

“YOUR BODY IS YOURS” ©

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Narrator: (If puppeteer: Hi, My name is Tish. I am friends with Troy and Grace). Troy and Grace have been dating for 3-4 months. They are hanging around their lockers after school.

Grace: How was your last class?

Troy: Okay I guess but I thought it would never end!

Grace: Are you doing anything after school?

Troy: You mean today?

Grace: Yeah, today, what you think? You dork.

Troy: So?

Grace: (*Hesitantly*) Well, I was thinking, since my parents are working late tonight, ...and they won't be home until at least sevenmaybe we could hang out at my house for a bit(*with more confidence*) and watch a movie or something.

Troy: (*Enthusiastically*) I like the way that sounds.

Grace: Well don't get too excited, we're *only* watching a movie.

Troy: Whatever...but it still sounds good.

Grace: Let's go then. Are you ready?

Troy: Always ready for you baby! (*Troy puts his arm around Grace and they exit*).

Narrator: Grace likes hanging out with Troy and they have a lot of fun together. Grace is looking forward to hanging out with Troy today but she is a bit nervous about being alone with him. She knows she probably shouldn't be inviting him over when her parents aren't home but she likes to be with him and they are *only* going to watch a movie. Grace and Troy arrive at Grace's house.

Grace: Come on in. Do you want something to drink or anything?

Troy: Not right now thanks. *(Troy and Grace sit down).*
You'll never guess what happened at work today?

Grace: What?

Troy: It was so funny!

Grace: Well tell me!

Troy: Okay, okay!

Grace: *(Impatiently)* Well?

Troy: You know Grant in my work Ed class?

Grace: Yeah?

Troy: *(with lots of expression)* Well he was stocking the apples at Safeway today. There must have been fifty apples there! He just kept piling them up and the pile kept getting higher and I couldn't believe how high they were getting and I bugged him that he was going to need a ladder to put any more on top. He was almost done and just as he was putting the last apple on the pile, a little kid came out of nowhere and crashed into him. Grant fell on the floor and all the apples came tumbling down on him. I was laughing so hard I thought I was going to pee myself. *(Laughing).*

Grace: (*Laughing*) No way!

Troy: You should have seen the look on Grant's face. I don't think he could believe what happened. (*Still laughing*)

Grace: Poor Grant!

Troy: I know, I felt bad for him too but he looked so funny and there were apples everywhere.

Grace: Did the manager see him? Did he get in trouble?

Troy: Nah. Some customers saw him, but they kind of laughed too. I helped him pick them up.

Grace: Oh, that's good. That was nice of you... poor Grant, he must have been embarrassed... (*pause and laughing a bit*). Well what movie should we watch? Do you want to watch something funny, mushy, or scary?

Troy: Well I'm not into any chick-flicks. How about something funny?

Grace: Sounds like a plan.

Narrator: Grace picks up a movie and puts it in the DVD.

Troy: (*Pats the seat beside him*) Come sit close to me.

Narrator: Troy puts his arm around Grace and gives her a quick kiss on the cheek.

Troy: (*Stretches his arm around Grace and gives her a quick kiss on the cheek*). Let's start the movie.

Narrator: Grace is feeling a lot better about inviting Troy over. Sometimes they do hug and kiss when they're together, and she's okay with that but lately Troy has been trying to do more than hug and kiss and Grace doesn't like it. She begins to relax a bit and settle in on the couch with Troy to watch the movie.

Grace: Haley saw this movie and really liked it.

Troy: Yeah? Well, I hope it has at least one decent car chase in it.

Grace: I dunno about that, but I think that it gets a little bit scary.

Troy: Cool. I like scary movies.

Grace: I think it has some funny parts too but it's not a chick flick (*says teasingly*)...well I don't think so anyway.

Narrator: Troy and Grace start to watch the movie.....Troy gradually moves closer to Grace and starts kissing her neck. Grace tries to move away but Troy keeps kissing her.

Troy: mmmm..... (*Troy keeps trying to kiss Grace's neck (but not aggressively)*).

Grace: (*Plaintively*) Troy, please don't

Troy: (*Pause*) Why not...what's wrong?

Grace: I don't want to. I really want to watch this movie.

Troy: Come on...we're finally alone together and I really like you. (*Removes his arm from around Grace*) Don't you like me too?

Grace: Yeah, I like you but I don't like doing this. Please stop Troy.

Narrator: Troy stops but then he stretches and puts his arm around Grace again.

Grace: This is a good movie isn't it??

Troy: Ya, I like it too. (*teasingly*) It's funny and not too girly.

Narrator: Troy watches the movie for a while and then he starts to kiss Grace again.

Troy: Mmmm....(*kisses Grace on the neck*).

Grace: (*Pulling away*) **Stop that!!!**

Troy: (*Hurt and surprised*) What's wrong Grace?

Grace: I think we should shut off the movie. I need to talk to you.

Narrator: Troy picks up the remote and turns off the movie. He feels hurt and he is a bit surprised at Grace's reaction.

Troy: What's up Grace? What's wrong?

Grace: I have something I need to tell you. I have been meaning to talk to you for a while but it's really hard to talk about and I didn't know how.

Troy: (*Concerned*) What is it Grace?

Grace: I just don't know where to start. It happened about a year ago.

Troy: Was it before you moved here?

Grace: Yeah. It happened just before our family moved here.

Troy: What happened?

Grace: Well, there was this guy in our school who was in grade eleven and I was only in grade nine. He seemed to like me and always hung out after school at my locker. We started to hang out a bit after school and sometimes on the week-ends. My parents didn't seem to like him ...maybe because he was older but he was also kind of rude to them sometimes.

Troy: Why did you hang out with him then?

Grace: Well he was older and cool and he was really popular at school and I liked it that he liked me. You know, I was really surprised he wanted to hang out with me at all.

Troy: Yeah, I know what you mean.

Grace: He used to buy me little presents and he was always telling me how pretty I was. I knew he might be bad news but I liked all the attention and he was SO POPULAR!

Troy: What do you mean "Bad News"?

Grace: Well, I knew that the group he hung out with was into some bad stuff but I just ignored it because I didn't want him or his friends to think I was a loser.

Troy: Why did you even care what he thought about you? Why did it matter what his friends thought about you?

Grace: I felt really good about being part of the popular group. It was my first year in high school and I was happy to have a friend to hang out with.

Troy: Ya, I guess so, but weren't there nicer people you could have been friends with?

Grace: Yeah, but he didn't like me hanging around with anyone but him.

Troy: But I still don't get why you just didn't blow him off.

Grace: I know... but I was confused. He would tell me how pretty I was and how much he liked me but he really didn't want me to spend time with anybody else.

Troy: Well that's weird. Didn't you think that was weird?

Grace: Yeah...I do now, but at the time I just kept reminding myself of the good things he did for me even though I had a feeling that something was weird.

Troy: If it felt weird why did you keep going out with him?

Grace: Well, I didn't really have any other friends by then because he didn't like it when I had other friends.

Troy: I still think you should have quit hanging out with him.

Grace: I really wish I had! (*Long pause*)

Troy: Is there something else you want to tell me?

Grace: Ya... but that's the hard part

Troy: Do you feel like telling me?

Grace: I do because it's good to tell. I just hope you'll understand.

Troy: It's okay, you can tell me anything about you and I won't think bad things about you.

Grace: I'll try but it's really hard to talk about it. Please don't be mad at me or think I'm a bad person if I tell you.

Troy: I won't. You're my girlfriend and I care about you.

Grace: Well here goes... (*Long pause*)

Troy: (*Pause then Reassuring*) It's okay.

Grace: Well, you know how I hung around with this guy a lot.

Troy: Ya.

Grace: We would hug and kiss sometimes but he always wanted to do more and sometimes he scared me.

Troy: Oh

Grace: My parents didn't like him so we couldn't hang out at my house. But he lived in a group home and he was always bugging me to come over there. He had his own room and he was allowed to have friends to come over and watch TV or listen to music in his room. So he always wanted me to go over there.

Troy: Yeah?

Grace: I was always scared to go but one day he said he didn't want to see me any more if I didn't come over to visit him. He said I didn't care about him if I didn't want to spend time at his place.

Troy: What a jerk.

Grace: I know but I was even more scared to be alone and not have any friends at all. So I decided go over.

Troy: Really?

Grace: Yeah.

Troy: So what happened?

Grace: *(tells the story slowly and hesitantly)* It was good at first. I met the caregivers at the group home and some of his friends there and they all seemed really nice. We hung around in the main room for a while but he said he was bored and wanted to go listen to music in his room with me. I was uncomfortable to go but I didn't want to make him mad again so I went to his room with him but when he shut the door I got really scared.

Troy: I can understand why you were getting scared. What did he do?

Grace: Well he put some music on and asked me to come and sit on the bed with him.

Troy: Did you?

Grace: Yeah, I did for a while and then we started to kiss and hug a bit. But he started to kiss me really hard and it hurt. I asked him to stop but he pretended he didn't hear me and just kept kissing and hugging me but he was getting really rough.

Troy: Jerk!

Grace: He kept pushing me back and trying to make me lie down. I tried to stop him but he was too strong and I didn't want to yell or anything because I was afraid of what people would think if they heard me or came in and saw us.

Troy: So what did you do?

Grace: I didn't know what to do. *(Anxious and alarmed)* I kept trying to stop him but I didn't say anything at first. I don't know why I didn't. I wish I would have because he started to put his hand under my t-shirt and he tried to touch my breasts. I got really scared and tried to get off the bed but he stopped me and held me down.

Troy: What?!! Why didn't you yell for help?

Grace: Well finally I did. I knew that things were getting worse and I knew I needed to do something more so I just said **“Stop it, stop it”** really loud a couple of times and finally a caregiver knocked on the door and asked if everything was okay.

Troy: Did she come in?

Grace: No. The guy whispered to me to keep my mouth shut so I said “Yeah I'm okay.” I think the caregiver kind of scared him off and I was able to get off the bed.

Troy: Good

Grace: *(still anxious and alarmed)* He looked really angry and said I was no fun and I should go home. He said if I told anyone about what happened he would tell them it was my idea and that he was just trying to push me away. And I knew, because he was so popular, that everyone would believe him.

Troy: Wow, that's scary. What did you do?

Grace: I just left.

Troy: Did you tell anyone?

Grace: No, I didn't ...

Troy: Did you see him at school after that?

Grace: Yeah, he just ignored me and so did everyone else. I think he might have been telling bad stories about me. I really didn't have any friends after that.

Troy: And so you didn't have anyone to tell?

Grace: No, not until now. *(pause)* Now you know why I got so upset with you today.

Troy: Now I understand *(pause)*...but I still should have listened when you asked me to stop kissing you the first time.

Grace: Well that's okay. I'm glad you stopped and listened to my story today.

Troy: I'm glad too but I think you need to tell someone else. Maybe you need to tell an adult, maybe you could tell your parents.

Grace: I'm afraid they might be mad at me because I shouldn't have gone over to the group home without telling them.

Troy: You need to tell someone Grace.

Grace: Well I'm not going see this guy again so I'm just going to try to forget about it.

Troy: But he's probably doing the same thing to other girls and someone needs to stop him! I think it's a good idea if you tell an adult who you trust. They'll help you. I'll even go with you if you want.

Grace: *(Uncertain)* I don't know.

Troy: If you don't want to tell your parents, is there anyone else you could tell?

Grace: Well I could tell my teacher or my grandma, but you're probably right, I should talk to my parents first. If they're too upset and can't help me then I could maybe talk to someone else.

Troy: That sounds like a good plan. Can I do anything to help?

Grace: No, I think I should talk to my parents by myself but I will talk to you after and let you know how it went.

Troy: Okay. You know Grace, I am really sorry this happened to you and I am glad you told me. And it wasn't your fault.

Grace: I feel better now that I told.

(Grace and Troy exit)

Narrator: That evening Grace talked to her parents and told them what she told Troy. The next day at school Grace meets up with Troy at her locker.

(Grace and Troy enter)

Troy: Did you have a chance to talk to your parents?

Grace: Yeah I talked to them when they got home from work.

Troy: What did they say?

Grace: They said that I shouldn't have gone over to the group home but what happened there wasn't my fault.

Troy: That's right. What happened at the group home was not your fault.

Grace: My parents said that they loved me and they would try to get me some help, like a counsellor or someone like that...someone who I could talk to and who would know what to do now.

Troy: Oh, that's good Grace. I am glad they listened to you and wanted to help. I am glad you told them.

Grace: Me too. They said that my body belongs to me and I am in charge of what happens to it.

Troy: Yes.

Grace: And they said they were proud of me that I told this guy to stop and they were glad I said it loud enough that someone heard me.

Troy: I am glad too!

Grace: They were also really happy that I finally told them.

Troy: Oh, that's great!

Grace: Thanks for listening to me yesterday, Troy.

Troy: Yeah no problem. And I promise I won't be like that guy. I care about you and respect you.

Grace: I know. You've shown me that I can trust you.

Narrator: If you are ever in a relationship where you feel like you are being abused like Grace -- that means physical, emotional and sexual abuse, remember to follow the personal safety rules: "Talk" (say NO), "Walk" (get away as quick as you can) and "Squawk" (tell someone you trust and keep telling till someone believes you). Remember it is not your fault. Your body is yours!

Grace: Would you like to catch a movie this week-end? That new movie () comes to Rainbow Friday.

Troy: Sure. I love their popcorn.

Grace: Me too!

Troy: Can I hold your hand in the movie?

Grace: Ya, as long as it's not too greasy from the popcorn. (both laughing)

Troy: Can I hold your hand now to walk home?

Grace: Sure, anytime, but I would still like you to ask me before you put your arm around me. Okay?

Troy: Okay.

Grace: Let's get out of here and grab a pop on the way home.

(Grace and Troy exit)

Narrator: It is important to respect each other when we are in a relationship. Remember, it is important to respect others' personal boundaries and ask them if it is okay if you touch them before you do. When we feel respected and when we respect someone else we do not do anything that makes us feel scared or gross. If we want to hug, kiss or touch someone, we need to ask if it is okay first. If they say No, we need to respect that. Remember "Your Body is Yours!!"

“Your Body is Yours”

Discussion Questions:

1. What do you remember most about the puppet show?
2. Did Troy and Grace have a healthy relationship? Explore why or why not?
3. Did Troy respect Grace? Explore why or why not?
4. Did Grace trust Troy? Explore why or why not?
5. What would you do if you were Troy and you really liked someone but they did not want to hold hands or hug? Would you be patient?
6. What would you do if you were Grace and you were still nervous about touching and hugging even if you liked someone?
7. What would you do if someone tried to touch you, hug you or kiss you when you didn't want to?
8. Is it hard to say NO sometimes and walk away?
9. What does respect mean?
10. What are the 3 safety rules? Talk (say no), Walk (get away as quickly as you can), Squawk (tell someone and keep telling until someone believes you).