

CONVERSATION MATERIAL FOR INFORMATION ON SEXUAL VIOLENCE

1. Explain that you will now talk about sexual violence, and that you will start by watching a film about it. Explain that the film will include drawings of naked bodies.

2. Watch the film together.

3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - What is violence? (Discuss various kinds of violence)
 - What is sexual violence? (Discuss some examples)
 - What is incest?
 - What is the most likely place for sexual violence to take place?
- Do you have to have sex with your partner if you are married? How can you tell your partner that you do not feel like having sex?
- A vast majority of those suspected of having committed sexual violence are men. Most victims are women, but men and transgender people have also been subjected to sexual violence. What do you think is the reason for this?
- The law states that involuntary sex is considered to be sexual violence, and it is illegal. How do you know if you want to have sex or not? How do you know if your partner wants to have sex or not?
- How do you know if you have been subjected to sexual violence?
- How can you support a person who has been subjected to sexual violence? Where can you go to get help?

IMPORTANT TO DISCUSS:

- To be involved in sexual acts requires consent from all involved.
- It is always your own responsibility to respect the other person's integrity and will.
- Find out where you can get help and support having been subjected to sexual violence, e.g. the police, social services, public healthcare and women's and girls' clinics.
- The most common reaction for the person who is subjected to sex against their will is that the body stiffens and they are unable to speak up. The vagina may become moist or the penis may become erect, even though one is not sexually aroused. So the body may react in an opposite way to how you feel. That does not mean that the incident is okay.



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- A person who has been subjected to sexual violence can experience many different emotions afterwards. One may feel afraid, sad, anxious or ashamed. One may also feel quite all right. All emotions are okay!
- Anyone feeling concerned that they may hurt someone else in a sexual way should seek help.

RFSU was founded in 1933 and is a pioneering Swedish organisation working in the field of sexual and reproductive health and rights (SRHR).

RFSU is a non-profit, non-governmental organisation without party-political, trade union or religious affiliation. Our aim is to spread a knowledge-based and open view of sexuality and relationships issues to overcome prejudices, bridge knowledge gaps and improve sexual health and wellbeing. We run projects and programmes to promote access to sexual and reproductive health and rights — both in Sweden and internationally. Much of this work is done with partners and other organisations. RFSU has a rights perspective of sexuality based on everyone's freedom to be what they want to be, to choose to live as they want and enjoy what they want. The International Planned Parenthood Federation (IPPF) was founded by RFSU and other actors, and RFSU remains IPPF's Swedish member association

**You can read more about RFSU's activities at
www.rfsu.se/upos**



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