

Scripts and Audio Debriefs following teen role play videos

Scenario 1: BG/GF Talking About Issues—UNHEALTHY (warning, curse word)

Script:

Cheryl: Hey Scott. How are you today?

Scott: Hey Cheryl. I am doing okay. A little sick, but okay. I get by, you know. How are you?

Cheryl: Good. That's something that I have actually been wanting to talk to you about for a while. I see that you started smoking again. You know, what you do with your body is your choice, ultimately, but I care about you. It bothers me that you are smoking. Putting all these toxic chemicals in your body can be really dangerous.

Scott: Really? You, too? My mom is giving me so much crap for this. You're my girl. I thought you would be cool, you know. But you're a prude goody too shoes little bitch. You say you care about me but if you did, you would respect me enough to keep your little opinions to yourself. Like you said, I can do what I want. Plus, ciggs kind of help me chill out, and you know you don't want me to get angry.

Cheryl: I'm sorry I aggravated you. I just care about you, you know. I just want...nevermind. It's okay. *[puts head down, scared]*

Scott: Yeah, I know it's okay, and you can shut your little yappy mouth about it. I am going to do what I want to do.

Debrief:

Okay, let's take a deep breath. That skit was scary. Here we saw multiple kinds of abusive, unhealthy behavior. Clearly, Cheryl is not safe in this relationship to bring up issues or concerns – Scott made her feel scared when she tried to do so. Scott also used manipulation to try to get his girlfriend to act a certain way. When he said, "If you really did care about me, you wouldn't do this..." that's a form of control. Scott also showed aggression in body language and the tone and words he used. He did this to intimidate Cheryl and control her, and to scare her away from freely expressing her thoughts in their relationship. Now, watch the Healthy Relationships version of this video and you will see an example where Cheryl is free and safe to bring up issues and where there is mutual respect and shared power.

Scenario 2: BG/GF Talking About Issues—HEALTHY

Script:

Cheryl: Hey Scott. How are you today?

Scott: Hey Cheryl. I am doing okay. A little sick, but okay. I get by, you know. How are you?

Cheryl: Good. That's something that I have actually been wanting to talk to you about for a while. I see that you started smoking again. You know, what you do with your body is your

Scripts and Audio Debriefs following teen role play videos

choice, ultimately, but I care about you. It bothers me that you are smoking. Putting all these toxic chemicals in your body can be really dangerous.

Scott: I know this might have come up a little sooner or later. You're right. I know smoking can be dangerous... it's not like I really want to be hooked on it, you know, but it just helps calm me down when I need it. I'm stressing out about different things. School. Sports. Helping out my mom with my little sister.

Cheryl: I'm sorry that you're stressed out. I care about you. I am here to help. If you need someone to talk to, I'm here to listen. I know smoking can help you feel calmer, but in the long run, it's going to do more damage to your body and health than anything else. Plus, I don't want to get exposed to it either, for my health, and I'm your girlfriend, so it's not like it's easy for me to avoid you. *[flirty, smiling]*

Scott: *(sigh, nod)*. You're right. I have been thinking about quitting. I just feel like I can't do it alone. I think I'll try to stop. I want to come up with a plan. Thanks for talking to me and thanks for listening. You're so caring and I like that about you. And yeah, I don't want you to have to be around cigarette smoke.

Cheryl: Of course. Anytime. Let me know when you're ready to take the first steps. There are people you can call for free who can help you come up with plans. There is also a phone app. I'm so glad that you want to do better for yourself. You know, it'll help you be a better athlete, too. You'll be in such good shape when you quit.

Scott: Yeah, I'm stoked for that. I'm about to step up my game. Thanks again for talking, and for listening. I love you, baby.

Debrief:

We saw healthy behavior patterns in this scene—MUCH different than the first scenario. Cheryl expressed concern for her partner, and Scott acknowledged Cheryl's concern and heard her story. By hearing out Cheryl, Scott invited her to speak to him, which puts both people at equal places in their relationship and offers room for open communication—a characteristic of a healthy relationship. They both respected the other person's autonomy, or ability to make choices, and they partnered together to try to help Scott quit.

Scenario 1: GFs Talking About Boundaries: UNHEALTHY (warning, curse word)

Script:

Alyssa: Oh my gosh. Check her out—she is so fat.

Keilee: Hey, that's a little mean. I mean, do you think I'm fat?

Alyssa: Whatever. You are not fat. What's wrong with you? Why are you being such a prude?

Keilee: That's not my point. Neither of us should be mean.

Scripts and Audio Debriefs following teen role play videos

Alyssa: What's up with you today?

Keilee: Why do you have to be so mean? I'm tired. I didn't get much sleep last night. You were texting me until like 2 in the morning. I don't appreciate that.

Alyssa: What? What's wrong with that? I don't get it. You know. People text all the time. I mean. I just miss you when we're not with each other, you know?

Keilee: We are literally together all the time. And getting your texts so late is well, kind of suffocating. Maybe we just need breaks, like especially on weeknights when I need to sleep.

Alyssa: Are you telling me that you want to break up with me? I just care about you. You don't like talking to me? I mean. This is bullshit.

Keilee: I like talking to you. You're my girlfriend. I mean. I just don't like all the constant texting and talking. I'm just saying that maybe we can spend a little bit more time with our friends and family. I also have my career that I would like to focus on—it's really important to me.

Alyssa: What the fuck? Are you breaking up with me? I do all this shit for you, and you're complaining about us talking too much? You don't like talking to me. You don't appreciate the shit I do for you, like hanging out with your friends or your coworkers. And you've been all about your work—you're working so much. It's like you're more into that than you are me. I don't know. Maybe you wanna be with guys now?

Keilee: Please stop. I don't want us to break up and I don't want to be with anyone else. I'm just saying. Maybe we can like chill for a while, you know. We will still hang out. I like hanging out with you. Maybe we can just like quit texting and talking so much. Or, like, hang out with our friends too. I want to get to know my co-workers a little more...

Alyssa: Whatever. Fuck this.

Debrief:

What you saw was abusive behavior and unhealthy communication patterns between people in an intimate relationship. Alyssa, the woman on the left with the magazine, was not acting as a supportive caring partner to Keilee, the woman on the right with the book. For one thing, Alyssa refuses to hear Keilee out when it comes to concerns about their relationship. In this case, Keilee brought up her problem with communicating a lot through text with Alyssa, which harmed her sleeping habits and ability to be productive at work. Alyssa did not want to hear Keilee's concerns, and made it clear that there was not a safe environment for bringing up issues—this is a form of control. Also, Alyssa was verbally abusive: she cussed at Keilee and was aggressive in her tone. This is a form of intimidation which is used to control a partner. She also said, "are you breaking up with me? I do these things for you and you don't appreciate it.." This is manipulative and not fair to Keilee. It sends the message that if Keilee wants to stay in the relationship, she can't voice her concerns. Finally, Alyssa insulted Keilee's friends and criticized

Scripts and Audio Debriefs following teen role play videos

her focus on her career. One common tactic used by abusers is isolating their partner away from friends and family, or the things they care about such as work or school so that person is dependent on them. Now, let's check out how to deal with issues constructively in a healthy manner by watching the Healthy Relationships version:

Scenario 2: GFs Talking About Boundaries—HEALTHY

Script:

Alyssa: Oh my gosh. Check her out—she is so fat..

Keilee: Hey, that's a little mean. I mean, do you think I'm fat?

Alyssa: Of course I don't think you're fat. Okay. Maybe that was a little mean.

Keilee: Yeah, so anyway. I just wanted to talk to you about something.

Alyssa: Okay. Yeah, I guess that was a little mean. What's up with you today, though? You seem, like, angry or upset or something. Everything okay?

Keilee: I am so tired. I didn't get much sleep last night. You were kind of texting me until like 2 in the morning. That kept me awake. It's kind of unnerving.

Alyssa: Oh. Well, I just like you so much, you know? I'm so happy that we're together. I didn't think it was a problem. I didn't know it kept you awake... I'm sorry.

Keilee: I like you too, Alyssa. A lot. I'm happy that we're together, too. You're great. I just don't think we have to be talking and texting all the time, you know.

Alyssa: *(Sigh)*. Okay. I get it. I didn't mean to be all up in your grill all the time. I just couldn't sleep and I thought I'd leave you some messages to wake up to.

Keilee: That's sweet, babe. That's so thoughtful. How about...maybe if you can't sleep you could write me, like, an old school letter? And how about we do something special sometimes? Like go out somewhere. That way if we have something to look forward to, we can actually get our homework done on weeknights.

Alyssa: Sounds great. *(Hold hands)*. I'll try to tone down the texts and phone calls. And I know, I need to get my grades up. Maybe this weekend we can go out, but hang out with our friends, too. I want to meet your friends from your neighborhood.

Keilee: I'd like that. I've noticed that I haven't seen my friends in a while, especially Chris and Tom.

Scripts and Audio Debriefs following teen role play videos

Alyssa: Yeah. You're right. I think hanging out with friends will be a good idea, and I want to know your people.

Keilee: Hey, I appreciate you being understanding.

Debrief:

This scene played out MUCH differently than the last. For one thing, Alyssa expressed her concern for Keilee when Keilee appeared upset. This invited Keilee to open up and share her thoughts and feelings with Alyssa, creating a safe place to talk openly and honestly about what she felt. Relationships are hard and take a lot of work, and Keilee and Alyssa were able to work through a bump in their relationship by talking openly and lovingly about their concerns and feelings. They also solved a problem by agreeing to spend more time with friends and writing letters when one wanted to talk and the other wanted to sleep. Alyssa still can get her communication needs met while Keilee can get her sleep needs met. Win win! They also supported each other to have friends and establish and attain career goals.

Scenario 1: BFs Having Time with Friends—UNHEALTHY

Script:

DeShaun: Hey, babe. I just talked to Jerry who is leaving for the summer next week. He invited me to go to this get together with our friends. I know we had plans, but I told him I'd check in with you to see about hanging out with them.

Alex: Shit, DeShaun! We've had this date planned for a long time, and now you're just blowing me off? I thought you loved me.

DeShaun: I do love you, Alex. It's just that, you know. We've been hanging out a lot. I thought it might be good if we hang out with our friends separately, you know.

Alex: Whatever. I guess I'll see you whenever (*walks off*).

DeShaun: Alex, please...

Debrief:

In a dating relationship, it is important for both people to feel supported to spend time with friends and family outside of the relationship. Alex and DeShaun stumble on this issue in their relationship, but they don't agree on how to address it. DeShaun expressed his wishes to spend time with a friend of his, but Alex dismissed it. Alex refused to hear DeShaun out, causing a communication barrier, and inability to solve an important issue. Let's check out what a healthy communication style and behavior might look like in the Healthy Relationship version of this skit:

Scripts and Audio Debriefs following teen role play videos

Scenario 2: BFs Having Time with Friends—HEALTHY

Script:

DeShaun: Hey, babe. I just talked to Jerry who is leaving for the summer next week. He invited me to go to this get together with our friends. I know we had plans, but I told him I'd check in with you to see about hanging out with them.

Alex: Baby. We've been planning this date for a long time. (Sigh). I think I get it though. You and Jerry have been pretty good friends for a while. It must be hard to see him leave for a long time.

DeShaun: Exactly. I mean. I don't mean to blow this off. This is still important to me. You're important to me. How about we reschedule our date? Maybe next week? That way we could have even more time to spend with each other.

Alex: Sounds great. Next week. I look forward to it.

DeShaun: It's going to be great. Thank you for being so understanding. I appreciate you.

Debrief:

DeShaun and Alex have a problem that they need to work through and they experience a little bit of tension. However, this scene played out differently because Alex heard DeShaun's concern and expressed understanding. Alex wanted to see DeShaun happy, and that meant spending time with friends away from each other. This looks like a healthy relationship where both people feel appreciated, especially in their abilities to express concerns openly and to spend time with friends and family.

Scenario: Friends Talk About Consent, Age, & Drinking: How to Step Up and Help (Warning, curse word)

Script:

Friend 1: Did you hear about the party this weekend? The high school kids got drunk and a few of the middle schoolers came and joined the party. There was this one 7th grade girl, Missy, who was hammered. I saw her stumbling around.

Friend 2: God, I hope she was okay. Did someone make sure she stayed safe and got home safely?

Friend 3: She didn't want to go home. She was hooking up with Ricky.

Friend 2: Uhm, Ricky is in 10th grade! That's, like, wrong, going after a 7th grader, and especially a drunk one!

Scripts and Audio Debriefs following teen role play videos

Friend 3: She seemed to be enjoying herself.

Friend 2: That's not the point. If she was drunk, she can't consent. And if she's that young, and especially with Ricky who's at least 3 years older, that's not cool.

Friend 3: But Ricky is a nice guy. She's just a little slut; she likes that kind of thing.

Friend 2: No, Missy does *not* deserve to be called any names. She was being taken advantage of by an older guy because she is really young and she was drunk, and I think she has a rough life at home. And Ricky may be nice to you, but what he was doing is assault and taking advantage of someone who couldn't take care of herself. That's not okay to stand by and let happen. To *anyone*.

Friend 1: So what, then? I mean, you're right, I guess that isn't cool, but what can we do about it now?

Friend 2: Tell a teacher.

Friend 3: You're gonna rat out a friend?

Friend 2: My priority is that the 7th grader is safe, and I want Ricky to know that it's not okay to do that ever again.

Friend 3: Look, I know Ricky. I'll talk to him about it too, about the age difference and how it's not okay to take advantage of someone when they're drunk.

Friend 1: I'll come with you, Eva. I don't want him to get angry at you and you guys be alone.

Friend 2: Hey guys, I'm glad you heard me on that one. It happened to my sister once and I promised to never turn my eyes if it happened to another kid.

Debrief:

This conversation between friends about the party over the weekend could have gone in one of two very different directions, either reinforcing and encouraging the acceptability of victim-blaming or rape, or challenging it. Fortunately, it challenged those behaviors. What do I mean by that?

Initially, the girl in front and the boy in back did NOT do a good job of promoting consent. They were talking about Missy, the 7th grader, in a way that made it seem normal or okay that a 7th grade girl would be really drunk, and that a much older boy would be sexual with a younger and very drunk girl. They were placing the blame or responsibility on Missy, and calling her victim-blaming names.

Scripts and Audio Debriefs following teen role play videos

The girl in the middle, on the other hand, stood up for Missy. She was an advocate for consent and for people who are vulnerable, and she was willing to teach her friends. Not only did she call out her friends for blaming Missy, but she pointed out the large age difference—which placed Missy and Ricky on very different levels of maturity and power—and the fact that Missy couldn't consent to sexual activity because she was drunk. The girl in the middle also went to get help, because she didn't want Missy to be alone in dealing with this.

Because the girl in the middle had the knowledge and courage to speak up, her friends were able to learn something and change the situation. It doesn't always go this well, but you really can make a difference by speaking up.

Everyone says or does things sometimes that are hurtful – that's just part of life and growing up. And since, in our society, we sometimes blame victims and make excuses for perpetrators of sexual violence which makes sexual violence seem normal—it's not uncommon to hear our friends and family say things like these kids did. Many people just don't *know* what consent is and what they and other people have the rights to.

So think about ways that you can share this information, and stand up for what matters, in a respectful, kind way. And also, if *you* accidentally say or do something hurtful, remember it's okay if a friend or family member points it out. We can all learn, and we can all grow, and we can all do something to help when something wrong has happened or is going to happen.

For more information on how to stand up, speak up, and help, check out Green Dot Alaska on Facebook or on their webpage, www.greendotalaska.com, and check out www.standupspeakupalaska.com

Scenario: Uncle & Nephew Talk About Consent, Age, & Drinking—Having Safe Conversations on Hard Topics

Script:

Uncle Ramón: Hey, Junior, how're things going with that girl you started dating a while back? What was her name, Alicia?

Junior: Good. She's cool. [*sheepish smile*]

Uncle Ramón: Yeah, can you tell me a little more? Like, what makes her cool?

Junior: I don't know...she's funny and smart, and she seems to like me a lot. But...I can't totally read her, like, if she wants to do stuff or not. Like I'll kiss her but I don't know if she, y'know, wants to keep kissing or, y'know, do more, or whatever.

Scripts and Audio Debriefs following teen role play videos

Uncle Ramón: Have you asked her about what she wants, and what she feels comfortable doing? Like, what her boundaries are – and then also explaining what yours are?

Junior: No. I mean, that's kind of awkward, don't you think, Uncle? Like, I'm supposed to just know what she wants, right? Like I should be able to read her body language. I'm a man.

Uncle Ramón: You're learning to be a man, yes. And being an honorable man –and the kind of man that women like to be with – means being respectful when it comes to intimacy. That means never ever pushing a woman to do something she isn't comfortable doing. And to know what that is, you have to communicate.

Junior: Okay, but what do I do? Like, "May I please kiss you now? May I please touch your breasts now?" Kind of unsexy, right?

Uncle Ramón: Oh no, it doesn't have to be unsexy at all. First of all, you could have these conversations about what you both want and what your boundaries are *before* you start making out or anything, like while you're doing something else like eating lunch, so there's no pressure for it to be sexy, and so you can talk things through well. But when you *are* getting intimate with each other, that's a time when you can check back in about what she wants then and there – cuz it's not gonna be the same every day. And invite her to tell you what she wants. C'mon, what's sexier than a woman telling you, "I want you to..." [*sexy imitation*] You get the point. Listen to her, and you will be surprised at how hot it is.

Junior: Huh. Yeah. Why don't they talk about this in my health class?

Uncle Ramón: I don't know, good point. But speaking of health class, do you know how to prevent sexually transmitted infections if you and Alicia do decide later on that you want to have sex?

Junior: Yeah, use a condom every time, and use it correctly.

Uncle Ramón: And that's part of that good communication you and Alicia need to have –what you both do and don't want to do, and how you are going to keep each other safe. That could include condoms plus another form of birth control for double coverage. Also, you could go to the clinic together to get tested for STIs beforehand and learn about birth control options.

Junior: Yeah. But we're not there yet. Like, at all.

Uncle Ramón: Good. Take your time. There is all the time in the world to really get to know each other and figure out what is the best choice. There is a lot you can do together without having sex. And as long as you keep talking and listening, you two can figure it out together. And you know I'm always here to listen and help.

Junior: Yeah, thanks, Uncle.

Debrief:

Scripts and Audio Debriefs following teen role play videos

In this skit, Uncle Ramón took the opportunity to spend time with his teen nephew, Junior, to check in with Junior's relationship and to teach him about healthy communication as a crucial part of consent for any kind of romantic or sexual activity. Uncle Ramón made very clear to Junior that it was important to ask questions, listen well, communicate about his own hopes and boundaries, and check in often with his girlfriend, Alicia – and that communication was also part of how they, as a couple, could take steps to stay safe from STIs and pregnancy if they decide later on to engage in sexual activity. The uncle used his position as a respected older man to teach a healthy idea of masculinity to his nephew.

Uncle Ramón was pretty comfortable having these conversations, even if his nephew was nervous, and so it was easy for him to create a safe environment for Junior to ask questions. Not all adults are comfortable having these conversations, though, and that's okay. You don't have to have the perfect words or feel totally prepared, and you can even say something like, "Hey, I know this is awkward, but I care about you so it's important for us to have this conversation."

Here are a few links with great tools, like videos and question cards, to help parents and other caregivers have good conversations young people about sexuality and relationships:

Talk Now Talk Often Alaska:

<http://www.tntoak.org/>

Talking to Kids About Sex and Sexuality: The Basics

<http://www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality>

Tips for Talking with Teens:

http://www.plannedparenthood.org/files/3213/9610/6118/TalkingWithTeens_091213_vF.pdf

Scenario: Mom & Son Talk About Sexting—Having Safe Conversations on Hard Topics

Script:

Mom: You know how much I love you, right?

Jake: Yeah, mom, I know.

Mom: You know I love you unconditionally, right, and that I always will?

Jake: Yeah, mom. I know.

Mom: Haha, just you watch -- you'll thank me for all this unconditional love when you're a healthy, well-adjusted adult with stable, healthy relationships. All this unconditional love stuff.

Scripts and Audio Debriefs following teen role play videos

Jake: Yeah, mom. *[starting to text.]*

Mom: Hey, Jake, could you put your phone down for a minute? I want to have, like, a human conversation.

Jake: Yeah, I just gotta text Maddie really fast...

Mom: Hey, let me know when I have your attention.

Jake: Sure.

Mom: I know you think I'm not up on anything because I'm an adult. I feel like I don't know what's going on and I don't know what those strings of emojis are supposed to mean, but I do know some things, and I have heard and read a lot about how some teenagers – even really young kids, like 11, are feeling pressure to send sexual pictures of themselves, or are pressuring other people to sext. Have you heard about this?

Jake: I've heard about this. I don't partake in it. But a few of my friends...

Mom: I'm glad to hear that. A few of your friends?

Jake: Yeah. Well, they talk to their girlfriends all the time and sometimes they send pics.

Mom: Okay. I'm glad you're not doing that and I'm glad you're being honest with me, and thanks for sharing about your friends. Do they share the pictures that their girlfriends send them?

Jake: They've shared a few. I mean, it's not really a big deal. They were willing to send the pictures.

Mom: Okay. So if you could put yourself in the shoes of those girls, how do you think they would feel if they shared a private picture with their boyfriend and their boyfriend shared it with someone else?

Jake: I would never do that, of course, but they can always just use snapchat. That deletes it after a few seconds.

Mom: You know they can make screenshots with snapchat, right?

Jake: I haven't exactly thought about that.

Mom: Yeah. You can make screenshots with snapchat, so those pictures can stay there forever. And it sounds like they are sharing their pictures of their girlfriends? With other people?

Jake: Yeah... These girls seem to like it and they seem okay with it.

Mom: Okay. Ultimately it's their body and it's up to them what they do with it but they probably aren't thinking that that's going to be shared. But they probably just wanted to share it with

Scripts and Audio Debriefs following teen role play videos

their boyfriend so it's a violation of their trust to be sharing that with other people. I mean, what if it got shared more widely? What if it resulted in nasty rumors after they break up? Have you heard about that happening?

Jake: Yeah. I guess it's something that's being talked about at school. Like I said, it's not something I would do. My friends would do it and they're okay with it.

Mom: You wouldn't do it because you are a very respectful young man and I want you to think about, if you know better than to do that, you have an opportunity to share that with your friends. Your friends may not think about how that might be harmful to that girl or about spreading rumors about her or blackmailing her. You could also tell them about this: It's actually against the law to have sexual pictures of anyone under 18. It's child pornography and they could get in big trouble for it. Do you think they know that?

Jake: I didn't know it was such a big issue.

Mom: It is. It really is. It's important that they're not doing that and especially that they're not sharing that with other people. So what do you think, if you have a smart phone... I know you don't have one now, but your father and I were talking about giving you my old phone so I could upgrade. So if we were to give you a smart phone I would just want you to know about the kinds of things that could happen so if you were to get a picture like that, what do you think you could do?

Jake: Well, if I did get a picture like that I could just delete it.

Mom: Yeah, that's true. Well if they shared it with you that probably means that they are sharing it with others so what do you think you should do in terms of talking to your friends?

Jake: I guess I could update my friends about that. That's something I didn't know I could inform my friends.

Mom: Yeah, kind of about the issues and the legality.. here, I'll show you something. There's this website called thatsnotcool.com. It has games you can play. It address pressure to send sexual pictures and it has these things called "callout cards." they say things like, "When you pressure me for nude pics, I throw up in my mouth a little." You know, like funny little things you could say. They have games, too. You think you could show it to them? Have them check it out?

Jake: Yeah I guess it looks interesting. I guess I could show 'em.

Mom: Yeah. You're a respectful young man and they're learning how to be and you could help shape that for them. Right? You could step you and kinda say that's not cool.

Jake: All right, Mom. I'll give it a try.

Mom: You know I love you.

Scripts and Audio Debriefs following teen role play videos

Jake: Yeah, I know.

Mom: [chuckles]

Debrief:

In this skit, John's mother knew she had to bring up a potentially difficult conversation, and she was not sure how it would go or if her son would feel attacked and be defensive. So she made sure to start by reinforcing that he is loved, so that he would feel that it was safe for him to make mistakes and learn from them.

From what we saw in the conversation, John had been influenced by his friends to think that sexting, including sharing pictures widely that were intended to be private, was normal and okay. Young people – and adult people – are always trying to pick up from the environment around them what is okay and what isn't, so this didn't surprise his mom too much, even if it was unpleasant to hear. She aimed to let him know the consequences of sexting in a way that helped him to have compassion for the girls whose pictures were being misused, and to appreciate the legal ramifications of having pictures like that. She tried to involve him as much as possible in this thinking rather than lecture him or talk down to him because, well, when has lecturing a young person ever worked out the way we hoped, *really*.

Finally, she tried to draw on the strengths of her son – the fact that he himself has not engaged in the behavior – to encourage him to stand up to his friends and encourage better behavior in them. When people feel capable of doing the right thing, they are more able to do it, so we want to speak to young people's strengths—and they have so many-- while holding them accountable to do the right thing. That is important – we're not talking about letting any bad behavior off the hook.

It's not always easy to have these conversations, and find this balance of accountability and connection. As we try to have these conversations, all of us parents and caregivers and teachers, etc. are going to mess up sometimes. But young people really are influenced by us and research shows us that these conversations really can make a difference in helping young people make better choices. So here are some resources to help you in these conversations:

Talk Now Talk Often Alaska:

<http://www.tntoak.org/>

Talking to Kids About Sex and Sexuality: The Basics

<http://www.plannedparenthood.org/parents/talking-to-kids-about-sex-and-sexuality>

Tips for Talking with Teens:

http://www.plannedparenthood.org/files/3213/9610/6118/TalkingWithTeens_091213_vF.pdf

Scenario 1: How to Help Someone—UNHEALTHY VERSION

Script:

Jenny: Hey Erica. What's going on? Is everything okay? You seem kinda bummed today or something.

Erica: I am okay, I guess. I don't know. I went to this party on the weekend and I got really drunk. I think something kinda happened..

Jenny: You did stuff? Ooh, like you had sex?

Erica: I don't know. I was with this one guy. I liked him, but I didn't want to have sex with him, you know? I blacked out. When I woke up, I was... undressed. And it hurts.

Jenny: Wow. I had no idea. Do you know if he used a condom? Are you okay?

Erica: I don't know. I don't really know what to do. I feel so shitty.

Jenny: This sucks. That happened to my cousin before. This happens, you know. Just try not to get so drunk next time, and it won't happen...

Erica: Yeah, you're right... God I feel like such crap. I just can't do this anymore.

Jenny: Lesson learned. It's just being a girl, you know. You have to look out for yourself.

Debrief:

Ouch! Jenny was just harsh—not a good, supportive friend that someone might need in a stressful, scary time like this. Erica, a victim of rape, probably was experiencing hurt, fear and shame—on top of this, she was in physical pain. Jenny was the first person Erica had told about this experience. Disclosing something of this magnitude to someone is not easy. The response of the person receiving this information could mean a lot to someone who had experienced sexual assault, if the response involves empathetic or supportive listening and validation of one's experiences. Jenny's response, however? Quite the opposite of being a supportive friend. Jenny said to Erica, "Try not to get drunk next time, and it won't happen." That put the blame on Erica for being raped. If Erica blames herself for what happened to her, that might stop her from seeking help that she might need, like getting proper health care (including birth control and STD/STI testing), counseling, legal help—and it could prevent her from reporting to the police. It could also have long-lasting effects on how she sees herself. And besides, it simply is NOT her fault that someone chose to rape her, so Jenny's response was sending the wrong message. Fast forward to the next scenario, where we see what being a good listener looks like, and what it truly means to help someone when they need it most.

Scenario 2: How to Help Someone—HEALTHY VERSION

Script:

Jenny: Hey Erica. What's up? What's going on? Is everything okay? You seem kinda bummed today or something.

Erica: Hey girl. I am okay, I guess. I don't know. I went to this party on the weekend and I got pretty drunk. I just feel bad. I think something kinda happened..

Jenny: Oh my gosh. I had no idea. Are you okay?

Erica: I don't know. I got really drunk like really fast. I was with this one guy. I liked him, but I didn't want to have sex with him, you know? I blacked out. When I woke up, I was... undressed. And it hurts.

Jenny: Oh, Erica. I'm so sorry. That sounds really scary. Do you know if he used a condom? Have you told anyone?

Erica: I don't know. No, you're the first person I've told. I feel so shitty. I don't really know what to do.

Jenny: I'm so sorry. Thanks for trusting me to tell me. You know, what he did to you—what he did was wrong and it's not your fault. You didn't deserve it. If you haven't yet, maybe you could schedule a visit to get tested for STDs/STI's? There's a clinic that does it for young people so your parents don't have to find out. There's also this program called I Know Mine that will send you a free testing kit and you could do it yourself, if you don't feel comfortable going to a clinic.

Erica: For real? I don't want my parents finding out. I think that's a good idea.

Jenny: If you go to the clinic, I can come with you. I also wonder if you want to talk to someone. Maybe someone like our school counselor, or our health teacher?

Erica: But what if they report me for drinking?

Jenny: I think what they care about most is your safety so I don't think so, but...I don't really know. I have a card with these phone numbers on the back where you can call and ask questions. They won't know who you are. Maybe we can ask them about what your options are. What do you think? We can use my phone if you want.

Erica: Yeah. Okay. I have no idea what to do or if I'll get in trouble, so...can I see that card? Hey, Jenny. Thanks for being my friend.

Jenny: Anytime, Erica. I hope that you feel better. You know I'm always here to listen if you need someone to talk to.

Scripts and Audio Debriefs following teen role play videos

Debrief:

That was better. MUCH better. Jenny was a good, supportive friend because she openly listened to Erica and invited her to share about how she felt—then, and whenever in the future she needed to talk. When Erica told Jenny about her experience, Jenny said in response, “That sounds scary.” That sounds simple, but when Jenny expressed sincere empathy in that way, it helped Erica to be okay with owning her feelings—which could mean fear, stress, confusion, you name it. Jenny also showed her concern for her friend when she asked if the perpetrator used a condom, and if she told anyone about the experience. Jenny earned two thumbs up when she warmly suggested that Erica could see a healthcare provider for STD/STI testing and emergency contraception like Plan B, which prevents pregnancy. She gave information and options about safety without telling Erica what to do. Even more, Jenny warmly encouraged Erica to report her experience to someone in authority, again, without telling her she *had* to do it, without pushing her. Experiencing sexual assault is shameful and hurtful, and telling about it is stressful. But if someone is considering reporting a sexual assault, doing it sooner rather than later is the best option because this allows more evidence to be collected ASAP, and this gives the best chance for the survivor to have justice. It’s also a chance to get the health care they need. Last but not least, Jenny wanted to make sure that Erica was okay for real, so she encouraged Erica to talk to a counselor or health teacher at school, who could be key players in helping Erica get through this difficult, stressful time. She offered information and options to her friend but didn’t make her do anything and control her decisions for her. And when she didn’t know the answer to questions, she was willing to help find the answers along with her friend.

If you’re helping a friend, it’s okay if you don’t know everything – just be open, patient, non-judgmental, caring, and willing to help, and use resources like the phone numbers on the card to get whatever information you need.

I Know Mine:

www.iknowmine.org