



Instruction

Casting

Casting is a video in RFSU's "Do you want to?" series. Through several short films, we want to open up conversations about sexuality, communication and boundaries. The aim is to prevent violations, abuse and sexual violence, and to promote mutual consent.

Focus: What is sex, actually? And what is good sex?

Casting is based on talking about what sex is, and the fact that it can be a lot of different things. The participants have the chance to discuss expectations of when you are going to have sex, what mutual consent means and what sex can be. They will also discuss the fact that some people have sex for the first time when they are younger and others when they are older, and that some people do not have sex at all. Preferably, emphasize the fact that we can have several "first times" – for example, the first time we masturbate, have oral sex, or penetrate someone or are penetrated by someone else.

Implementation

First watch the video and then discuss what you saw together. Feel free to use the discussion questions below, but allow the focus to be on the participants' thoughts on the video.

Tips!

- If it is easy for the group to hold a well-flowing conversation, then ask the questions directly to the group.
- If the group is large, quiet, or if some people tend to dominate, it may be better to have participants discuss in smaller groups.
- You can also use sticky notes on which participants can write down their responses alone or in small groups.
- Keep in mind that the participants may interpret and perceive the videos differently, sometimes because they are reminded of their own experiences.

Discussion questions:

- After watching the video, what do you think?
- What is sex? One person in the video talks about "fingering"; is that sex? Is masturbation sex? Is making out sex?
- Can you come up with more/other ways of having sex?
- What does it mean to have sex for the first time? Is it possible to have several first times?
- One person in the video says "you think it's going so well for everyone else" – why do they say that? What do you think about that? Why do you think some people think that?
- Are there expectations that you should have sex by a certain age? Are there sometimes expectations that you should not have had sex? Is it different for guys and girls?

Expanded discussion

Let the participants discuss what mutual consent and communication means to them.

- What do you think is important if you are going to have sex?
- What is mutually consensual sex? What does communication mean? What does it look like?
- Can it be hard to show what you want? Why/why not?

We recommend showing and discussing **all of the videos** because together, they provide a deeper understanding and knowledge about mutual consent and communication. Each video is about two–three minutes long. In *Overview Do You Want To?* which you can find at rfsu.se/villdu, you can read more about the order in which it is best to watch the videos, the estimated time and what themes each video addresses.