

Sikh Family Center's Sehj Series

Conversations on boundaries,
relationships and consent



Objectives

01

Understand
Boundaries in
Relationships

02

Gain a Nuanced
Understanding of
Consent

03

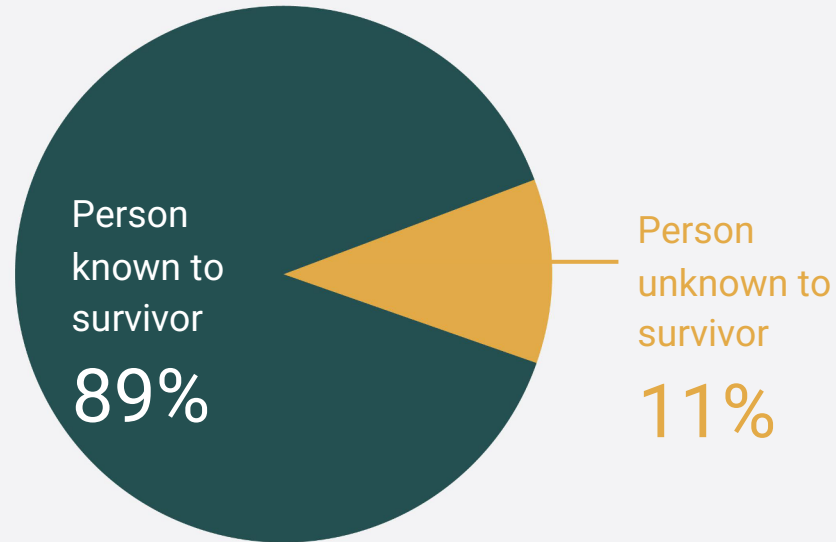
Intersection of
Culture, Power and
Relationships

04

How to Support
A Friend

Why this workshop is needed

9 in 10 victims of sexual violence report being harmed by someone they know



Source: SFC National Needs Assessment Survey



HELLO
MY PRONOUN IS

He/Him She/Her
 They/Them Ze/Zir
 Other

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Biological Sex ≠ Gender

Gender Identity

A person's innermost concept of their gender: man, woman, nonbinary, gender queer, etc

Gender Expression

How people demonstrate who they are: clothing; style; mannerism



Biological Sex

Medical label assigned at birth used to categorize people: male, female, intersex

Sexual Orientation

Who a person is attracted to, romantically and/or sexually

Group Agreements



- What is shared here stays here; what is learned here leaves here
- Respect different experiences
- Maintain an inclusive space
- No expectations, No assumptions
- Assume best intentions

Icebreakers

- What is the best show you've watched all month?
- What is the best book you've ever read?

Raise your hand if...

- You would rather spend a Friday night cozy at home, or out with friends?
- You are more likely to text your friends, rather than call them?
- You regularly turn to the internet for the info you need?



Boundaries

Invisible guidelines people create so they feel safe and comfortable

- Physical
- Emotional
- Sexual



How to Set Boundaries

Be open and clearly express what you are or are not comfortable with.

Recognize that other people are not mind readers.

Practice saying “NO” out loud until you feel confident in your right to say it to any other person.

If someone invades your boundary, bring it up with them in an honest and straightforward way, IF SAFELY POSSIBLE. Otherwise create a safety plan to create some distance.

Trust your gut feeling and instincts. If something doesn't feel right, it most likely isn't.

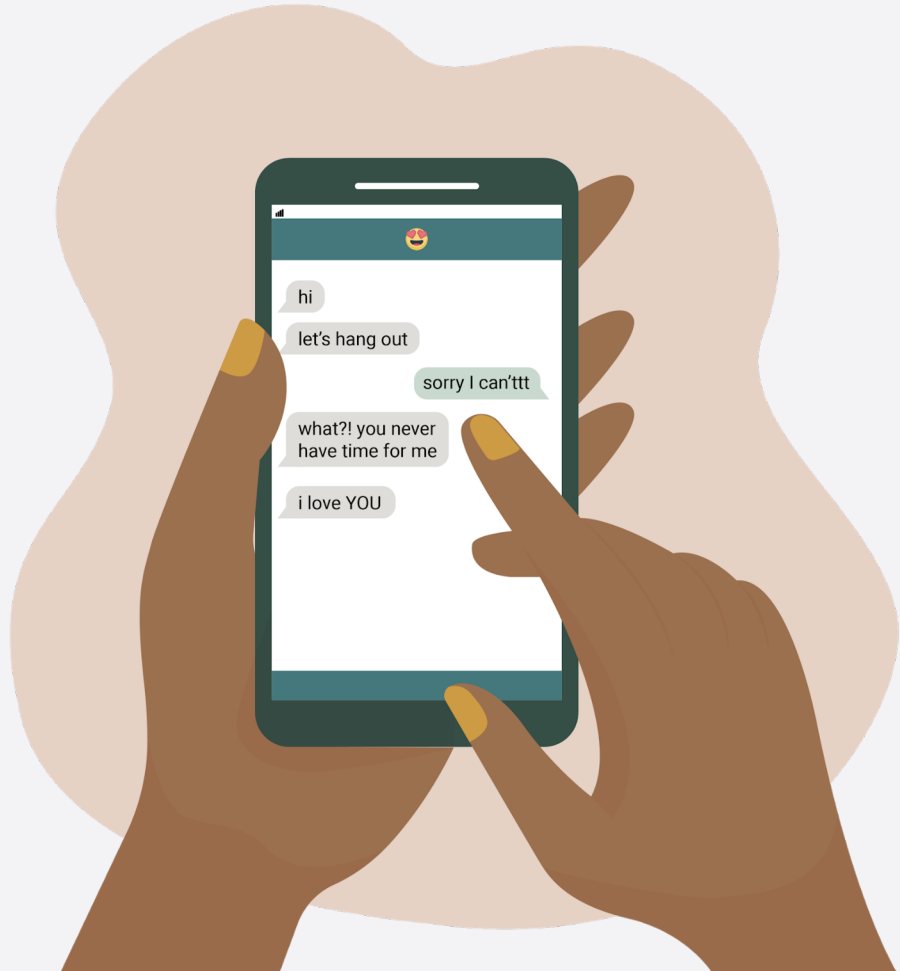


Practice Setting Boundaries

Example #1

They keep texting you wanting to hang out even though they know you have other plans.

What might you say?

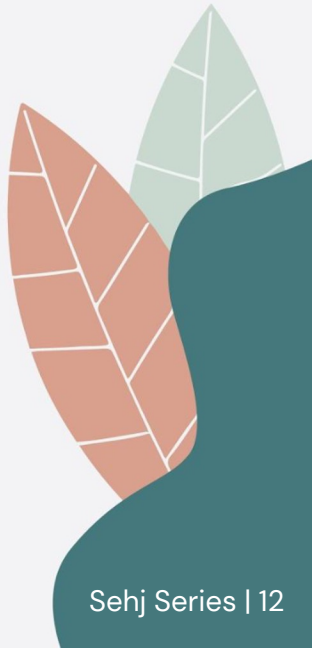




Example #2

You just started getting to know someone and they lean in to kiss you, but you aren't ready for that.

How could you tell them that they are invading your boundaries?




The background features a large orange field. On the left, there is a white abstract shape with a small pinkish-orange teardrop-like element above it. On the right, a dark green shape overlaps the orange field. The text 'Easy Enough?' is centered in a white serif font.

Easy Enough?

Tea & Consent



bit.ly/tea-and-consent



"ਸਭਨਾ ਮਨ ਮਾਣਿਕ ਠਾਹਣੁ ਮੂਲਿ ਮਚਾਂਗਵਾ ॥
ਜੇ ਤਉ ਪਿਰੀਯਾ ਦੀ ਸਿਕ ਹਿਯਾਉ ਨ ਠਾਹੇ ਕਹੀ ਦਾ ॥੧੩੦॥"

"The minds of all are like precious jewels; to harm them is not good at all.
If you desire your Beloved, then do not break anyone's heart. ||130||"

ਸਾਰੇ ਜੀਵਾਂ ਦੇ ਮਨ ਮੋਤੀ ਹਨ, (ਕਿਸੇ ਨੂੰ ਭੀ) ਦੁਖਾਣਾ ਉੱਕਾ ਹੀ ਚੰਗਾ
ਨਹੀਂ। ਜੇ ਤੈਨੂੰ ਪਿਯਾਰੇ ਪ੍ਰਭੂ ਦੇ ਮਿਲਣ ਦੀ ਤਾਂਘ ਹੈ, ਤਾਂ ਕਿਸੇ ਦਾ
ਦਿਲ ਨਾਹ ਢਾਹ ॥੧੩੦॥

Consent is...

- Verbal communication: it is an ongoing conversation and required at each escalation of sexual activity.
- An enthusiastic YES!
- Breaking away from gender “rules”.
- Respecting a “NO”.
- Freely given and can be withdrawn at any time.





Can I...?



Do you want to...?



How to ask for consent

Ask. DO NOT guess or assume based on what the other person is saying, doing, or wearing.

- “Do you want to...?”
- “Do you like...?”
- “Do you want to keep going?”
- “Is this ok?”
- “Are you comfortable...?”
- “Can I...?”

Consent allows both partners to express what they do want to experience.

An illustration on the left side of the slide shows a hand holding a yellow sign with the word "NO" written in white capital letters. The background is a dark teal color with white decorative swirls.

Consent cannot be given if...

- Someone is incapacitated or unconscious because of drugs or alcohol.
- Someone is under the legal age of consent, as defined by the state.
- Someone is being pressured into sexual activity because of social pressure, fear, or intimidation.

If anyone involved isn't consenting, then what is happening is or could be rape, sexual assault or abuse.



Culture, Power, and Relationships



What about being a
person makes consent
complicated?



What about being a (Punjabi)
man/masculine/male
makes consent complicated?

What about being a (Punjabi)
woman/feminine/female
makes consent complicated?



What about being a couple makes
consent complicated?





What about being
a Sikh makes consent
complicated?

Reflecting on Personal Boundaries

- What personal boundaries do you have in terms of intimacy?
- Do you value having an emotional relationship before a physical one?
- How far are you comfortable going with a physical relationship at this point in your life?
- If you have a partner currently, do you think they share the same values/boundaries? How might you start a conversation with them about this?







How to Support a Friend



What to say or do

Listen to and Believe Them

- ✓ “I appreciate you sharing this with me, even though it looks like it is making you sad to talk about it.”
- ✓ “Have you ever been worried about that before? Did anything help when you felt this way before?”
- ✓ “I feel concerned because...”

- ✓ “I don’t know much about that. But I know some people who do.”
- ✓ “Would you like some resources? Here are some that I trust.”
- ✓ “That sounds really scary/hurtful.”

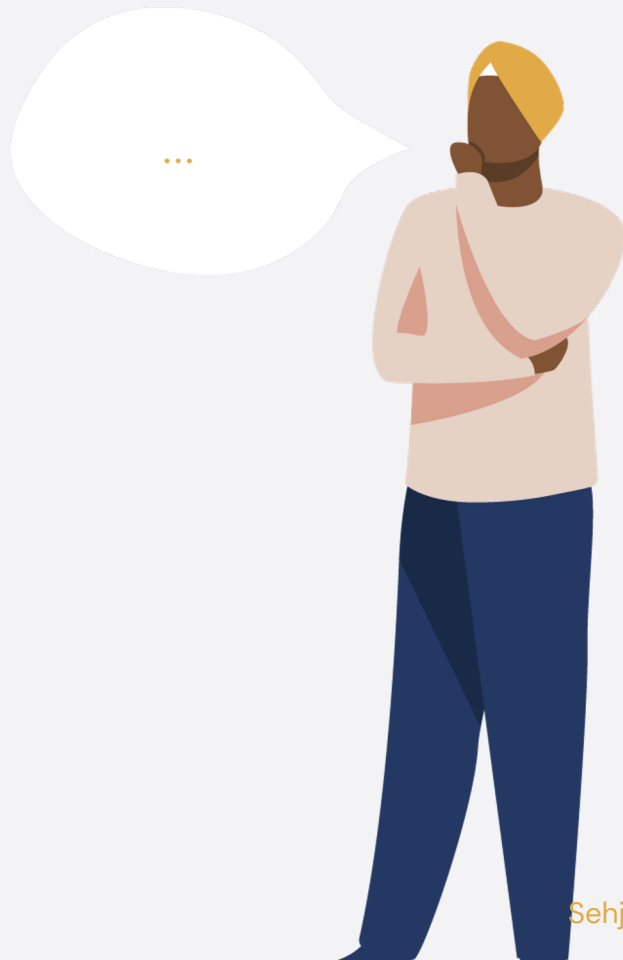




What not to say or do

Don't Diagnose, Advise or Be Their Therapist

- ✘ “Why didn’t you tell me sooner!?”
- ✘ “I don’t know if I can believe that...”
- ✘ “Other people have it much worse”
- ✘ “But he’s such a nice guy!”
- ✘ “Pull yourself together”
- ✘ “I have to hug you now!”
- ✘ “At least...”



There is no perfect response



“Lighthouses don't go running all over an island, looking for boats to save; they just stand there shining.”

- Anne Lamott, writer

Solidarity will look different for different allies and survivors. But it will always be strongest when provided with humility and thoughtfulness. SFC stands with victim-survivors.



Conclusion & Evaluation

What would you change or add to the presentation?

What are some of your biggest takeaways?

What do you want to learn more about? What questions do you still have?

bit.ly/sfc-evaluation

Resources

RAINN: National Sexual Assault Hotline

800.656.HOPE (4673) 24-hour, Crisis line
Live chat (<https://hotline.rainn.org/online>)

Sikh Family Center National Helpline

866.SFC.SEWA | 866.732.7392
Free, private, Punjabi-English, non-emergency support line
contact@sikhfamilycenter.org

Technology Safety

<https://www.techsafety.org/>

Your University/School Resources

*Always first ask is it *Confidential?
Know that Privacy is ≠ Confidentiality.
A school's resource may not be confidential.*

