

Roots To Rising Handout

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SUPPORT

- Trigger & Self-Care Guide – heal2end.org/r2c3
- **1-800-656-HOPE** (800-656-4673) National Sexual Assault Hotline



PROGRAM

- A. **Group Poll Link** - Sex is... – heal2end.org/r2c3/sexis



B. Small Group Discussion

When was the first time you became curious about bodies and sex? What were you curious about? What response did you receive, if any?

C. Reaction

Pick up an index card and express your reaction to this discussion in words, questions, or drawing. *Fold the index card and pass it to the front.*

D. Boundary Lab

Think about a situation in which you felt angry, sad, or felt unseen because of somebody's else actions in relation to you.

- A. How was your well-being impacted by this interaction? *Tip: Use your intuition to become aware of your feelings.*
- B. What boundary would have supported your well-being? *Tip: Think about what you should have not tolerated in that situation.*
- C. What consequences were needed to restore your well-being? *Tip: Think about emotional or physical ways of disengagement.*

E. Visioning Together

If we can imagine it, we can achieve it.

- A. What does a future for survivors look like?
- B. What does a future for harm-doers look like?

AFTER PROGRAM REFLECTIONS

Intuition

- A. How can intuition be fostered? What practices are helpful?
- B. What role does intuition play in creating joyful sexual and romantic connections?

Boundaries

- A. How are boundaries different from preferences and desires?
- B. What boundaries help you create joyful sexual and romantic connections?

Accountability

- A. Whose responsibility is it to hold us accountable?
- B. How can accountability help maintain joyful sexual and romantic connections?

RESOURCES

Links

- Download Material – heal2end.org/r2c3
- Rivera-Azad Sexual Healing Integration Model (RASHIM) – heal2end.org/rashim
- Take a few short minutes and give us feedback – heal2end.org/feedback

Suggested Reading

- [Can transformative justice hold abusers like R. Kelly accountable?](#)
by Neesha Powell-Twagirumukiza
- [Murmurations: Accountability Begins Within](#) *by adrienne maree brown*
- *Great Sex: Mapping Your Desire* *by Jaime M. Grant*
- *Boundaries: Where You End And I Begin* *by Anne Katherine*
- *Pleasure Activism: The Politics of Feeling Good* *by Adrienne Maree Brown*

- Friendship as Social Justice Activism *by Jaime M. Grant & Shannon Perez-Darby*
- Tongue Tied: Untangling Communication in Sex, Kink, and Relationships *by Stella Harris*
- The Revolution Starts at Home: Confronting Intimate Violence Within Activist Communities *by Ching-In Chen, Jai Dulani, and Leah Lakshmi Piepzna-Samarasinha*
- Come As You Are: The Surprising New Science that Will Transform Your Sex Life *by Emily Nagoski*

Stay in Touch

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