



JUST DO IT!

Just do it! 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 harassment, abuse and sexual violence, and to promote mutual consent.

Focus: If someone thinks that a sexual assault may be taking place, what can they do to intervene?

With *Just do it!* we want to highlight what someone who sees that an assault is happening can do to intervene. The participants have the chance to discuss how to be an active bystander and what you can do specifically, but also how it feels and why it is sometimes perceived as difficult to intervene. By discussing what you can do, there is a better chance that you will intervene if something actually happens.

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.



- 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. →

In the video we don't hear the names of the characters. The guy with the bottle in his hand is Hassan. His friend's name is Alex.

Discussion questions

- After having seen the video, what do you think/feel?
- What causes Hassan to react?
Why does he have a “bad feeling in his stomach”?
- Why is Alex unsure at first if they should intervene?
- What causes the guys to decide to do something?
- What can Hassan and Alex do to intervene?
(Example: ask the girl if she is okay; ask Filip what he's doing; find the girl's friends; look for other allies; look for an adult; “accidentally” interrupt or more/other ideas?)

Extended discussion

Sometimes intervening can feel difficult. You might be afraid of how the person/people around you will react, and sometimes you might know both the perpetrator and the victim. Discuss why it can be hard, but emphasize the importance of finding strategies for doing something and not normalizing sexual assault.

- Alex says “It's Filip! The guy who bakes muffins and writes romantic songs”
– what does he mean by that? Who and how do we think perpetrators are?
- In what ways does it feel challenging to speak up/intervene if someone you know is doing something that is not okay?
- Why is it still important to intervene if you see something happening that does not feel okay?

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.

