Episode 5 Un-assault-ed Truth with Chanel Contos

SIX WAYS IN

for the trusted adults

Openers for the hardest episode so far. **The person most likely to hurt her is not a stranger**, in Australia it is usually a current or former boyfriend, or a boy she already knows.

1

"Do you know what sexual coercion is?" – then say it plainly.

START WITH THE WORD - it's the one Chanel didn't have

Two degrees in and partway through a master's before she met the term. Coercion is pressure, threats, tricks or blackmail rather than force, including getting someone drunk on purpose. She says learning it earlier would have changed how a whole generation understood their own experiences.

2

"If something happened, what would you want me to do about it?"

ASK BEFORE NOT AFTER - the answer decides whether she tells you at all

Chanel says most young people don't want the other person charged, and the distance between what they want and what the system offers is why so much goes unsaid. Agreeing in advance that you'd follow her lead is what makes telling you possible.

3

"Has anyone ever made you feel like something to tick off a list?"

THE EARLIEST WARNING SIGN - long before anything else shows up

Chanel describes summer challenge lists and end-of-school bucket lists where girls are gamified . Pursued for clout rather than wanted. She names it as a red flag for the entitlement underneath coercion, visible well before anything happens.

4

"Show me something on your feed you thought was a bit much."

IT REACHES HER TOO- about 30 minutes, in one test

A journalist set up a new account as a teenager and was served manosphere content within roughly half an hour. Chanel says girls are getting it as well, and that attitudes among teenage girls are shifting with it. This isn't only a boys' problem to watch.

5

"No means stop – even when we're mucking around."

YEARS EARLIER THAN YOU THINK - it's how she learns her own no is binding

Chanel says the groundwork starts as soon as a child can talk: asking permission, giving it, refusing it, and stopping the moment someone says no, even mid-laugh in a tickle fight. A girl who has watched her no be honoured at home knows what it should feel like everywhere else.

6

"Is there anything you've been carrying that you haven't told me?"

ASK IT ONCE- then be someone who can hear the answer

The episode closes with a passage from Chanels book describing a home where a teenager can say it happened and nobody asks what she was wearing. That's the whole job, you don't have to handle it perfectly, you have to not make it worse.

IF SHE TELLS YOU

What matters most in the first 10 minutes

- Believe her out loud, before you ask a single question
- Don't ask about clothing, alcohol, or why she went
- Ask what she wants to happen and be able to hear "nothing yet"
- She doesn't have to report anything in order to get support
- It is far more likely to be a current or former boyfriend, or a boy she knows, than a stranger
- Coercion (pressure, threats, tricks, blackmail) is sexual assault. No violence required.
- Removing a condom without consent is sexual assault anywhere in Australia
- Ring the numbers below for yourself as well. You are allowed to need help with this.

1800RESPECT 1800 737 732 · 24/7 · sexual assault, domestic and family violence
Kids Helpline 1800 55 1800 · 24/7 · free and confidential, ages 5–25
Sexual Assault Resource Centre (SARC) 1800 199 888· 24/7
You don't have to have reported anything, or decided anything, to call any of them.

This is designed as a conversation starter, **not legal or clinical advice.** You don't have to know what something legally counts as before you get support — the services above will help with whatever comes next, including nothing for now.

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