

BECOMING SEXUAL BEINGS

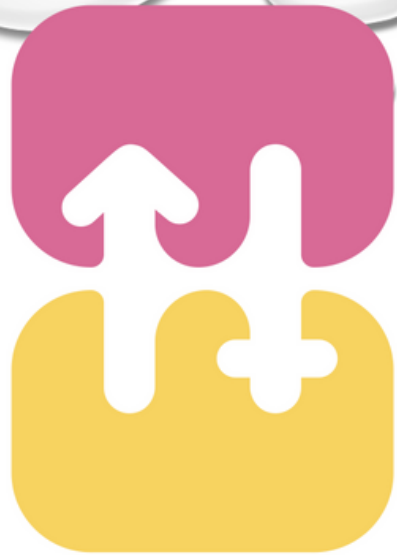
**CREATIVE RANGATAHI MĀORI RESOURCES
FOR PREVENTING SEXUAL VIOLENCE**



BEING YOU: BEYOND GENDER & SEXUALITY

THEME 1

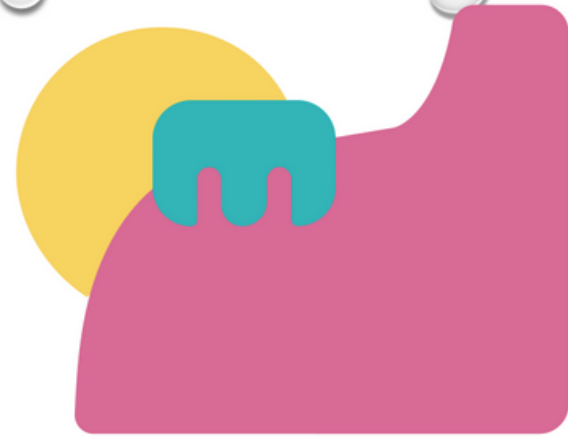
We are gifted our personal qualities and attributes through our spiritual and familial genealogical descent from our ancestors. We all have the capacity for women and men's qualities, and we are all special & unique. Gender and sexuality is a place where you have choices and you can create your own story to forge new possibilities for your life. We are like diamonds, multifaceted, and the light can shine on us differently with different people. We do not always match the label on 'the box'. It's my right to be true to who I am as a sexual being. We can push back against boxes and in the decolonisation of Western understandings of gender and sexuality.



IDENTIFYING & RESISTING GENDERED PRESSURES

THEME 2

Our lives are influenced by global trends. We watch films, television, and music that are produced in Western cultures that have particular views about men and women. These social norms about gender can enmesh with the colonial pressures we have faced as Indigenous people. We can decolonise and push back on narratives about sexuality that place us in boxes based on our gender. We can identify how music & videos can portray people acting in certain ways to be sexy and how they might treat each other in relationships. We might then push back on pressures for boys to be 'the man' because our ancestors were loving and caring men. We might push back on pressures to slut shame girls who enjoy sex because our ancestors celebrated sexuality. We might push back on pressures to blame girls who have been raped or abused because of what they wear or how they behave. We might push back on pressures to ignore that boys don't cry, they can't be victims of rape or abuse. Our ancestors took sexual violence very seriously.



IDENTIFYING & RESISTING COERCION

THEME 3

Our ancestors took sexual violence very seriously. Today, our social norms about gender are influenced by global Western cultures and years of colonisation. For girls, sometimes it can feel unclear whether they have been pressured into having sex they did not want. We can push back when we feel that someone is pressuring us into sexual stuff we don't feel comfortable with. We can identify when someone is pressuring us, trying to take advantage of us, or making decisions for us that we don't like. We can identify if someone is trying to make us feel bad about ourselves or lying to convince us about something that did not happen when it did. We can trust our gut feelings or intuition when something isn't right in a relationship. Our women ancestors were supported by their families if they thought someone was not treating them well. Our women ancestors were also very capable of leadership and making decisions that influenced their communities. Our men ancestors were loving and supportive people.



NAVIGATING SEXUALITY ONLINE TO OFFLINE

THEME 4

Our lives today bring new opportunities and challenges with digital technology. Sometimes we see the same challenges with global Western influence and colonisation in online spaces, and especially the challenges this creates for girls. We can push back on narratives about gender that can make us vulnerable to uncomfortable or coercive experiences online. We can try to identify whether or not someone is trustworthy or respects our privacy, with intimate images/nudes. We do not have to speak with people we do not know or meet the demands of someone we do know. We can push back on other people's requests to do something uncomfortable that they have seen in porn. We can get advice from others or develop a safety plan before meeting someone in person that we have met online. Our ancestors respected the sacredness of one another in sexual and relationship encounters.



CONTINUING INTERGENERATIONAL RESILIENCE & AROHA

THEME 5

Our lives have been shaped and influenced by colonisation, and increasingly global Western influence for generations. This has impacted how we understand ourselves as men and women, and how we talk about sex, relationships, our bodies. Sometimes we have hurts to heal. When we heal ourselves, we heal the lines of our future generations. This can be difficult and is very important work. When we interrupt colonising and global Western influence, we create new pathways for future generations. We can create futures that our ancestors are proud of.