



**ALL  
THAT  
I AM**

**CONVERSATION GUIDE FOR TEACHERS  
ALL THAT I AM**

*For High School students, prepared by SMISO Oslo*

## STARTING THE CONVERSATION

**Before** working on questions and follow-up after the film, it is important to discuss:

### A. What is incest and sexual abuse?

1. When an adult or older adolescent touches or caresses the genitals, buttocks or breasts of a child or makes the child touch/caress their genitals, buttocks or breasts. It may also be that some individuals are exposed to sexual intercourse or oral sex.
2. These are normal things that two people do together when they both want to have sex, but it is also what can happen during sexual assault.

### B. It can also be explained as:

1. When someone does something sexual with you which:
  - 1.1. *You are not mature enough for.*
  - 1.2. *You are not capable of choosing yourself.*
  - 1.3. *You are drunk, asleep, assaulted, threatened, lured, deceived or restrained.*

***What happens between two people when they have sex should be a good thing, but the same things can happen during sexual abuse. Sexual activity that occurs without consent!***

**Point 1.1. Example:** mature or not ready for. When can this be? CHILDREN. When there is an adult who abuses children, it is always the responsibility of the adult and will never be okay even if the child seeks it out and says yes. It is not allowed!!

**Point 1.2. Example:** Where there is child and adult contact. The adult will know what is going to happen, but the child will not know what they are being lured into. It can also be when someone is mentally or physically unable to choose.

**Point 1.3. Example:** Parties and on the internet.

- » In the context of parties with alcohol etc.: You are ALLOWED to back out, and if you have not received a yes, you have not received consent!
- » If someone forces you to masturbate in front of a webcam, films it with their phone and posts it online or something similar, that is sexual assault.

This is knowledge many young people do not have. They have heard the words but cannot really explain what they mean, because no one has spoken to them about it. It is important that everyone has this information in order to speak more in depth about what Emilie experienced, and to be able to further understand her life situation now.





## QUESTIONS RELATED TO THE FILM:

Early in the film, we follow Emilie in a trial regarding compensation for the sexual abuse she experienced. There she meets her abuser and must sit opposite him in the courtroom. *What thoughts do you have about how this affects Emilie?* Both before, during and after the trial. Follow up the question by asking students to explain/reflect on why they came up with their answers. How was it for you to hear what the lawyer read at the trial? Specifically, what he said Emilie had been exposed to and his description of her living situation. (Having her childhood and adolescence ruined, loss of schooling, and serious mental after-effects with a need for long-term treatment. The abuse took place in her own bedroom, a place where she needed to feel safe, he locked the door while the abuse took place and threatened that she would end up in foster care if she told anyone. And the abuse took place while her mother was home.)

- » How do you think Emilie felt at the time before anyone knew what was happening?
- » Do you think anyone could notice or discern that she had such a painful secret?
- » Can you tell if someone is not okay? How can you tell?

- » What could you do in a case like Emilie's, if you saw that someone was in pain but did not say anything about it? What could you do and what could adults do?
- » If someone told you a painful secret, about sexual assault or something else painful that has happened, what do you think you would or could do?
- » Why do you think it is so hard to share that you are a victim of sexual abuse?

### *Information for teachers:*

When a child experiences sexual abuse, the average time from the first abuse occurs until they tell someone about it, is 17.5 years. It is important to convey that such painful secrets must always be shared, and that they must be shared with an adult they know they can trust. We adults are responsible and must help the child move forward. Many people share such secrets with friends. It is important then that those who are entrusted with such stories know that these are secrets that should not be kept. They should be shared, but only with an adult they can trust. Not other friends. The victim needs help and that is what the adults around them are responsible for.



Through this film, Emile wants to help others in the same situation and hopes they can get help for everything that has happened.

- » How can we help Emilie achieve this goal?
- » Incest and sexual abuse are taboo to talk about in our society. What does it mean that something is taboo?
- » How can we break taboos?
- » When we talk about what sexual abuse is, we can help those who carry such secrets to dare tell someone. We show that we care, we can convey that the adult is always to blame and is responsible for what has happened, that there is help to be had and they are not alone.

When Emilie moved back to her family after having lived elsewhere for five years, she is told not to talk with her younger siblings about the abuse and everything that has happened. ***“The family would fall apart if she said anything,”*** her mother said. What do you think about that?

- » At the end of the film we see that this has changed and that the younger siblings will be informed, with two psychologists from the State Children’s House present. How do you think Emilie feels about everyone in the family finally finding out what happened?
- » What do you think might change for the better?

Do you have any thoughts as to why it is so challenging and difficult for Emilie to attend school or get a job?

What do you think Emilie means when she says she needs things done at her pace? Why does she say that?

We join Emilie when she takes a train and visits her best friend. In what way do you think you could be a good friend to someone who has experienced things like Emilie has, or other painful things?

***What would you want from your friends?***

At the meeting with NAV, they talk about Emilie's situation here and now. It is revealed that she has been diagnosed with PTSD. Are you familiar with what that means?

*PTSD explanation from Helsenorge.no:*

If you have PTSD you may experience strong memories from the traumatic event. You may have "flashbacks," where you experience that you relive the event, or you may have nightmares about what happened. Some people try not to talk or think about what happened, avoiding people or places that remind them of the incident.

PTSD can also make you feel excited, tense or nervous, or you may become irritable and angry. Some isolate themselves and experience low self-esteem. The disturbance can strain the relationship with family and friends.

Some also have physical symptoms. You may feel dizzy, nauseous or have headaches, or feel that your heart is beating extremely fast or hard. Difficulty sleeping and poor concentration are also common symptoms.

Many of these feelings are normal after a frightening event. But if you have PTSD, the symptoms will often grow worse over time, and affect your ability to function.

It may be difficult to talk about the traumatic event, but it is important to open up to your therapist/doctor about this. Doctors may mistakenly believe that the PTSD is due to something else, such as depression.

You heard clips from the police questioning Emilie when she was 12 years old, where she related what she had experienced.

- » What was it like for you to hear what she said?
- » Is there anything you feel a need to ask, anything you wonder about? Remember, there are no stupid, weird or wrong questions. Ask whatever you want to know.

Emilie kept the abuse secret for several years. Although she really wanted to tell someone, she didn't quite know how. Such secrets tend to cause stomachaches and concentration difficulties, and many people simply pretend that everything is okay.

- » Do you have any thoughts about how it might be possible to tell if a child is harboring such a secret?
- » In what way do you think adults can help so children might dare share?
- » If someone tells you something like this, what do you think you would and should do?
- » What people do you have around you that you can talk to about difficult things? Both peers and adults.
- » When Emilie is out walking with her sister, she talks about consent. What does that mean?

Here is a link to a short film on YouTube about consent. [youtube.com/watch?v=oQbeisJGiT8](https://www.youtube.com/watch?v=oQbeisJGiT8)

- » What new things have you learned after this movie, or what are you left with?



## ROUNDING UP THE CONVERSATION

*Here are two points it's good to check before the students leave the classroom, regarding the new knowledge they have acquired.*

**A CHILD IS NEVER GUILTY OF ANY SEXUAL ABUSE THEY ARE EXPOSED TO, REGARDLESS OF THE SITUATION OR CIRCUMSTANCES.**

**REMINDE THE STUDENTS WHO THEY CAN TALK TO AT SCHOOL IF THE NEED ARISES (AND INCLUDE YOURSELF).**

### CONVERSATION GUIDE CREATED BY

SMISO (Support Center Against Incest and Sexual Abuse in Oslo) has been actively visiting schools to teach about sexual abuse. In their experience, certain words and concepts are important to explain and elaborate on.