



Instruction

Do you want to?

***Do you want to?* 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: Sex is better with communication

Do you want to? highlights the fact that things can sometimes go wrong, but a lot can be corrected with communication. A few short words and/or body language are often enough. The participants have the chance to discuss how it can be hard to show what you do or do not want, but also how to show what you enjoy. Mutually initiated sex is the sex that most people think is best.

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:

- In the beginning of the video, all three couples seem to have kind of a hard time finding ways that work. How is that apparent?
- Why can it sometimes feel hard to show what you want? Why can it feel hard to show what you like and enjoy?
- What do they do to change the situation? How do the people in the video show what they want to do and/or do not want to do? What do they say?
- Can you come up with some other/more ways someone could show what they like or do not like?
- Why is it important to communicate when having sex?
- What can you do if you are uncertain about what someone else enjoys or likes?

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.