A 4-H/CRD Video Discussion Guide

NO MEANS NO: AVOIDING DATE ABUSE

NO MEANS NO is a no-nonsense look at date rape. The video offers practical advice about self-esteem, dating, and sex. The video encourages viewers to determine their own sexual boundaries and provides them with skills to say "no" to forced sexual situations.

INTENDED AUDIENCE

High school students.

OBJECTIVES

- Learn about the seriousness of date abuse and date rape.
- Recognize the need to set sexual boundaries.
- Understand the importance of saying "no" to sexual pressure.
- Realize the importance of respecting another person's feelings regarding sex and his/her right to say "no."

SYNOPSIS

It's Lisa's first year in high school. She has a new boyfriend and she would love to tell her big sister, Kit, all about him, but Kit is away at college. Lisa realizes just how much she relied on Kit, and really misses her.

Lisa's new boyfriend, Kenny, is a senior. Kenny has an appointment for a college interview at Kit's college. Luckily, Lisa's mom thinks Kenny is a perfect gentleman, and allows him to take Lisa along to his college interview so that she can visit her sister.
Kit, her boyfriend, Michael, and roommate, Ellen, are happy to see Lisa, and eager to hear all about her high school activities and Kenny. As Lisa begins to talk about herself, and Kenny, she reluctantly admits she has a big problem and needs some advice.

Lisa is wild about Kenny. She loves having a boyfriend to spend time with and share in some fun activities. She likes spending time alone with Kenny, and enjoys kissing him, but Kenny isn’t satisfied with the relationship. He definitely wants a more physical and sexual relationship with Lisa, and doesn’t want to stop his advances when she says “no.” Lisa tells Kit and Ellen about a recent evening when she was with Kenny at his home while his parents were out.

Kenny began pressuring Lisa into a more intimate relationship, and thought by intimidating Lisa he could get his way. Lisa repeatedly told him “no,” that she “wasn’t ready,” but Kenny wouldn’t take “no” for an answer. Luckily, his parents returned, saving Lisa from a frightening situation, but leaving her very confused about what to do in the future.

Kit and Ellen assure Lisa that Kenny’s behavior is not her fault, and that he should respect her feelings and right to say “no.” They tell Lisa she needs to know her own boundaries and make those clear to Kenny. Ellen relates her own story of an old boyfriend who also wanted a relationship on his terms. He had hit her several times before she admitted she was being abused and left him. Michael offers his advice, telling Lisa she won’t lose Kenny by saying “no,” if Kenny really cares for her. He adds, “that often guys and girls misread each other’s messages, and Lisa needs to make her wishes clear.”

Kit decides Lisa would benefit by meeting one of the other girls in her dorm. Annie was a date rape victim.

Lisa is shocked by Annie’s story. Annie tells Lisa to trust her own intuition and protect herself from a similar situation by saying “no,” and by not being afraid to defend her rights, even if it means creating a scene. She also explains to Lisa that rape is never the victim’s fault.

The video closes with Lisa and Michael role-playing a dating situation. During the role play, Lisa learns to respect herself and define her own sexual boundaries, in addition to learning how to say “no.”
DISCUSSION QUESTIONS

1. Is Kenny’s attitude regarding sex typical of a high school senior boy?
2. What may have influenced his attitude?
3. Is Lisa believable when she tells him, “no, I’m not ready for this”?
4. What type of relationship would Lisa like to have with Kenny?
5. Would Kenny be happy with this relationship?
6. How much of an impact did Annie’s date rape story have on Lisa?
7. Can Lisa tell Kenny “no” and still continue their relationship?
8. Should freshman girls date senior boys?

SUGGESTED ACTIVITIES

1. Role play the following:
   a. You are on a date and your boyfriend is pressuring you to have sex. What would you say or do in this situation?
   b. Your best friend is bragging to the other guys that he is going to get what he wants from his girlfriend no matter what it takes. What would you say or do in this situation?
   c. One of your friends asks you what she should do when her boyfriend insists that she have sex with him or he’ll leave her. What would you say or do in this situation?

MTI Film and Video
Length: 19 minutes

CRD
Community Resource Development

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