



## Instruction

# The Birthday

***The Birthday* 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: Pressure and initiative – how do they feel and what is the difference?**

In *The Birthday* we highlight the difference between pressuring someone and taking initiative, and the fact that there can be different expectations connected to taking initiative depending on gender and gender roles. Participants have the chance to discuss good ways to show what you want. Based on *The Birthday* the group can also discuss grey zones and pressuring someone to have sex.

### **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:**

- How do you think the girl feels at the end of the video?
- What do you think she will do? (Example: answer the texts, go to the party, stay home or more/other ideas?)
- Why do you think the guy sends so many texts? How many texts is too many?
- What should he have done instead? How can you show that you want to without being "too intense"?
- How would you view the situation if it were the opposite – a girl pressuring a guy?
- How would you describe the difference between pressure and taking initiative? What would that look like?

**(Make a list** with a column for both **pressure** and **initiative**. Write down the suggestions that come up under the respective column.)

### **Expanded discussion**

Pressuring someone to have sex is when someone repeatedly tries to communicate their desire without taking into account how the other person feels. That can lead to someone doing something they don't really want to do.

- How does it feel to be pressured to have sex?
- What is a good way to show the desire to have sex?
- What could you say or how could you show that you are interested, but that you want to take small steps forward?



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**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](https://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.