

## Raising Resilience Role Play - Sexual Assault

Parent: I've been hearing things about sexual assault and teens on Bainbridge Island and I am really curious how this is impacting you and your friends. I'd love to know what your experience is - is now an ok time to talk about it?

Teen: Yeah now is a good time - it's been on my mind lately.

Parent: Oh good. I will be honest this isn't easy for me to talk about and I wish I had talked about it with you earlier. This is really important to me. How is it for you to talk about it with me?

Teen: Very uncomfortable since we haven't talked about this in the past - it's just kinda weird.

Parent: Thanks for sharing that - I get it. When I was growing up, I pretty much never talked about this with my parents - but looking back I wish I could have. Most of all I want you to know that I am here for you - I can just listen, I can help you figure out what feels right, and I can help find more support for you if that's what you want. I probably won't have all the answers but I will have your back and we will figure it out together.

Teen: Thanks for the support and being there for me. I just feel scared and alone.

Parent: Have you been in any situations that were hard for you - where you experienced something or were supporting a friend who had?

Teen: My friend told me about an experience that sounded like sexual assault and I'm trying to help her through it but I'm not sure what to say. I do not think I have had any experience myself but I know its likely to happen at some point - I think about it alot.

Parent: I am so grateful you told me that - sounds tough. How are you handling it?

Teen: I am really stressed and worried I am saying the wrong thing. I tell her I support her and I try not to convince her to press charges since she doesn't want to. I just don't know what to do or say to be helpful.

Parent: That sounds so hard - and I hear how much you want to be there for your friend. What can I do to be there for you? Is there a way I can help you both?

Teen: If its ok with my friend would you be willing to help us find resources to get her help?

Parent: Definitely - I have a friend who works at BYS I will call them tonight and see what I can find out. How does that sound?

Teen: That sounds great.

Parent: I am so glad we were able to have this conversation and remember I am always there for you no matter what the circumstances are. This is hard stuff and you are not alone.

***(PAUSE - picking up thread of different conversation - names made up - your kid isn't sure what happened to them)***

Parent: You said you aren't sure if it was sexual assault - is that right?

Teen: Yeah.

Parent: It can be tricky - the most important thing to me is how you feel and what feels like the right next step. We will get through this together and I will follow your lead. Do you want to tell me about the situation? Its up to you - it might help to process it together.

Teen: My friends and I were hanging out a little while ago and things got kinda crazy. James and I were getting serious and things went further than I wanted - I didn't want to say no because I knew that would make him upset. I was so scared I started crying.

Parent: It can be so hard to say no even when you really want to. But saying the word "no" isn't the only way to convey that you aren't comfortable.

Teen: Well technically it is not sexual assault because I didn't verbally say no, right?

Parent: Well I am pretty sure it is not that black and white. The question is whether you gave consent. When I went to the most recent Raising Resilience event they taught us about a good way of thinking about consent. One thing that stood out to me was that "a lack of no does not ever mean yes." That consent should be affirmative - like a really clear YES. They also shared this way of thinking about consent called FRIES - using this acronym, consent should be Freely given, Reversible, Informed, Enthusiastic, and Specific. As I share that with you what do you think?

Teen: I was not enthusiastic or specific so maybe I didn't consent. Deep down I just really wanted to stop.

Parent: Why don't we find someone to talk to who can help us figure this out and get you the support you need.