

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

1. You will be communicating the following:

**Know your sexual limits.  
Be aware of the affect of peer pressure on your decisions.**

YOU: I am comfortable with my decisions and I know how far I want to go sexually with my relationship.

FIEND: Well you have to be willing to have sex if you want a "real" relationship.

YOU: I know that is what some people think, but I don't have to think that way.

FRIEND: You are right, you have a right to set your own limits.

YOU: But sometimes I just want to be like everyone else.....

FRIEND: Yes, sometimes people do put pressure on you, but it is good that you stick by our own values.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 2. You will be communicating the following:

**Communicate any discomfort you feel with another person's behavior. Don't make excuses. Respond assertively.**

YOU: I'm really uncomfortable with this!

FIEND: Why? Come on.... it will be all right?

YOU: You aren't listening.....I don't want to do this.

FRIEND: If you feel uncomfortable, you have to let them know!

YOU: Thanks for listening. I felt like I was in a difficult situation and needed to say something.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 3. You will be communicating the following:

Accept that "NO" means "NO". Believe in another person's right to say no.  
(even yours)

YOU: We've been seeing each other for quite a while.

FRIEND: Yes, and it's been really great so far!

FIEND: Yeah, but you don't want to wait much longer.....

YOU: Well, we talked about it and we are going to take it slow.

FRIEND: Either can say "NO", and we will plan for the right time for both of us.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 4. You will be communicating the following:

**Don't assume previous permission for sexual contact applies to current situation. (Eliminate force when person is asleep or drunk)**

YOU: We are really drunk.

FIEND: Yeah.....and it sure looks like they won't say "NO"

YOU: We are really drunk

FIEND: And it isn't like we haven't done it before.

YOU: Yeah, we are really drunk

FRIEND: I think they are too drunk to give consent.

YOU: Yeah, and we are really drunk.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 5. You will be communicating the following:

**Avoid excessive use of alcohol and drugs. These often make people more sexually aggressive, and affects judgment & communication.**

YOU: I've noticed how when some people drink alcohol they get mean!

FIEND: Yes, but a lot of people just get stupid.

FRIEND: I guess the message here is to be careful around people who drink.

YOU: Yeah, and not let it affect the decision I make.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 6. You will be communicating the following:

**Don't get so drunk that you can't handle your own behavior OR can't help a friend who may need you.**

YOU: Big party tonight, and my best friend is turning 21.

FRIEND: Better choose a designated driver.

YOU: Nobody will be driving, but things might get out of control.

FIEND: So what there to worry about?

FRIEND: Still a good friend will stay aware and sober enough to be sure you will be able to help if your friend needs it.

YOU: Right! Stay in control and be ready to help keep others safe.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 7. You will be communicating the following:

#### Beware of someone who:

- Tries to get too close
- Touches you in intimate places "by accident"
- Enjoys your discomfort

YOU: This guy is getting way too close for my comfort.

FIEND: Loosen up! Oops.....sorry!

YOU: Hey....that was no accident!

FRIEND: It seems like they are really enjoying making you uncomfortable.

YOU: This isn't a good person for me to be around.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 8. You will be communicating the following:

#### Beware of someone who:

- Blocks your way
- Someone who acts like they know you more intimately than they do
- Doesn't listen or respond when you say "NO" or show your discomfort

YOU: I don't know this person at all, but they are saying things that are really personal.

FIEND: Ahhh.....You just are being paranoid.

YOU: I tried to leave the room and they stood in the doorway and just said. "Come on....stay a little longer!"

FRIEND: Hey, "NO Means NO". You tell them, and they just aren't listening

YOU: I know that I don't want this to ever happen again.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

### 9. You will be communicating the following:

- **Always have a way to get home, don't sleep over because you can't get home. Make a deal with your parents to be able to call home for a ride if you feel a risk.**

YOU: The person I came to the party with left without me!

FIEND: Ahhh.....just sleep on their couch tonight!

YOU: I don't know these people very well.

FRIEND: I know it's late, but remember you have that deal with your parents....

YOU: This will be the first time I've had to do this, but I won't feel safe staying here.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

10. You will be communicating the following:

**Pay attention to what is happening around you.... trust your feelings.**

YOU: I'm here, and ready for a great experience and some fun!

FIEND: Sweet!!

FRIEND: Let's not get too carried away....let's be aware

YOU: I'm not going to do anything stupid.

FIEND: Why not....sometimes that is what fun is all about!

FRIEND: Hey, I'm all for fun, but being safe is a good thing, too.

YOU: OK....I'm aware of what is going on, and I'll not be reckless. OK?

FRIEND: Hey, I'm not your parent, but I just don't want anything bad to happen.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

11. You will be communicating the following:

**Don't assume behavior is a signal for sex. Thinking someone wants sex is not the same as knowing for sure.**

YOU: This is confusing.....

FIEND: Not confusing....you have seen this all before.

YOU: Yeah, I've seen it before, but I'm still not really sure.

FIEND: You don't have to be sure, just go for it!

FRIEND: But if you don't know for sure, then it isn't really consenting, is it?

YOU: It could be, but I'm not REALLY sure!?

FRIEND: You can't assume, you have to be sure!

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

12. You will be communicating the following:

**Don't pressure others or reinforce negative behaviors. Discourage friends from sexually aggressive behavior.**

FIEND: I'm going to get some of that!

YOU: Hey.....she is a friend of mine.

FIEND: So?

YOU: She's a nice person, and talking like that about anyone doesn't show respect.

FRIEND: Good for you....standing up and calling them on their bad behavior. If more people did that it would be a better world.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

13. You will be communicating the following:

Date people you see as your equal. Thinking that you have more of a right to your desires or you are better than the other person can lead to date rape.

FIEND: I only got out with the stupid ones.

YOU: What? Why?

FIEND: Because they will do anything I want, and I like it that way!

FRIEND: Sounds like they think they better than anybody else.

YOU: I wonder what will happen when someone stands-up and says "NO"?

FRIEND: Could be viewed as assault.

## Fiend and Friend: Get the Picture? Prevention Skills

- *This is a recommended script only.*
- *You may change the words, but still communicate the message*
- *The three characters are: 1.) YOU 2.) FRIEND 3.) FIEND*
- *Each TRIO will get behind the Picture Frame*
- *Put on the "FRIEND and FIEND COSTUME" and act out their prevention skill*
- *The group will be trying to guess what prevention skill you are communicating.*

14. You will be communicating the following:

**Never force anyone to have sex. Know and consider the legal consequence for doing so.**

YOU: Did you hear about the campus party?

FIEND: Yeah, I can't believe they charged them with sexual assault!

FRIEND: They should be charged. Even though they were drinking, it was still assault.

YOU: Yeah...it is important to know that it is just wrong to force someone, and that getting charged with rape is a real possibility.