

For Women: A Strategy for Dealing With Sexual Advances

Developed by the Project Work Group

(Note: There is a vignette on the DVD based on this material.●)

This information describes one way to help a woman deal with sexual advances from men. Olivia and her helper are talking about Olivia's date the night before.

Olivia: I didn't have a good time with Tim last night.

Helper: Do you want to tell me what happened?

Olivia explains that after their movie date, Tim asked if she wanted to go to his friend David's house. She was reluctant because she doesn't know David. Still, instead of saying no, she said she didn't care. At David's they all watched TV and Tim held her hand. Tim asked if he could kiss her, and Olivia got nervous.

Olivia: He kissed me and I started giggling. Then he put his hand in my pants. I was so scared—I didn't know what to do.

Olivia said that David's mom entered the room and Tim moved away before she saw what was happening. He then took Olivia home.

Helper: You know what? Sometimes I have the same problem. When I get nervous, I start to laugh and the guy I'm with thinks I like what he's doing. I've had a guy get really mad because I stopped him from touching me.

Olivia: What did you do? Did you stop dating?

Helper: No. I learned to make myself relax. Now, when I get nervous, I start deep breathing and it helps me to calm down and I don't laugh. Then I can tell him what I want and don't want.

Olivia: I want to try that. How can I learn about deep breathing?

Helper: I learned it from a book, and I also got a CD that explains how to do it. You can buy it at a bookstore, or you can borrow mine.

Helper: I'm glad we talked.

Olivia: Me, too.
