

QUESTIONS for after the “SAFER Choices” Assembly:

1. What sexual pressures do students today face? How should we try to deal with the sexual pressures of today?
 - **ANSWER:** Only you get to decide your life. No one else. Free yourself of having to do what others want you to do, including sexually. Most pressure is us trying to be like someone else or trying to be liked by others. Instead of trying to be like others or be liked by them, LIKE YOU – exactly who you are. Be You! Being YOU is freeing. While peers can feel very influential in your life in this moment, understand that most of them will not be in your life 4-8 years from now. You will be. Trust You!
2. What do you do if you're feeling pressured about doing more than you're comfortable with? What are pressures students can feel in these situations and how do we overcome those pressures?
 - **ANSWER:** You never OWE any sexual activity. Never. Say, “No” and be proud of yourself for saying, “No” when “No” is the choice you want to make. If you are feeling pressure, remind yourself that you owe no one any sexual activity, images, or video.
3. How can one avoid getting caught up in a “hook-up culture”?
 - **ANSWER:** The best way to avoid hook-ups is to choose what you do want in a relationship with someone. Write down exactly what you want in a relationship (including if you want or don't want a sexual relationship. Please remember everyone needs to be old enough to consent for a sexual relationships). Clearly knowing what you want and honoring that approach can help to avoid hook-ups you don't want to experience. Be willing to update what you want for yourself as you go along in life.
4. What causes sexual assault?
 - **ANSWER:** Only the person who commits sexual assault causes a sexual assault. NOTHING the survivor does causes sexual assault. NOTHING!!

5. How can we better support each other (everyone of all genders) with these topics? How can we help hold each other responsible for treating each other with respect?

- **ANSWER:** Please know we the school/your parents are always here for you as resources. Another great option is talking with a counselor and/or utilizing therapy. And we are happy to help you explore those possibilities.

When considering making a choice in life, complete the phrase, “I am someone who . . .” and then answer what you would be most proud of answering in the situation you are in or considering. Ask yourself if you have the knowledge, tools, and maturity that the situation requires. Are you good with all the possible outcomes afterward? Keeping that all in mind, what choice would reflect your most caring, respectful, and mature self? Let that answer help drive your choice.

6. What are examples of words in our society that are negative and aimed at one specific gender regarding sex and/or sexual decision-making? Can we agree to no longer use these words against each other?

- **ANSWER:** Examples can often include words such as slut, easy, or whore. Catch ourselves and others using such language so we can make more respectful choices going forward. When someone uses such words around you about another person, respond with “Oh you mean that person?” Stress the word “person” to humanize the person their words are devaluing.

7. How has the sexual culture changed with modern technology? Is this change positive or negative? Explain. What can we do to use technology in a positive way?

- **ANSWER:** Technology has created 24/7 access to dopamine hits which keep the brain busy and wanting more. This is the reason social media and pornography can be so addictive. They are programmed to be dopamine hits that keep you returning.

Some people use technology as a weapon against others such as asking for nudes from minors (under 18); blackmailing others with images or videos, and other forms of misusing technology to gain control or power over another person.

You can use technology in a positive way by sharing uplifting messages with each other. Lift each other's souls instead of gossiping or spreading negative energy.

Call out people who show you or send you nudes of others. Tell them to never share that with you. Help to stop the spreading of nudes to do harm to the person in the photo (hurting their reputation and/or how people treat them).

8. How to support people/friends who are struggling with sexual relationships?
 - **ANSWER:** Avoid trying to “fix” them or their situation. Instead, support them talking with a helpful adult or professional such as a counselor. Let them know how valuable they are being themselves (not because of achievements).
9. Are there “red flags” to look for in a relationship?
 - **ANSWER:** Yes! You can find lots of Red Flags listed at this link: <https://nnedv.org/content/red-flags-of-abuse/>
10. How can you know if a sexual encounter could be troublesome?
 - **ANSWER:** One way to know is if you are feeling any pressure at all (from a partner, peers, or yourself). Sexual activity should only occur when both people WANT it with each other in that moment with all the sexual activity agreed upon in the moment and fully understood between partners of legal age and sound mind. Look for consent to be enthusiastic.
11. What are additional ways we could intervene for others at parties/dorms, etc...?
 - **ANSWER:** Distract one or both of the people involved. Delegate and get others involved. Be DIRECT and step in. What ideas do you have?
12. How can you know exactly what your partner wants to do with you or not do with you?
 - **ANSWER:** Ask and Respect the answer. Respect the answer does not mean you have to do what they want. Only do what both of you mutually want to do with each other. You never owe anything.
13. What questions could we be asking that we are not asking?