

Keeping mine safely tiny  
Like the rush of sugar  
It explodes in my mouth  
The torture of other women  
Slides down my throat  
Rests in my stomach  
Makes home in my cells  
I can't wash it out  
Or sweat it out  
Or piss it out I can't scrape it off  
The walls of my body and mind  
Move outside your borders  
Outside the walls that keep you bound  
Live outside of your fears  
There is no life in silence  
Throw your legs forward  
Hold onto your self.

-Pump Up The Jam (!)



**NOT  
WITHOUT  
MY  
CONSENT!**  
(Asshole!)

We are not exempt  
from being the oppressors -  
oppression is ingrained in  
our development.  
It is, however, scary to see  
in yourself that which you  
hate in society.  
Know what sexual assault is!  
Realize the effects your  
actions have on people.

LET'S KEEP THIS SHIT AS FAR  
OUT IN THE OPEN AS WE CAN.

Summer 2004

published by:

BULLET GIRL



THE ENFORCER





**CONSENT – GET IT!?!**

3/1/06  
2006  
"Consent" is defined as the act of willingly and verbally agreeing to engage in specific sexual conduct. Previously agreed upon forms of non-verbal communication are appropriate methods for expressing consent. In order for "consent" to be valid, all parties must have unimpaired judgment and a shared understanding of the nature of the act to which they are consenting including safer sex practices. The person who initiates sexual conduct is responsible for verbally asking for the "consent" of the individual(s) involved. "Consent" must be obtained with each new level of sexual conduct. The person with whom sexual conduct is initiated must verbally express "consent" or lack of "consent". Silence conveys a lack of consent. If at any time consent is withdrawn, the conduct must stop immediately.  
(Excerpt from Antioch's Sexual Offense Prevention Policy)

**You don't need to scratch inside  
Just please hold onto your pride  
And don't let them bring you down  
And don't let them fuck you around  
Cuz these are your arms  
That is your heart  
And no they can't tear you apart  
-Le Tigre**

# CALL FOR SUBMISSIONS PAGE

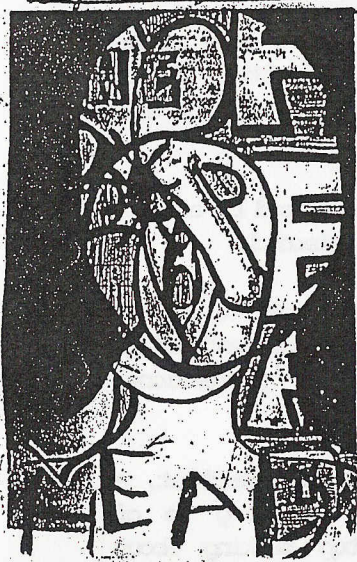
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**\*\*CALL FOR SUBMISSIONS FOR A ZINE ABOUT SEXUAL ASSAULT, AND MORE SPECIFICALLY HOW IT'S DEALT WITH IN OUR COMMUNITIES. NO DEADLINE-HOWEVER, PUTTING IT TOGETHER SUMMER/FALL 2004.**

Questions, comments and submissions to:  
mangolia\_c@yahoo.com - mailing address available- request\*\*

This pamphlet is a precursor to our zines. We put this one out to supplement a workshop on sexual assault that we are giving at the plan-it-x 10 year anniversary weekend. If you would like a copy of the zines we will be putting out just contact us.

SILENCE FUCKS US UP. THIS ZINE IS ABOUT DRAGGING UP SHIT WE BURY OUT OF EMBARRASSMENT. GIVING EACH OTHER WORDS & SUPPORT SO WE CAN BETTER COMMUNICATE WITH OUR FRIENDS/LOVERS. (Sylvie says, "Communication is Liberation!")



THERE ARE SO MANY GODDAMN TOPICS BUT HERE ARE A FEW WE CAME UP WITH: True stories, fiction, fears, sex health, images, responsibility, assault, dealing/healing, gender expressions, power dynamics, babies, sexuality/gender roles in history, fertility awareness, radical parenting, rape, emotional manipulation, monogamy, polyamory, toys, 'queen' sex, tantra, performance anxiety, birth control, highschool, STDs & rights at passage. also any

WRITE ABOUT WHATEVER'S IMPORTANT TO YOU, <sup>resources</sup> <sup>help</sup> REMAIN ANONYMOUS IF YOU WKE.

Contact Lauriel at: 1342 E GEORGIA VANCOUVER, BC  
email: (best way) viperfishrisina@yahoo.ca  
VGL-2AB

The initiator may feel pretty awkward asking for consent, but honestly hearing them ask is both wicked sexy and endearing. After asking a boyfriend to get my consent before touching me he suggested that instead I should be more assertive, and tell him to back off when I wasn't down. NO way! If you want to touch me, you ask first and I'll do the same. Even if your partner doesn't state that your request for consent is important to h/im/er (hir) - do it!

To make sure your partner understands what you're requesting; asking for consent needs to be verbal. The initiator is responsible for making clear what h/sh/e (zie) is attempting to initiate.

Non-verbal forms of expressing consent must be agreed upon prior to getting down. Non-verbal consent can be nodding, humming, hand squeezing, y'know be creative, but the form which consent will take needs to be agreed upon and recognizable. Personally, using non-verbal methods has been best with frequent partners.

With a frequent partner their reciprocal sexual desire is too often assumed. Even if I love you dearly I may not want to fuck right now. Even though I love you dearly, I may be too tired (or whatever) to let you know that I don't want to be touched or that while kissing you is great right now, having your hands down my pants is not. Sex should be a mutual act. Pay attention to your partners' words and body language.

Earth-shattering, revolutionary, safe sex is based on mutualism.

### For those who sometimes lose their words:

Do you feel like making out? Can I kiss you? What about...? Is it ok if I...? What do you think of...? Are you comfortable with...? May I please remove your trousers? What are you up for? HEY, WHAT DO YA THINK OF YOU AND ME ROLLING AROUND NAKED IN THAT BED OF CLOVER?

## this is part of a story Nathan wrote- it's true:

a conversation between Zen and Nathan:

"Remember that night..I was wasted, crying, puking, yelling. How I was in a fight with my partner over some real traumatic shit, and I just needed someone to take care of me while I was wrecked, and you did and that was cool Do you remember why I left in the morning?"

*\*\*I tried to get too close. I tried to fool around. She pushed my hands away a few times..*

"What were you thinking? You think I wanted to fool around? I was sick and crying and miserable all night. What the fuck?! And on top of all that I was the one who had to come to you after like two months of dealing with it in my head. That really sucks."

*\*\*Well, that really put me back. I really didn't see that coming. I didn't grasp the impact that night has made. I had crossed lines with a friend before, and another, when I was younger. This time, it didn't seem like a big deal. This just seemed like a common miscommunication. This kind of thing happens all the time. And that's just it. This kind of thing happens **ALL THE TIME..***

That was hard, to admit that I had actually sexually assaulted someone and then try to do something about it. People go through a life time of sexual confusion and sexual assault and say and do nothing about it because everyone's so ashamed. The truth is scary and ugly and easy to hide from. But lies and places to hide deteriorate with time. If we don't start owning up to our fuckedupedness we're all going to lose our heads and end up locked in little defeated rooms peaking at each other through keyholes.

## what happened after

Nathans' story of assault happened in our home. Happened in a generally rad house that has anywhere from 8-28 people staying there. After Zen (the recipient of Nathan's ill will) sat Nathan down and told him about the agony and anger she experienced that day and in the two months following, Nathan called a house meeting in which both he and Zen explained what went down.

We all had a lot of questions for him. People were confused- this didn't seem to be in Nathan's character, but not for one moment did anyone doubt, or question the truth of the situation. People asked what it would take for this to not happen again, considering this was not an isolated incident. The house wanted to know what he would do about it, what Zen wanted him to do about it, and how he would show evidence of dealing with it. Lot's of "I don't knows" and choked back tears came in response. He said he wanted to speak to everyone around him individually, he also said he wanted to talk to his ex-lovers. The house suggested counseling, and he said he'd get on it. Some individuals made it quite clear that if that shit did ever happen again they were going to get much more militant about it.

Ultimately what came of this meeting was a more open space. We created a space that will not be deflated within all of us, within our house; we are expanding what is 'ok' to talk about.

Also, a few more organized discussions facilitated by a woman from a rape centre were organized and well attended.

Nathan has been speaking to a great number of people, pretty much everyone in the house, as well as some wise members of the community at large. As far as getting professional counseling, he hasn't acted on that.

This is what kick started the writing of this pamphlet, a process of educating ourselves, and the dredging up of painful times. We are not going to stop talking about violence in sex until the systems which perpetuate it are fucking smashed. That is a pledge to our sanity.