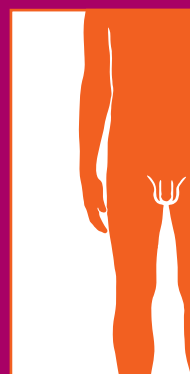
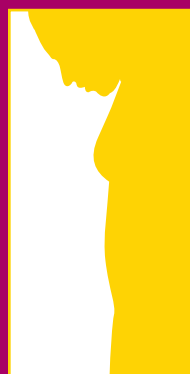
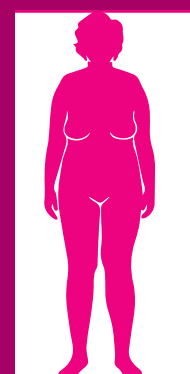
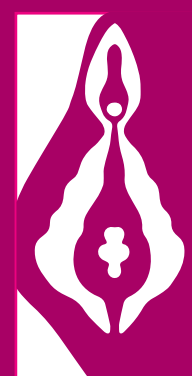




HOW TO USE RFSU'S UPOS-FILMS ON SEXUAL HEALTH AND RIGHTS



Everyone has the right to knowledge about their body, health and sexuality. That is why RFSU has produced the “UPOS material” – translated to “information in various languages” in Swedish. The films were produced to reach out to people living in Sweden with limited knowledge in Swedish or sexuality. To be easily accessible they are short and focused on basic facts. The films are easy to use to start conversations on different themes in the field of sexual and reproductive health and rights, both with young people and adults. They can be used in health care with clients, in sexuality education or in outreach work and peer groups.

To each film there is a short conversation material about the topics that are covered in the film. It includes questions for discussion and to reflect on. You can choose to bring up all of the questions or just some of them. Add questions that you think is important to the person or people you meet.

The factual knowledge and the messages in the films are universal. However, as the films are produced for an audience living in Sweden, there are references to Swedish circumstances, which you have to set aside. You get to adapt the talks about the films to the conditions in your society.



You can find the films, conversation material and other resources at www.rfsu.se/upos

The material is available in 15 different languages.

All films on RFSU:s YouTube channel: In English:

<https://www.youtube.com/playlist?list=PLt0bJKa3H4KzPDsmC-z1IzbC5MCpVwTVT0>

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CONVERSATION MATERIAL FOR INFORMATION ON MENSTRUATION

1. Explain that you are going to talk about menstruation, 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.

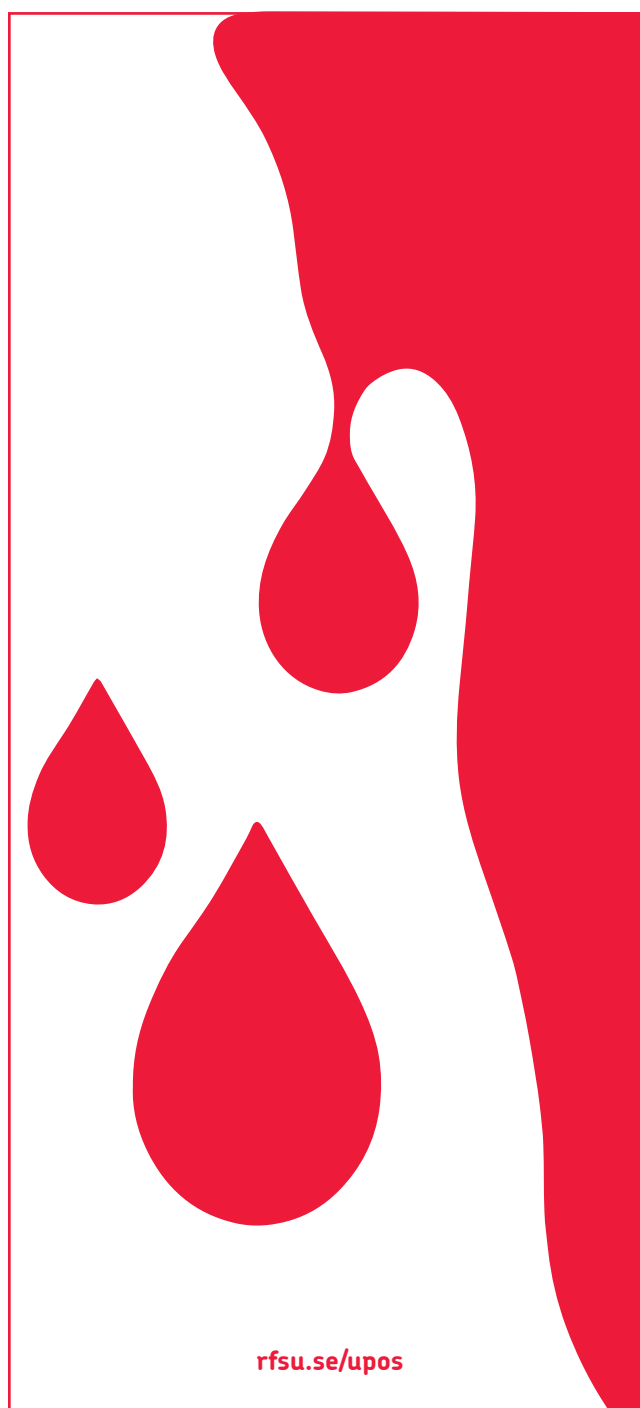
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

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 menstruation?
 - Why do women menstruate?
 - What does “sexually mature” mean?
 - At which age do most women have their first menstruation?
 - How long does a menstruation cycle normally last?
- At which age do most women have their first menstruation?
- How long does a menstruation cycle normally last?
- What types of period care products are there, and how can one know which is best suited for oneself? Feel free to show various kinds of protection.
- What can a missed period mean? What should you do if you don't get your period?
- What causes pain during menstruation? What can be done to relieve it? When should you seek help for menstrual cramps?
- Can you have sex while you are menstruating?
- Is it easy or difficult to talk about menstruation?
- Why? What makes it easier/more difficult?
- What do you want people close to you to know about menstruation?

IMPORTANT TO DISCUSS:

- Menstruation is a sign of good health, signifying that the body is working as it should. It is not unclean or an illness.
- Can you have sex when you are menstruating? Sometimes you can even feel more sexually aroused during menstruation. The menstrual blood can function as an extra lubricant, and an orgasm may relieve menstrual cramps. If you are worried that the bed sheets will be stained, you may try having sex in the shower, or place a towel where you are having sex.
- Using a tampon or menstrual cup is not harmful, and nothing will break inside the vagina. Genital organs do not show whether a person has used a tampon or not.
- You should not have to endure menstrual cramps or feel worried or anxious during your period.



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- If over-the-counter pain relievers do not help, or you cannot do the things you normally do during your period, you should seek professional healthcare.

CONVERSATION MATERIAL FOR INFORMATION ABOUT CONTRACEPTIVES

1. Explain that you are going to talk about contraceptives (methods for avoiding an unwanted pregnancy) 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 are contraceptives? Why are they used?
 - Which are the most common contraceptives?
 - Where can you get contraceptives?
 - Can contraceptives influence one's ability to get pregnant later in life?
- How do you know which contraceptives are best suited to you?
- Which contraceptives are the only ones that protect against unwanted pregnancies as well as sexually transmitted infections?
- What is an emergency contraceptive? In which situations may it be used?
- What do you do if your contraceptives cause troublesome adverse effects?
- Why might it help to talk with your partner about contraceptives? What can make it easier or harder to talk about it?
- Which thoughts and emotions can contraceptives give rise to?

IMPORTANT TO DISCUSS:

- Contraceptives are not dangerous, and do not result in infertility.
- Certain contraceptives have adverse effects, and you may need to try different kinds to find the one that is best for you.
- Hormonal contraceptives may also be used to regulate your period, and to reduce severe menstrual cramps.
- Contraceptives do not protect against sexually transmitted infection, but the only thing that protects against unwanted pregnancy as well as sexually transmitted infections, is the use of condoms.
 - It is important that you have the possibility to decide yourself which type of contraceptive you wish to use.



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CONVERSATION MATERIAL FOR INFORMATION ON ABORTION

1. Explain that you will now talk about abortion, 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 an abortion?
 - How is an abortion performed?
- What does the legislation in your country say about abortion?
- Do contraceptives influence one's ability to get pregnant later in life?
- What might one need to think about following an abortion?
- Which reasons might there be for wanting to have an abortion?
- Which thoughts and emotions might abortion give rise to?
- Who can you contact if you are considering having an abortion?
- How can you support someone close to you who is considering having an abortion?

IMPORTANT TO DISCUSS:

- An abortion should not be dangerous. If performed safely, an abortion does not affect your ability to get pregnant later in life.
- The pregnant person has the right to make the decision regarding abortion. It does not matter if you are single, in a relationship or married - your partner may not make that decision for you.
- As the partner of a woman who has become pregnant, it can be difficult to see a decision being made regarding abortion, one that you do not agree with - i.e. becoming a parent even though it was unwanted. Healthcare providers, women's organisations or similar may offer a contact person with whom you may talk through your feelings.
- People feel differently before and after an abortion - some find it difficult, but most people feel relief. All emotions are okay, and public healthcare may offer a contact person with whom you may talk through your feelings.



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rfsu.se/upos

CONVERSATION MATERIAL FOR INFORMATION ON PREGNANCY

1. Explain that you will now talk about pregnancy, 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:
 - How can you get pregnant?
 - How do you know if you are pregnant? (You may show the group a pregnancy test and explain how it works.)
 - How long does a pregnancy last?
 - What is ultrasound?
- What should you do if you know you are pregnant? If you wish to keep the baby? If you wish to have an abortion?
- What can a bleeding during pregnancy mean?
- What should you do if you bleed during the pregnancy?
- How might you feel during a pregnancy? Which type of support and assistance might you need from those close to you?
- How might you feel as the partner of a woman who is pregnant?
- What can you do if you have difficulty getting pregnant?
- What can you do if you wish to avoid getting pregnant?

IMPORTANT TO DISCUSS:

- It is different for different people, how long it takes to get pregnant. If you have difficulty getting pregnant, you are entitled to hospital assistance.
- Who has the right to receive hospital assistance to get pregnant.
- During a pregnancy, it is common to feel many different kinds of emotions at the same time – such as excitement, joy and concern. The pregnant woman, as well as her partner, may be affected.
- It is perfectly all right to have sex during the pregnancy – as long as you both want to.
- The gender of the child cannot be influenced – by whether you have sex, what you eat or in any other way.



CONVERSATION MATERIAL FOR INFORMATION ON DELIVERY

1. Explain that you will now talk about delivery, 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 a delivery?
 - How can you prepare for your delivery?
 - What can you do when the labour pains start?
 - What is a Caesarean section?
 - What happens after the child is born?
- The next of kin often accompany the woman during delivery.
- How can you be a good support for the woman who is going into labour?
- Some people feel concerned and stressed before their delivery. What can be the reason for that? What do you do to relieve fear and stress during a delivery?
- What can you do to feel safe during the delivery?
- During the delivery, it is important that the woman who is giving birth talks with the midwife or similar about what is going on in her body. Is it easy or difficult to do?
- What should you consider before a delivery if you have been genitally mutilated/circumcised?
- What happens after the child is born?

IMPORTANT TO DISCUSS:

- The woman who gives birth is the most important person during a delivery. It is important that the woman giving birth receives the support she needs.
- It is important to understand how fear and anxiety can affect the body and how you might relieve the fear and worries. That will make it easier to give birth.
- Some people feel depressed and sad after their delivery. Some may even have thoughts about injuring their child. This can be something called post-partum depression, and if you get this, there is help at hand.
- Help is also at hand in the event of any injuries of the genitals following a delivery. Contact healthcare services if this is relevant for you!



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CONVERSATION MATERIAL FOR INFORMATION ON THE PERIOD FOLLOWING DELIVERY

1. Explain that you will now talk about the period following the delivery, 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 important to consider with regard to the period following a delivery?
 - Which emotions may be experienced following the delivery?
 - What can squeezing exercises be beneficial for?
- What should you think about in order to succeed in breast-feeding? Do you have to breast-feed?
- Following a delivery, you will bleed from the vagina and you may experience pain in the uterus. What is important to be aware of with regard to bleeding from the vagina?
- What is important to consider if you have given birth through caesarean section?
- A delivery may be associated with powerful emotions. Positive and negative emotions, for the woman giving birth, as well as the other parent. How can you provide good support for someone who is not feeling well after a delivery?
- How can the period following a delivery be experienced by the parent who did not give birth?
- Following a delivery, you may experience a period of reduced libido. Abdominal pain, stress and fatigue may affect you. Which emotions may be aroused by reduced libido? What can you do instead of having sex, if you still wish to feel close to a partner?
- Whom can you contact if you have problems following a delivery?

IMPORTANT TO CONSIDER:

- Some people may feel physically and emotionally ill following a delivery. Feeling ill emotionally may sometimes be called post-partum depression. It is not uncommon, and nothing to be ashamed of. Contact your midwife clinic or similar for help and support.
- It is common to feel less sexual desire following a delivery. Libido usually returns after a while. You never have to “perform” sex if you really don’t want to. Hugging, kissing and just being close to each



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other can be one way to give and receive love to and from your partner in periods when sex or sexual intercourse doesn't feel interesting.

- There is a lot of help at hand if you are unwell, or your body hurts following a delivery. You should not have to endure pain or discomfort for a long time, without contacting healthcare professionals directly.

CONVERSATION MATERIAL FOR INFORMATION ON GIRL'S AND WOMEN'S GENITALS

1. Explain that you will now talk about the vulva and vagina, 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 they did not know or which was especially interesting?
- Summarize together:
 - How are the genitals altered by growth and upon entry into puberty? What happens when you get older?
 - What happens with the vulva and vagina when you are sexually aroused?
 - What is the most sensitive part of the genitals? How large is the clitoris?
 - How should the genitals be cleaned?
- Explain that vulva is the term for the outer parts of the genitals (mons pubis, labia, clitoris glans, foreskin) and vagina is considered part of the vagina. Sometimes the term vagina is used to describe the entire genitalia. Which words are there in your language to describe the girl's and woman's genitals? Is it appropriate to use the various terms in various situations? Write down the suggestions.
- Draw the adult genitals as seen from the outside of the body. Go through the names and functions of the various parts.
- Why may it be good to have knowledge of the genitals?
- Do people in society talk about men's and women's genitals in the same way? Why are there certain taboos regarding genitals?
- Some feel ashamed or concerned about the way the vulva looks, smells or tastes. It may result in having difficulty enjoying sex to the fullest. What can be done to stop feeling this way?

IMPORTANT TO DISCUSS:

- All genitals look different, and that is good to know.
- Genitals may be used for pleasure. You may pleasure yourself - through masturbation or by having sex with a man or woman.
- You retain your sexuality through your entire life - from childhood to old age.
- Women retain their sexuality following the menopause, i.e. after they can no longer have children.
- Clitoris is the most sensitive part of the genitals. It usually feels pleasurable to touch it. Most women reach orgasm by having the clitoris caressed.



- The genitals do not change in appearance after a woman has had sex for the first time. Nothing tears or rips.
- The film deals with the vulva and vagina as girl's and women's genitals, but even if a person is identified as a male, they can have a vulva and vagina. Only you can know which gender you feel is your identity.

CONVERSATION MATERIAL FOR INFORMATION ON BOYS' AND MEN'S GENITALS

1. Explain that you will now talk about the penis and testicles, 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.

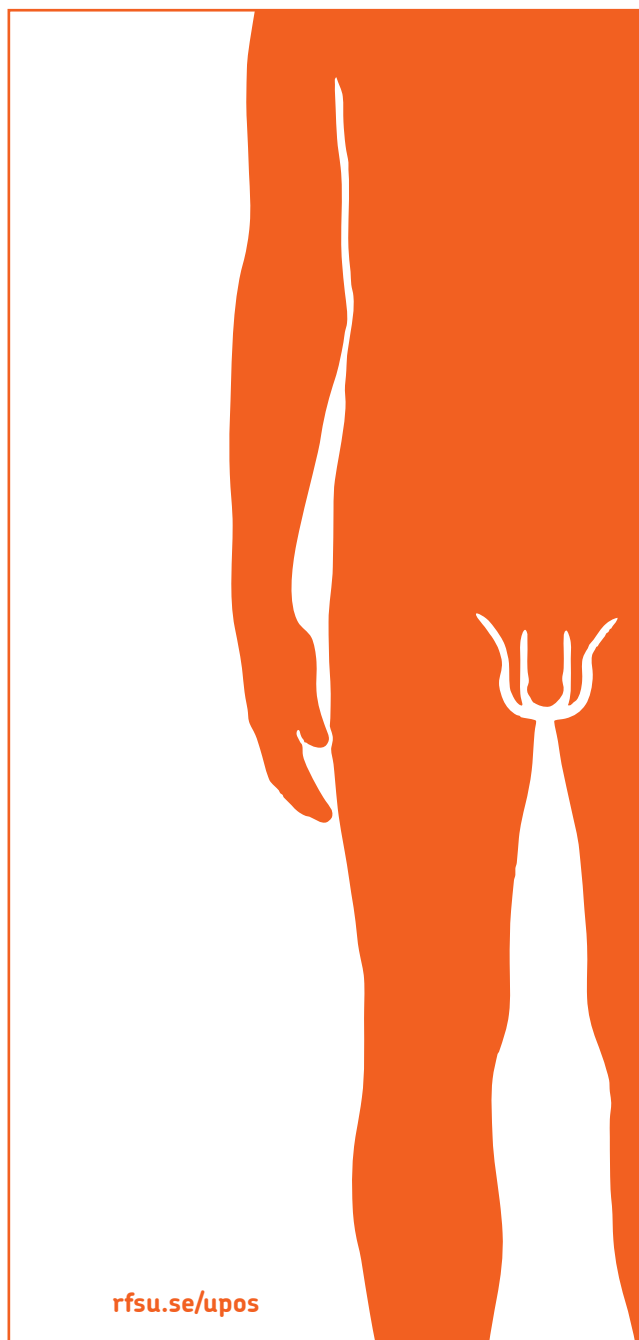
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything they did not know or which was especially interesting?
- Summarize together:
 - How do genitals alter during growth and upon entry into puberty? What happens when you get older?
 - What happens to the penis when you are sexually aroused?
 - What is the most sensitive part of the genitals?
 - How should the genitals be cleaned?
- Which words are there in your language to describe the boy's and man's genitals? Is it appropriate to use the various terms in various situations? Write the suggestions.
- Draw the adult genitals as seen from the outside of the body. Go through the names and functions of the various parts.
- Why might it be good to have knowledge of the genitals?
- Do people in society talk about men's and women's genitals in the same way? Why are there certain taboos regarding genitals?
- What might be the reason if you have difficulty having an erection? How can it feel if you have this problem, and what can you do about it?
- Some people feel sad or concerned that their penis is not large enough. Why is this? How can you support a person who feels that way?

IMPORTANT TO DISCUSS:

- All genitals look different, and that is good to know..
- Genitals may be used for pleasure. You may pleasure yourself - through masturbation or by having sex with a man or woman.
- You retain your sexuality through your entire life - from childhood to old age. The way it is expressed and feels, varies through life, and from person to person.
- You retain your sexuality throughout your whole life.



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- The glans is the most sensitive part of the genitals. It usually feels pleasurable to touch it.
- The film deals with the penis and testicles as boys' and men's genitals, but even if a person identifies as a female, they can have a penis and testicles. Only you can know which gender you feel is your identity.

CONVERSATION MATERIAL FOR INFORMATION ON PUBERTY

1. Explain that you will now talk about puberty, 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:
 - At which age do people normally enter puberty?
 - Give examples of the kind of changes that take place in puberty.
 - What happens to the genitals during puberty?
 - What does it mean to become "sexually mature"?
- Being in puberty can cause many different emotions. Which emotions can these be?
- Some come early in puberty, others later. How does it feel being in early or late in puberty? At which age can it be helpful to contact healthcare services if puberty has not begun?
- How can you provide good support for someone who feels their body does not line up with the gender they feel emotionally?
- Many people discover sexual desire and lust more during puberty. Some have learned that masturbation is dangerous or bad. But that is not true. What are some positive aspects of masturbation?
- What can be good to remember as a parent, when your child enters puberty?

IMPORTANT TO CONSIDER:

- People experience puberty in different ways - it is often exciting, difficult, embarrassing and longed for at the same time. People also enter into puberty at various times - some enter puberty at a younger age and others when they are a few years older. Try not to compare yourself too much with others, and remember that all bodies are unique and develop at their own pace.
- For most young people, lust and masturbation are part of puberty. This may arouse various emotions, such as joy, curiosity and excitement, or shame and concern. Positive conversations about body and sexuality and help finding healthy information, are important in order for everyone to feel good in their own body and with their own sexuality.



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- Some clinics are youth friendly and can offer a lot of information and support for young people with regard to their bodies, relationships, well-being and sexuality and are very good places to get to know.

CONVERSATION MATERIAL FOR INFORMATION ON MENOPAUSE

1. Explain that you will now talk about menopause, 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.

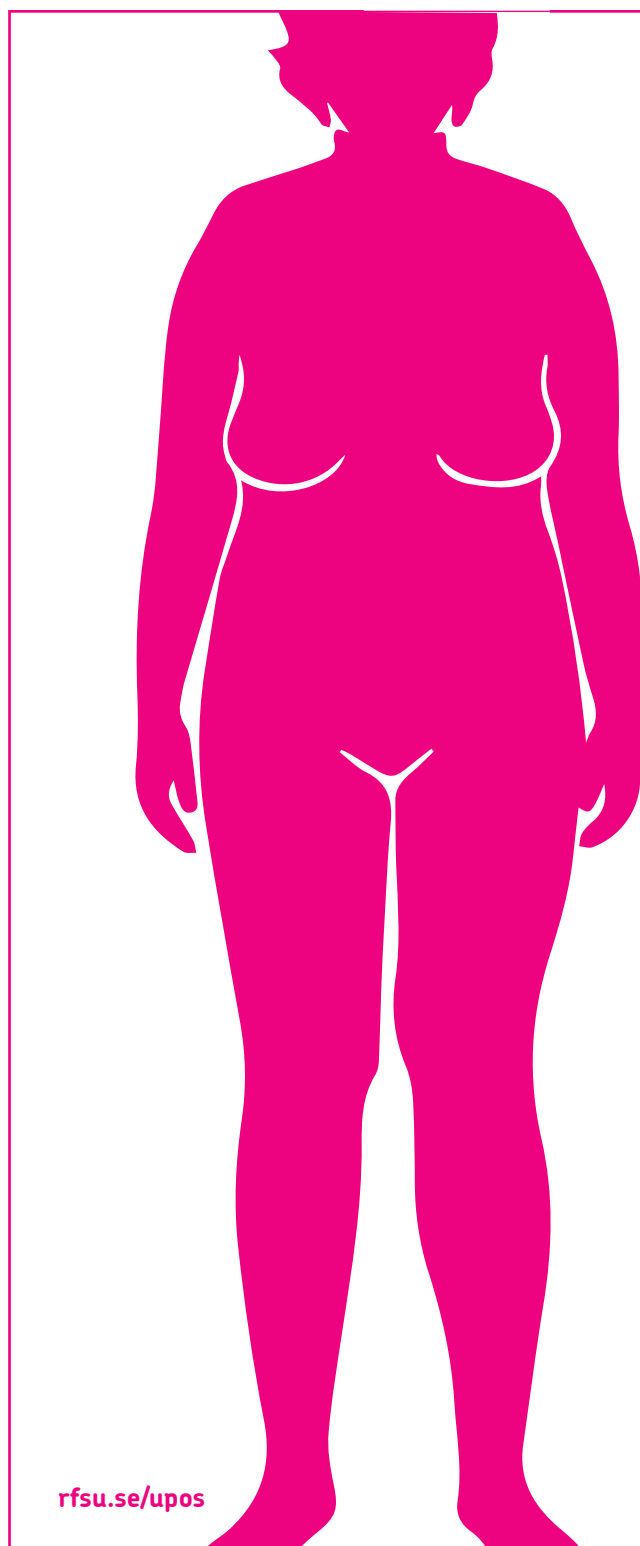
Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything unexpected, new or interesting?
- Summarize together:
 - At which age do people normally enter menopause?
 - What happens to menstruation and the possibility of getting pregnant in menopause?
 - How long does menopause usually last?
- Which problems can be experienced during menopause? How can you support a person who is not feeling well during menopause?
- Which thoughts and emotions might menopause give rise to for a person going through it?
- What can one do themselves to feel better during menopause?
- Where can one go for help if one experiences problems?
- How can sexual desire be affected during menopause?
- What can one do to enjoy sex more if there are problems with dryness in the vagina?

IMPORTANT TO DISCUSS:

- Everyone feels different during menopause - some feel good or even better than before, whereas others do not feel good. Every way of feeling is okay.
- There is help at hand if one has difficulties. A health centre, midwifery clinic or gynaecologist is a good first point of contact.
- Sexual desire may increase or decrease during menopause. Getting older does absolutely not mean that one's sex life is over.



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CONVERSATION MATERIAL FOR INFORMATION ON SEXUALLY TRANSMITTED INFECTIONS

1. Explain that you will now talk about sexually transmitted infections, 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.

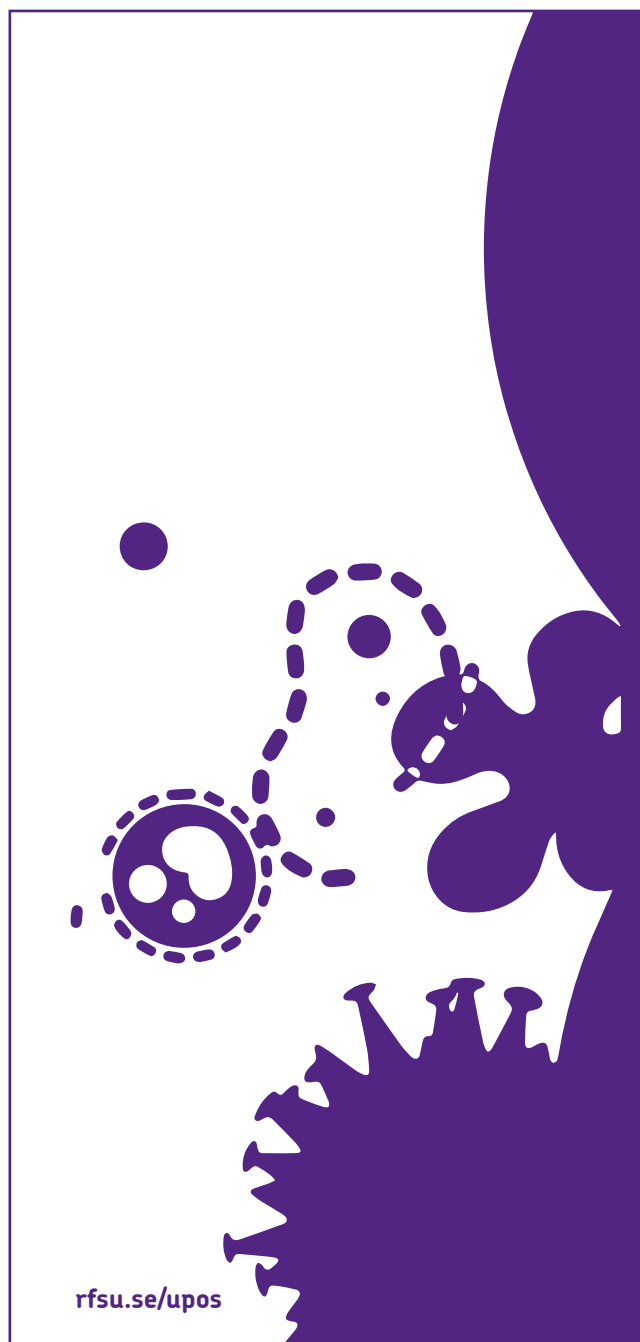
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

QUESTIONS FOR DISCUSSION

- Ask the participants to summarize what they thought the film dealt with - was there anything unexpected, new or interesting?
- Summarize together:
 - In which way might a sexually transmitted infection be transferred from one person to another?
 - Which bodily fluids may contain virus or bacteria resulting in a sexually transmitted infection? Which cannot?
 - At which areas of the body are there mucous membranes through which sexually transmitted infections can enter the body?
 - How can one know if one has a sexually transmitted infection?
 - Who can one contact for testing and treatment?
- How can one avoid transmitting a sexually transmitted infection to someone? Which ways of having sex involve less risk of being infected with or infecting someone with a sexually transmitted infection?
- There are several laws in Sweden covering sexually transmitted infections mentioned in the film. What laws are there in your country?
- How might it feel talking with a partner about safer sex and testing?
- How can one suggest using a condom?
- There are different myths and prejudices involving sexually transmitted infections. Give some examples. How can such myths be counteracted?

IMPORTANT TO DISCUSS:

- You can't tell by looking at a person whether they have a sexually transmitted infection or not, and it has nothing to do with intimate hygiene.
- The only way you can know for sure whether you have a sexually transmitted infection is by testing yourself, and many sexually transmitted infections are asymptomatic. Sexually transmitted infections are not transferred through kissing, hugging, or sharing of food or toilets with others.
- There are many ways to have safer sex. E.g. making out, caressing and having oral sex, where sperm is not swallowed, if applicable.



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- Condoms (along with lubricant for anal sex) provides very good protection against sexually transmitted infections.
- It is not acceptable to discriminate against anyone for having a sexually transmitted infection, or anyone living with HIV.

CONVERSATION MATERIAL FOR INFORMATION ON LUST AND PLEASURE

1. Explain that you will now talk about lust and pleasure when having sex, 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 happens to the body when you are sexually aroused?
 - What is the clitoris?
 - What is an erection, lubrication and orgasm?
- Draw a body and indicate which areas that may feel good when touched.
- How does one know what feels good and arousing?
- Masturbation is the most common way to have sex. It is a good way to learn what you like. It is totally safe, but many people think it could be harmful. Do you have any examples of other myths or misunderstandings about sex and bodies?
- Why might it be helpful to talk with your partner about sex? What can make it easier/harder to do this?

IMPORTANT TO DISCUSS:

- Masturbation is the most common way to have sex, and it is totally harmless.
- There is no difference between men and women with regard to the ability to feel sexually aroused.
- Sexual arousal is initiated in the brain, and can come and go suddenly, or it may need more time to set in. What makes someone sexually aroused, varies from person to person.
- How much or how often you feel sexually aroused varies throughout your life.
- Sexual lust and pleasure should be a central part of having sex - if sex does not feel good, or if you feel pressured, you always have the right to stop or say no to sex.
- Some people feel little or no desire at all to have sex with other people. This can be called asexuality. This is not bad, wrong or harmful.



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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.

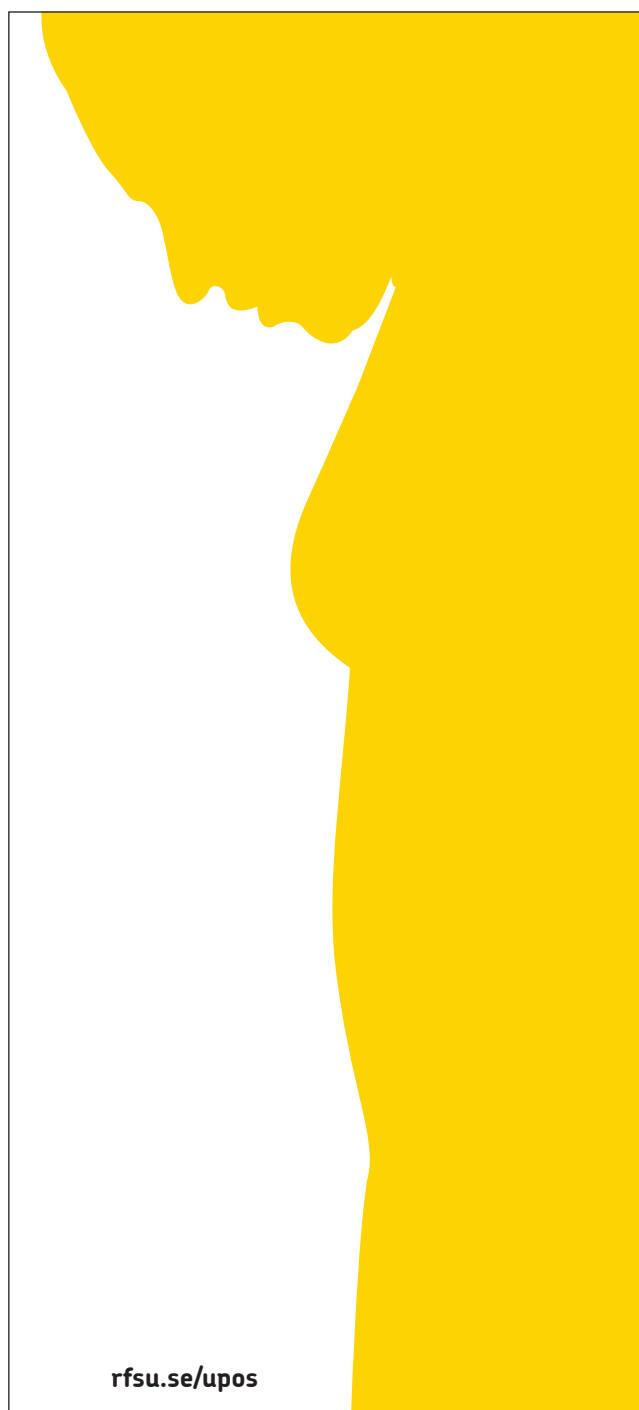
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

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.

CONVERSATION MATERIAL FOR INFORMATION ON THE HYMEN

1. Explain that you will now talk about the hymen, 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.

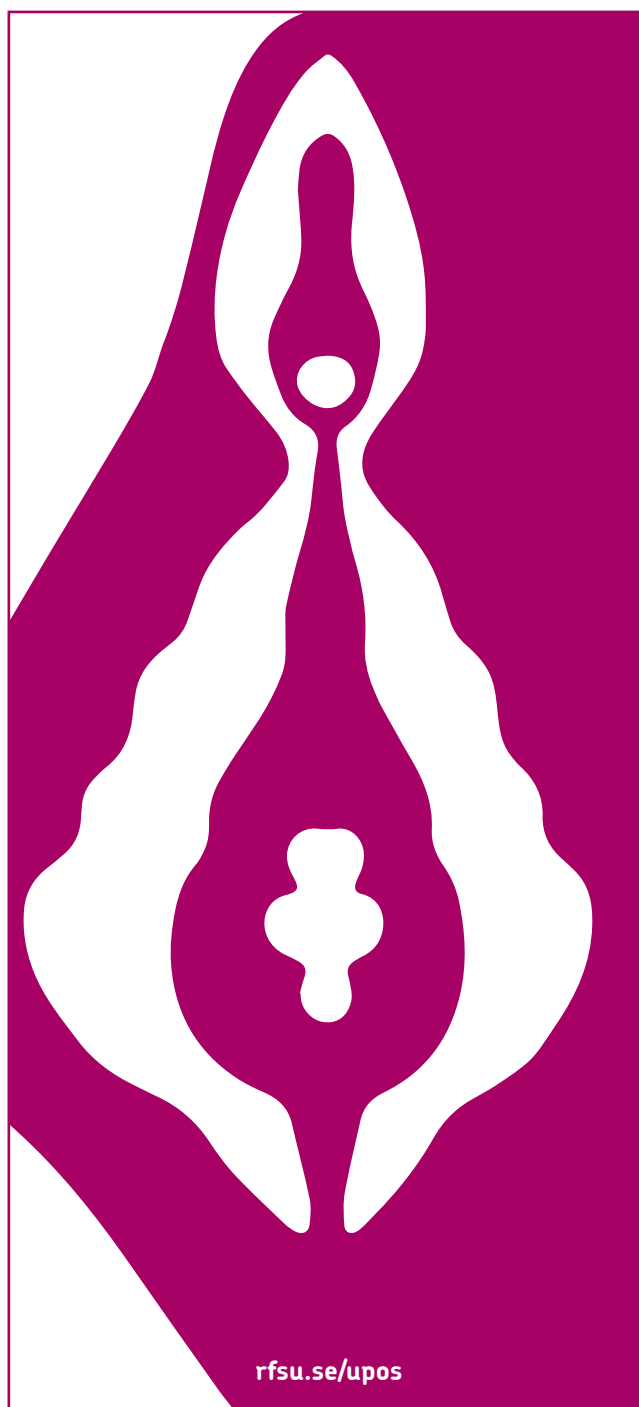
3. Explain that you will now discuss the topic together, and that the participants may ask questions. Feel free to let the participants themselves decide what the conversation focuses on. Below are examples of questions for discussion that you may use.

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 the hymen? Where is it?
 - What is the story behind bleeding during the first sexual intercourse?
- What happens to the vagina when you are aroused and want to have sex?
- Can one tell if a person has had sex?
- What kinds of myths are there about losing one's virginity and what the vagina looks like? What can these myths result in? How can they be counter-acted?
- How can you support someone who feels pressured to bleed during their first sexual intercourse, or someone who is concerned that it will hurt?
- Are there more myths about women's sexuality and bodies? Why do these myths exist?

IMPORTANT TO DISCUSS:

- There is nothing that changes in the vagina after a person has had sex for the first time - it is never possible to tell by looking at a person's body if they have had sex or not. There is no "virginity membrane".
- Most women do not bleed the first time they have sex.
- The myth of a virginity membrane may affect many women's social situation and emotional well-being. It is important to spread information about the truth behind it.
- Nobody has the right to make decisions about anyone else's first sexual experience and/or sexuality. So-called "virginity checks" may be illegal and are a type of sexual abuse.



CONVERSATION MATERIAL FOR INFORMATION ON GENITAL MUTILATION

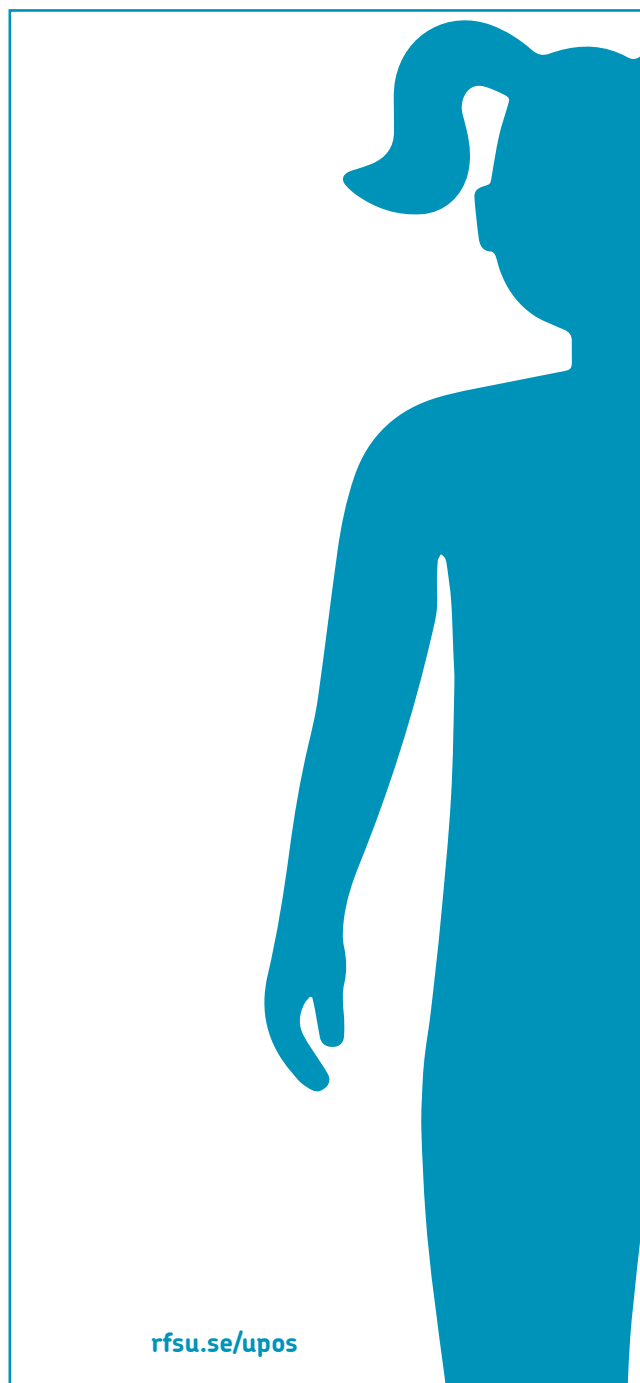
1. Explain that you are going to talk about genital mutilation (also called circumcision, or cutting the genitals), and that you will begin by watching a film about it. Explain that the film will include drawings of naked bodies.
2. Watch the film together.
3. Explain that you will now discuss the topic 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 felt the film was about. Was there something new or something they had discussed before?
- Summarize together:
 - What is genital mutilation?
 - What can genital mutilation result in?
 - What does the legislation in your country say about genital mutilation?
 - What kind of help is there for those who have been subjected to genital mutilation?
- Is it easy or hard to talk with healthcare professionals about having been subjected to genital mutilation?
- How might the one being subjected to genital mutilation feel?
- How can one enjoy sex, even if one has been subjected to genital mutilation?
- What are the reasons for genital mutilation being carried out in various parts of the world?
- Imagine two parents who don't want their daughter to be genitally mutilated, but others in their social environment expect it. What can the parents do? What kind of support might they need?
- The occurrence of genital mutilation is decreasing in many countries. Why do you think fewer are doing the operation today than 30 years ago?

IMPORTANT TO DISCUSS:

- Different people use various terms for the procedure. It may be called genital mutilation, circumcision or cutting the genitals. Use the term that the person you are talking with feels is appropriate.
- In most countries it is illegal to allow a girl to be genitally mutilated.
- The person subjected to genital mutilation does not always know exactly what has been done to them. This can be determined by a gynaecological examination.
- Different people feel differently following genital mutilation. Some have huge problems, whereas others have minor ones or none. Every reaction is okay.
- It is possible to feel sexual desire, enjoy sex and have an orgasm after genital mutilation.



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- Where you can get help for physical or emotional issues. Help may be given through counselling, examinations, operations or advice concerning sex.

CONVERSATION MATERIAL FOR INFORMATION ON HONOUR-RELATED OPPRESSION AND VIOLENCE

1. Explain that you will now talk about honour-related oppression and 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 honour-related oppression and violence?
 - What might it look like?
 - Who may be subjected to honour-related oppression and violence?
 - What can the spreading of rumours result in for the person who is living in an honour-based society?
- The concept of a girl having to be “a virgin” until she marries is central in the context of honour. This often results in girls being controlled by their family/relatives. How can violence and oppression in the name of honour be counteracted? How can you support a person who has been subjected to this?
- There is a myth claiming that there is a membrane inside the vagina that ruptures the first time a woman has sexual intercourse, which then bleeds. This is not true. It does not show whether a person has had sexual intercourse or not. Why does this myth exist?
- How do norms and expectations for girls and boys differ in the context of honour?
- How might it feel for a boy to be forced to “be responsible” for their sisters or female relatives? How can support be given to a young boy in this situation?
- Children are entitled to make decisions regarding their own lives. For example, they have the right to choose their partners, and the right to privacy. What are the limits on a parent making decisions on behalf of their children?
- What kind of support is there in society for persons living under the context of honour? What can make it easier or more difficult to ask for support and speak up about one’s own situation?



IMPORTANT TO DISCUSS:

- Honour-related oppression and violence appears different to different people. All restrictions on the individual’s right to make decisions regarding their own lives, their own body and their own sexuality is a violation of human rights.
- Girls and women and LGBTQI-people are the most vulnerable in the context of honour. But boys and men can also be victims. People with disabilities are also particularly vulnerable.
- What can make it easier or more difficult to ask for support, and to speak up about one’s own situation? Concern that it will not help, that the situation can get worse, or a feeling of being let down by one’s family may all affect the decision to speak up. It may be necessary to talk about these thoughts. One may e.g. turn to the school, youth-friendly clinic or special organisations that work with this issue.

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**

