

CONVERSATION MATERIAL FOR INFORMATION ABOUT WHEN SEXUAL INTERCOURSE HURTS

1. Explain that you will now talk about when sexual intercourse hurts, 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.

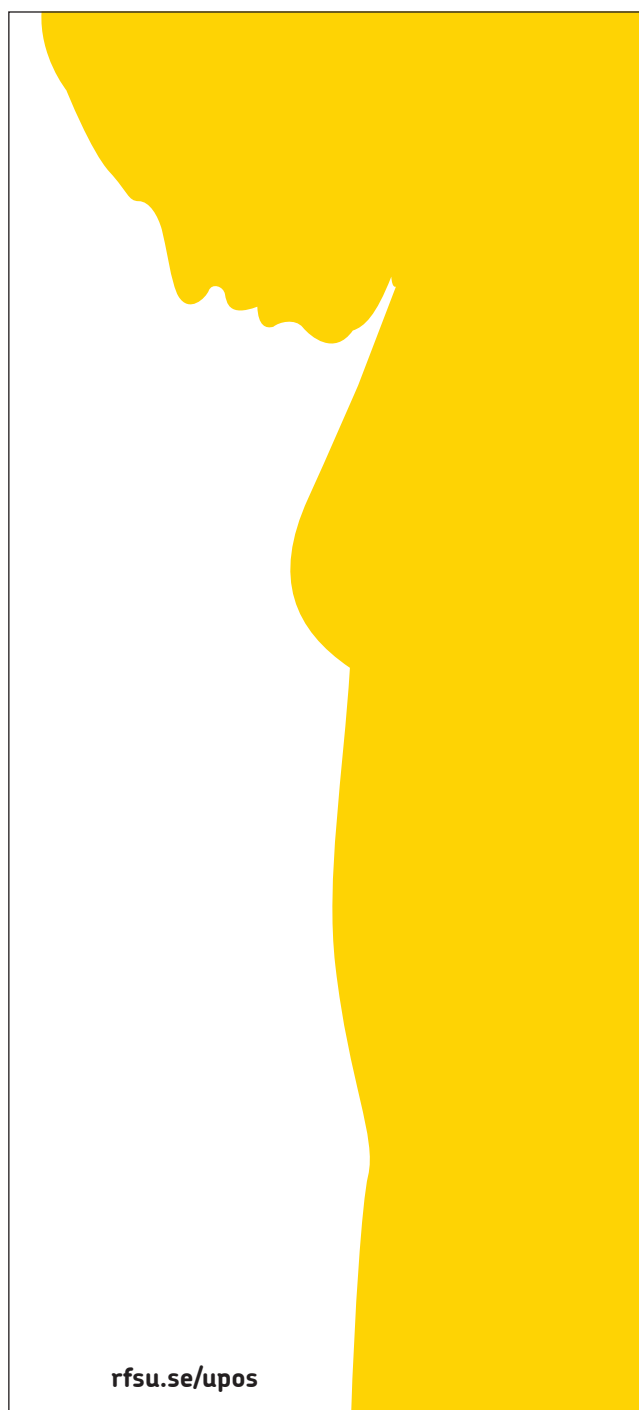
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with – was there anything unexpected, new or interesting?
- Summarize together:
 - Why can sexual intercourse hurt?
 - Which causes are mentioned in the film?
 - Which causes are mentioned in the film for pain during sexual intercourse?
 - How might the pain feel?
 - Why does the risk of pain decrease if the person with a vagina is sexually aroused?
- How do you know if you want to have sex or not? How does the body feel?
- How can you talk with your partner about whether you wish to have sex or not? What can make it easier or more difficult?
- It is often just the intercourse itself that hurts.
- Which other ways are there to have sex?
- Do you have to have intercourse with the person you are married to?
- How might it feel if your partner says it hurts to have sexual intercourse? What can you do as the partner of the one who experiences pain?
- What kind of help is available if you experience pain during intercourse? Why is it good to seek help?

IMPORTANT TO DISCUSS:

- Pain is the body's way of saying that something is wrong. If you continue to have sex, even if it hurts, it may simply get worse. It is also important to stop doing what hurts, and try to find out what the problem is. Help and support can be available at a health clinic, gynecologist or similar.
- You are entitled to choose whether you want to have sex, as well as how. Nobody has the right to force or pressure you into having sex if you do not want to. That is illegal.
- Sex is about more than just having intercourse. If intercourse hurts, you may kiss, caress each other or have oral sex.
- For anyone who has experienced sexual violence, or is in a relationship that they have not chosen to be in themselves, sex may be associated with force and



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pain. Find out where support and help could be available in your country e.g healthcare professionals, women shelters and/or helplines.

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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