

# ASSESSING SIGNS OF (HEALTHY AND UNHEALTHY) SEXUAL BEHAVIOR

## PURPOSE OF THE EXERCISE:

This case helps to discuss whether behavior of clients is healthy or unhealthy using criteria of the Flagsystem.

## TIMING:

15-30 minutes

## HOW TO CONDUCT THE EXERCISE:

Form groups of 4 to 6 students. Students get the following case:

*Michelle (15) is living with her foster parents. She has been placed out of home because of neglect and sexual abuse by her stepfather. She has her own computer in her bedroom, and she has a new boyfriend, who is 18. They often chat with each other and play games via the internet. They often talk about sex and how it would be to have sex together. Michelle is also very curious. Now he tells her she should show her breasts on camera, and she agrees.*

1. Assess this case using the six criteria of the Flag system (10 min).

consent	voluntariness	equality	Development appropriate	Context appropriate	Self-respect
+	+/-	+	+	+	+/-

### Concerns:

- Voluntariness: does Michelle feel free will?
- Self-respect: it is not sure if imagery will not be sent to others in the future.

### SUGGESTIONS:

The exercise can be extended if you have extra time.

2. Assess this case again with the following extra information. Would the information change your assessment? If so: how and based on which criterion?

- What if she is manipulated (i.e. if he threatens to break up the relationship)?  
answer: not voluntary/no equality: red flag.
- What if she is very insecure about her body and he is the most popular boy in class?  
answer: no equality: red flag.
- What if she would ask him to show his penis and he refuses?  
answer: no equality: red flag.

3. Needs and goals (extra time: 10 min)

*Now Michelle has disclosed to you that she has shown her breasts on the internet, not only to her boyfriend, but also to his friends, for money.*

Discuss the following questions:

- What does Michelle need to develop in order to stay healthy in her sexual life?
- How can you support her healthy sexual development? Be specific: what would be relevant goals for supportive discussions?

### THEORETICAL BACKGROUND:

Read the text on the Flagsystem, or look at the movie by Erika Frans on the Flagsystem.

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