



## Instruction

# A Night at Home

***A Night at Home* 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, assault and sexual violence, and to promote mutual consent.**

### **Focus: Sex, communication and interaction**

In *A Night at Home* we highlight a lack of communication and interaction during sex. The video shows two people who want different things. One crosses the other person's boundaries. The participants have the chance to discuss how to understand what someone does or does not want in a sexual situation, and how to show what you do or do not want yourself.

### **Implementation**

First watch the video and then discuss what you saw together. Feel free to use the exercises and 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.
- Preferably, show this video together with "Basketball Guys," which shows a situation in which two people want different things, but their communication works.

### **Discussion questions**

It can work well here to split the participants into three smaller groups and have each group discuss a point in time in the video.

- What is the mood like **before** they start having sex? What do they say? What do they show that they want to do?
- What was the atmosphere/mood **while** they were having sex? What signals do they give each other?
- What is the mood **after** they had sex? What do you think the girl/guy are thinking? What do they do?
- How does the girl show that she does not want to continue? What signals does she give? (**Make a list** with a column for both **Yes** and **No signals**. Write down the suggestions that come up under the respective column.)
- Can you come up with more/other ways of understanding that someone does not want to?
- How can you show that you do want to?
- What can you do if you are unsure of what someone wants?

Emphasize that **a lack of Yes-signals is always a No-signal**. And that if you are not sure or if you are not getting any clear Yes-signals, then it is important to stop and ask. Mutual consent and communication should both be present the entire time: before, during and after sex.



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### Expanded discussion

Desire can come and go. A person may be in the mood to do one thing but not another, and timing is important. It does not matter if someone has had sex before or if this is the first time: everyone always has the right to change their mind.

- When do you think the guy understands that the girl no longer wants to? Why does he keep going anyway?
- How does crossing someone else's boundaries happen? Why can it happen?
- What can you do if there is an expectation to make out or have sex, but you do not feel like it?
- What can you do to show that you have changed your mind/no longer want to have sex, or feel like doing something else?

**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.