can express their limits as it relates to the pace and intensity of the relationship.



UNHEALTHY AND OR ABUSIVE RELATIONSHIPS

DISRESPECT: Crossing established sexual or personal boundaries, cheating, making partner late to important events or interfering with their education/job.

ISOLATION: Discouraging a partner from spending time or communicating with friends and family, not allowing them to go out in public without the other partner

DISTRUST: Monitoring telephonic communication, social media "likes" or messages, insisting on knowing partner's location at all times.

BELITTling: Making comments that make the partner feel badly about their own intelligence, appearance, opinions, or ability to be loved.



CONSENT:

CONSENT is the permission to engage in sexual activity that is freely and enthusiastically given, time or situation specific, and given throughout all stages of sexual contact. Lack of consent is inferred when a person uses force, threat of force, threats of disciplinary action or blackmail, coercion or harassment to receive their desired outcome.

If someone is asleep, unconscious, or under the influence of drugs and/or alcohol, they cannot give consent. Especially if you are engaging in sexual activity with a new partner, it is recommended that alcohol and drugs are not present.

Statutory rape laws assume that all sexual activities involving individuals under the age of consent are coercive. This is true even if all parties believe their participation is voluntary. The age of consent varies between states in the US, but is typically between 16-18 years old.

CONSENT CAN BE WITHDRAWN AT ANY TIME, before or during sex. Consenting for one sexual act does not mean someone consents to all other sexual acts (oral sex vs. vaginal sex, vaginal sex with a condom vs. without a condom).



REFLECTIONS:

Everyone deserves to be in healthy relationships and relationships are not perfect – when thinking about your own relationships, consider the following:

WHAT DO YOU WANT IN YOUR RELATIONSHIPS? How do you feel about your relationships right now? What kind of partner, father, and player do you want to be?

RESOLVE CONFLICTS with communication and respect, and with the goal of understanding the other person's point of view. This includes communicating your needs, expectations, and personal boundaries, as well as understanding potential power imbalances in the relationship, including how those imbalances influence a person's willingness to confront you or problematic behaviors in the relationship.

SOMETIMES, RELATIONSHIPS DON'T WORK OUT, to no fault of either party—and THAT IS OKAY; people grow apart, have different interests, priorities, etc. Remember to practice positive self-care, it is not your job to "save" someone who needs professional help. Remember that the only person that you can and should control in a relationship is YOU.

BE A POSITIVE BYSTANDER by choosing not to ignore known instances of domestic violence, sexual assault, and child abuse. If someone you know is affected by abuse, be supportive, non-judgmental, and listen; encourage them to use resources.

SEEKING OR RECEIVING HELP can be done confidentially through the third-party confidential groups (Major League Player & Partner Helpline, 844-336-0605; Minor League Player & Family Wellness Program, 651-430-3383) that provide support specifically to players in this space, or you can call the National Domestic Violence Hotline, 1-800-799-7233.

KEEP IN MIND that no one willingly chooses to be a victim of domestic violence, sexual assault, or child abuse, and many people escaping domestic violence do not have immediate access to resources to help with their basic needs (not to mention shelter and legal representation.) Consider lending your brand, time, and/or resources.

QUESTIONS?

For additional information about services, please contact **Ricardhy Grandoit**, ricardhy.grandoit@mlb.com or **Lilah Drafts-Johnson**, lilah.drafts-johnson@mlb.com. For questions about the MLB policies, please contact **Moir Weinberg**, at moira.weinberg@mlb.com.

