

supporting victims of sexual violence appendices

Ghislaine Tseng | Master thesis | Delft University of Technology

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Appendix 2: interview guide

Allereerst bedankt voor het meedoen aan mijn onderzoek. Als je een vraag niet wilt beantwoorden of wilt stoppen met het interview dan is dat geen probleem en kan dat op elk moment. De resultaten van dit interview zullen alleen gebruikt worden voor mijn project en zullen nooit gedeeld worden. Met mijn project wil ik iets ontwerpen waar slachtoffers van seksueel geweld iets aan hebben. Het doel is om de negatieve effecten van het geweld in het dagelijks leven te verminderen.

Datum:

Wil je voor dit interview anoniem blijven? Ja/nee

Vind je het goed als ik dit interview opneem? Ja/nee

Hoe oud ben je?

Wat heb je meegemaakt? (aanranding, verkrachting, misbruik)

Hoe vaak heb je seksueel geweld meegemaakt?

Hoe oud was je toen je het meemaakte?

Wie was de dader?

Welke relatie had je tot de dader?

Wanneer had je door dat het seksueel geweld was?

Hoe ben je erachter gekomen?

Heb je vroeger voorlichting gehad op het gebied van seksueel geweld?

Zo ja, wat hield dat in?

Wanneer heb je het voor het eerst verteld?

Aan wie heb je het verteld?

Waarom aan diegene(n)?

Waarom heb je het verteld?

Wat waren de reacties nadat je het verteld had?

Waarom denk je dat ze zo reageerden?

Wat vond je daarvan?

Waarom?

Heb je fysieke problemen ervaren na de gebeurtenis(sen)?

Zo ja, welke?

Wat vond je daarvan?

Heb je mentale problemen ervaren na de gebeurtenis(sen)?

Zo ja, welke?

Wat vond je daarvan?

Heb je andere problemen ervaren na de gebeurtenis(sen)? Bijv. relationele? Problemen met seks?

Wat vond je daarvan?

Heeft het seksuele geweld nog andere (positieve) effecten op je leven gehad?

Hoe gebruik je de gebeurtenis(sen) in je leven? Als kracht?

Heb je hulp gezocht?

Waarom wel/niet?

Bij wie?

Wat voor hulp werd je geboden?

Heeft de aangeboden hulp jou geholpen?

Waarom wel/niet?

Hoe vaak heb je hulp gezocht?

Voel je (nu nog) schuld, schaamte of angst vanwege de gebeurtenis?

Zo ja, welke en waarom?

Zijn er bepaalde dingen (handelingen, plekken) die je absoluut niet wilt doen of die je vermijdt?

Heb je last van triggers?

Zo ja, welke?

Heeft de gebeurtenis(sen) invloed gehad op je dagelijks leven?

Zo ja, op welke manier?

Ken je meer mensen die seksueel geweld hebben meegemaakt?

Zo ja, hoe ben je erachter gekomen?

Praat je er met hun over?

Is er een verschil in praten met een lotgenoot?

Heb jij (of heeft iemand voor jou) aangifte gedaan?

Waarom wel/niet?

Zo ja, hoe ging het aangifte doen?

Heb je de dader ooit nog gezien?

Zo ja, hoe was dat?

Hoe voel je je nu ten opzichte van de dader?

Hoe voel je je nu met betrekking tot de gebeurtenis?

Waarom?

Is er iets wat we nog niet besproken hebben maar wat je wel graag wilt vertellen?

Wat vond je van dit interview?

Zou ik je in de toekomst nog een keer mogen benaderen voor mijn project?

First of all I would like to thank you for participating in my research. With my graduation project I will design something which adds value to the lives of victims of sexual violence. The goal is to reduce the negative effects of the violence on daily lives. If at any point you don't want to answer a question or want to stop the interview, that is no problem at all. The results of this interview will only be used for my project and will never be shared outside of my project.

Date:

Do you want to stay anonymous for this interview? Yes/no

Do you mind if I record this interview?

What is your age?

What type of sexual violence did you experience? (rape, assault, abuse)

How many times did you experience sexual violence?

What age were you when you experienced this?

Who was the offender?

What relationship did you have with the offender?

When did you realize that it was sexual violence?

How did you find out?

Have you had sex education (when you were younger) with a focus on sexual violence?

If so, what did it entail?

When did you first talk about having experienced sexual violence?

Who did you tell?

Why to that person(s)?

Why did you tell (at all)?

What were the reactions after you told?

Why do you think they reacted that way?

What did you think of that?

Why?

Did you experience physical problems after the event(s)?

If so, what exactly?

How do you feel about that?/What did you think of that?

Did you experience mental health problems after the event(s)?

If so, what exactly?

How do you feel about that?/What did you think of that?

Did you experience other problems after the event(s)? E.g. relational? Problems with sex?

What did you think of that?

Has the sexual violence had other (positive) effects on your life?

How do you use what has happened to you/the event(s) in your life? Like a strength?

Have you sought help?

Why yes / no?

With whom?

What kind of help were you offered?

Has the help offered helped you?

Why yes / no?

How often have you sought help?

Do you (still) feel guilt, shame or fear because of the event?

If so, which and why?

Are there certain things (actions, places) that you absolutely don't want to do or that you avoid?

Do you suffer from triggers?

If so, which one?

Has the sexually violent event influenced your life?

In what way?

Do you know more people who have experienced sexual violence?

If so, how did you find out?

Do you talk to them about it?

Is there a difference in talking with a person that has also experienced it?

Have you (or has someone) pressed charges against the offender?

Why yes / no?

If so, how did the declaration go?

Have you ever seen the perpetrator again?

If so, how was that?

How do you feel with regard to the offender now?

How do you feel about the event now?

Why?

Why did you become an experience expert?

Is there something that we have not yet discussed but that you would like to tell?

What did you think of this interview?

Can I approach you again for my project in the future?

Appendix 3: future context

1-2. The need for safety can be a burden or a possibility.

Victims can still feel fear for the offender
As a result of the violence, a fear of men in some form
There is no way to be safe from sexual violence
Without a good support system, it is hard to come out with the story
Sexual violence can lead to an eating disorder
Safety is needed everywhere
Victims can suffer from triggers after the event
Victims avoid a lot
Victims experience social problems in the form of a fear of commitment
Triggers create a feeling of unsafety
It is very exhausting having to find distractions always
People choose to make a statement in order to prevent the offender from doing it again
Making a statement to the police requires a lot from the victim
Online services can be less scary than real life services
Fellow sufferers ask for advice online

After having experienced sexual violence, a victim needs to feel safe in every possible way. She needs to feel safe to leave the house, to meet with friends, to go to therapy and even to tell her story during therapy. There is a difference between being (physically) safe and feeling safe. For a victim, being physically safe does not ensure the same feeling. Safety can be a motivation to go to the police and have the offender locked up, putting all the time and effort required, however this also does not ensure the feeling of safety.

To create this safety for themselves, victims avoid a lot of things: places, people and perhaps men in general, certain movies, series, anything that can remind them of the event. This is usually a very exhausting task, a burden to bear.

A common counteracting force is the occurrence of triggers. These triggers can create a feeling of unsafety, due to the reminding and sometimes reliving element. These triggers can occur anywhere and at any time, impacting the life of a victim severely.

This need for safety can also take on extreme forms in the way of developing an eating disorder. This comes with the thought "If I am thin enough, men won't find me attractive anymore and then I will be safe from harm". From the motivation of safety the victim creates a life-threatening, thus again unsafe, situation.

The paradox is however, there is no way to be safe from sexual violence. As a result of this need for safety, victims are looking for support online, eliminating the scary elements that come with real-life, face to face contact.

3. Denial = protection

People like to tell themselves stories
You can tell whether somebody has experienced sexual violence based on their reaction alone
The more you push it away, the harder it comes back
If you don't think that you're traumatized, you don't tell caretakers about it
Telling yourself that it didn't happen is a survival technique
Animals can be used to show people's true feelings
People tend to want to forget/not feel bad things
Even without talking about it, it's always there
Because people don't want to think about it, people don't talk about it

To protect themselves, victims deny that the event ever occurred. Thinking about the event can hurt so much and so deep, that it is preferable to just forget it. Either with the help of substances, or by pushing it to the back of the mind. Though it may seem logical, it is not at all helpful for the victim in the long run, as it is better to start processing the event and getting help as soon as possible.

The more a victim pushes the event away, the harder it will come back once she stops pushing. Because even without talking about it, it is always there.

This is similar to victims that are convinced they are fine and don't need help.

With the help of a flight animal, or direct questioning the truth can be found.

4. Sexual violence goes further than just the victim

As a partner of a victim, it is really important to listen to cues
The sexual violence also affects the future partner of the victim, not only the victim
Victims with PTSD caused by sexual violence have difficulty having sex, being intimate and trusting people.
Sexual violence is no longer a private problem but a social problem
Sexual (child) abuse is increasing
Parents can feel guilt when something happens to their child
Parents have different, important roles
Victims don't want to burden their family
Less young people move out of their parents' home when they graduate high school

A common misconception is that sexual violence is only the problem of the victim.

It is not. It is also the problem of the victim's parents, family, friends and even future partner. It affects all people close to the victim, now and in the future, and the relations between them and the victim. Next to that it has become a public problem, enraging people who don't have a direct link to the subject.

Parents are very important as they already fulfil their different roles concerning the upbringing, but next to that they also need to protect their child even more after this horrible event. Their feelings and reactions also affect the victim, which can be a reason not to confide in their parents.

Next to the parents, there are friends and possible partners. For the victim it is difficult to trust people in general, but partners even more so. Problems with having sex can also be expected, since intimacy can be a big trigger. This does not limit itself to right after the event, this can go on for years.

5. Knowledge gaps

- If the sexual violence is your first time having sex, you don't have any references
- Because of ignorance, it can take years before a victim realises it was sexual violence
- Outsiders don't have the knowledge how to deal with these emotions
- Psychologists/psychiatrists have little knowledge on the effects of sexual violence
- Victims can not find the centre for sexual violence

Even though sexual violence has been a part of our society since the start of mankind, there are still a lot of knowledge gaps concerning the subject.

It can start with the victim not even knowing it was sexual violence until years later. Especially if it was the first time having sex, how is a victim to know that it wasn't the way it should be? Especially if it was structural abuse, it is even more difficult to know it's not normal.

Outsiders don't know how to properly respond and deal with the victim's emotions. Professionals lack the same knowledge on how to deal with it, adding to it ignorance on the health level. Doctors don't know the effects on victims on physical and psychological levels. This only becomes a problem if the victim even found the help, another knowledge gap.

6. Sexual violence is a real trap with serious consequences

- The victim is always in a disadvantageous position
- Sexual violence is a hidden fact
- Everybody can become a victim of sexual violence
- Many victims experience sexual violence again later in life
- Sexual violence can occur within a family for generations
- Sexual violence can cause a lot of different problems
- Victims can turn into offenders
- Getting abused again feels safe, because it is familiar
- 43% of female victims of sexual violence gets PTSD
- Victims who've been involved in prostitution need more help than victims that haven't
- People don't want to cause harm to other people close to them, even if they've done them harm
- Victims of sexual violence often dissociate
- If you don't know any better, then that is your reality
- The offender is often known to the victim.

Once you have entered the world of sexual violence, it is hard to get out. Victims quickly get used to the violence and after a while it becomes their reality. Especially victims who have been involved in prostitution have a high chance of falling back. Later in life, sexual violence can repeat itself because the violence of the offender is so familiar that it feels safe. Signalling the occurrence of sexual violence on a victim is hard because without visual evidence (bruises) it is hidden from view.

Victims can also become offenders themselves, something which can be seen in families with sexual violence happening generation after generation. Also taking into account that the offender is known to the victim, a family member, makes it even harder for the victim to leave or tell someone.

The reasons why these cycles need to be broken are clear. The development of social, psychological and physical problems are predictable. Victims often suffer from depressions, post-traumatic stress disorder or in an extreme form, a victim can suffer from dissociation, which is a condition that can last a lifetime treating it.

7. The need to change

There are many different types of therapy available
There is life after rape
For young people, awareness is the only way to achieve something
A person has to choose for themselves to get out of the victim role
Sexual violence will always be with you, but you can learn how to deal with it
Time doesn't wear out the trauma.
Victims can achieve a lot of benefits with help
Victims feel the need for change
Many victims don't search for help until multiple years after the event, because of shame
For a victim to change, the brain should be stimulated
A victim cannot process it on her own

At some point in life, victims feel the need to change. They don't want to carry this burden or pain anymore, they want life to be better. It can take up to tens of years before this point is reached, but it is important to understand that it must be reached in order for the victim to actually start processing.

A misconception is that if you wait long enough, the trauma will wear down. This is not true. The trauma has to be actively and consciously treated in order for it to get better. Another one is that you can process it on your own. Unfortunately, this is very hard. Other barriers such as shame and guilt prevent victims from reaching out, a problem which can be helped by creating awareness that these feelings are ungrounded.

Once the victim wants to get help, there is a lot available, with high potential of improving life.

8. Regaining what you lost

By becoming physically stronger, you also become emotionally stronger
After an assault, a victim's resilience needs to be raised
Experiencing sexual violence means losing something
Victims want to be in contact with their body
Because of the sexual violence, the self-development and sexual development is skipped
Physical activity can help get back into your body
Victims of sexual violence have difficulty setting boundaries
Body and mind is 1
Physical damages are a constant reminder that it happened

Unfortunately, experiencing a sexually violent act is similar to a robbery. The victim loses something: her innocence, her connection with her body, her memory, her youth, her physical health, the feeling of security. The victim's self image has been dented as well as the resilience. For this reason, mourning is a good first step on the way to acceptance.

Although the event will always be with you, for some losses it is possible to regain them. For instance, through physical activity the connection with the body can be restored. As body and mind are one, you can become emotionally stronger through gaining physical strength.

Through therapy the resilience can be raised and clear boundaries can be formed, giving the victim control back.

9. The negative inner view

Because of the assault, victims don't know what is normal anymore
Rape is a confirmation of being worthless
Victims can view themselves as the offender
Victims can be mad at themselves for doing/not doing things during the assault
The sexual violence changes the way you see yourself
During a rape, the vagina can become wet without the victim's excitement
A person can feel ashamed for something somebody else did to them
Freeze reaction during sexual violence is a survival technique
Victims can feel guilt for a lot of different reasons.
Working along with the offender is a form of survival.
Shame correlates with guilt

The event changes the way the victim views herself. A lot has to do with the survival techniques that might have occurred during the attack, such as: going along with it, freezing or becoming wet. The fact that she couldn't fight, couldn't save herself has an enormous impact on the inner view: weak, worthless, disgusting.

It might go as far as viewing yourself as the offender, the one who did this to you. Shame, guilt and anger create this view. Though the victim is not to blame for the event in the first place, let alone the biological survival modes that went into place. She needs to be informed what is normal and that the blame does not lie with her.

10. Fluctuate over time

It is possible to forget the entire event for years
Triggers can cause PTSD complaints to come back
Over time, victims can put the blame more on the offender and less on themselves
Victims can feel good/better for a long time, but eventually the negative effects of sexual violence catch up with them
Sexual violence can come up during therapy for something else
The sexual violence will always be a part of you
Details of the event come back later in life
Victims can feel anger towards the offender, years after the event
The amount of effect it has on your life can differ per time period.
EMDR can be very beneficial for victims, however it also has downsides
PTSD complaints increase in life until the breaking point

The amount of influence the event has on your life fluctuates over time. A victim can feel good for years but this can change quickly after an unexpected trigger. Even victims who have been successfully treated for PTSD can have a relapse after a trigger.

It is also possible to forget the event for years, especially when it happened at a young age. Once the memories come back, it will gain more influence over you than before. The bad thing is that you can't control these memories coming up. What can help is to do EMDR therapy, however this also has a high chance of disrupting the victim due to the confronting nature of the therapy.

Sexual violence will always be a part of you, but you can learn how to deal with it. Slowly you can learn to put the blame on the offender, and less on yourself, improving your self image. It is even possible to turn triggers into something positive.

11. When is it time?

The quicker a victim gets help, the better problems can be prevented
Timing is very important when getting help
PTSD can be prevented by taking the time to process the event

Because of the personal aspect of processing sexual violence, it is difficult to predict when it is the right time to start getting help.

The common rule is: the sooner the better. But in practice this doesn't work for everybody. If it is too soon for a victim, the therapy might not help at all and needs to be repeated sometime later, or the victim drops out of the treatment and goes back to avoiding. If it is too late, PTSD can already be in place, which requires more therapy than only PTSD related complaints. Or personality disorders have developed, requiring a lot more and invasive treatment than if it was started earlier.

12. It's very personal, but

Whether a victim can process it on their own has to do with a lot of things
Victims need tailored help
It depends on the moment, whether I want to tell it or not
People enjoy being understood
Triggers are very specific and personal
A fellow sufferer understands the victim best

Every person has had a different sexually violent event and deals with it in a different way. There is no such thing as one size fits all when it comes to processing the event.

Some victims can and enjoy talking about it, while others can't find the words. Some victims learned to deal with it and now have relationships and children, while others can't be around men period.

Because every person is different, they need tailored help.

One thing which is common for all victims, is that they want to be understood. People who haven't experienced sexual violence lack this ability to fully understand the victim. Only a fellow sufferer really gets it.

13. Experimentation can lead to benefits

By giving training, a victim can empower herself
The mental health care workers are limited in their ways of treating patients
There is a taboo on alternative healing methods
Victims are looking into alternative healing methods
The government only funds evidence-based therapies
Talking about it is not necessary for processing
MDMA can help eliminate PTSD

From a medical point of view, the focus is currently on evidence-based therapies. Due to budget cuts, experimental therapies are not funded anymore, and are unavailable to clients. There are also protocols in place for treating clients in the mental health care industry, which can be seen as outdated. The treatment needs to happen in a medical office and the victim has to talk about it, something that is not necessarily a requirement for processing and often impossible.

Some victims don't benefit from these funded therapies and are looking elsewhere for help, in alternative healing methods, even though there is a taboo on them. Concerning this subject, anything that helps a victim, is a good thing. Tips from other victims have led to the realisation that it can help to become an experience expert, to have spiritual readings or even to take drugs to make it easier. This last one has even passed clinical trials, proving that it is worth a shot to experiment.

14. Care on all fronts

Victims suffer from a lot of problems
Social workers are matched with their client
There is a rise in integral approaches in care organisations
The homoeopathic approach is holistic
Social workers often work in teams
Everybody who provides a service to a possible victim should be educated on how to treat the victim

Due to the severity and diversity in problems that victims can suffer from (in all aspects of life), it is logical to take an integral approach towards care. This also goes for the fact that most problems are interrelated.

In a closed treatment center (Pinq) this can already be seen. All teachers, carers and staff are educated on the subject and informed of all problems of the inhabitants. In this way, everybody the victim meets knows what to do and how to help the specific problems she faces.

15. Internal and external factors rule the ability to reveal it

Nobody wants to be raped
People treat a victim differently once they know
Both friends and unknown people can have negative responses to a sexual violence story
Talking about sexual violence is a taboo
Victims can feel ashamed to tell a boyfriend
Men respond differently than women to the story
People enjoy being believed
If the first person doesn't believe your story, you don't try again after that
Trust is needed in order to share the story
Because of the exposure in the media, young people dare to share their story
When clients don't want to talk, it gets more complicated for social workers
There is a taboo on visiting the psychologist
There is a need for creative and personal solutions to talk about it

In order to reveal the event to somebody else, trust is needed. Victims feel the threat of somebody not believing them, or responding negatively and accusing them. Nobody wants to be raped. For some victims this means they don't reveal it until many years later, the stakes are too high.

Once it has been revealed, it doesn't mean that the victim gets the support she wants and needs. She might get a label, people start avoiding her because they don't believe her or start treating her like she is delicate and weak. All examples of negative attention, which doesn't help the victim.
There is also the difference between telling a female and telling a male. Because the male usually is the gender of the offender, her friend can feel attacked when she tells him. Or afraid that he has done the same thing, or very angry. Together with the fact that people have certain

misconceptions about victims (they are irresponsible, they ask for it) victims are ashamed to tell a boyfriend. What must he think of me?

The fact is that revealing it to somebody else can help process it, so the need to share is there.
On a positive note, teenagers are sharing their story more and more on social media, as there are a lot of examples of peers available. They are not the only one anymore and thus don't have to feel ashamed.

16. Opening up the dialogue

Talking about physical damages is even harder than talking about sexual violence
People want to be taken seriously
Outsiders can only hear about it for so much
After a while it gets easier to talk about
It is also appreciated if people only listen
Women's sexual behaviour is less accepted than men's
Men must have sex and women must be sexy
Outsiders have reasons to avoid talking about it
Talking about it is necessary for processing
Sharing your story can help process
Everybody should talk about sexual violence
Because of the exposure in the media, young people dare to share their story
When nobody wants to listen, the worthlessness of the victim is confirmed
MeToo led to breaking through shame culture
It feels good to get confirmation (that it happened)
Social workers lack knowledge about what to do, which is why they don't ask about it.
It is easier to talk about the event under the influence of drugs or alcohol
Socially accepted opinions can influence victims in doing things they don't want to
People want to be polite
Victims are afraid to talk about it

Everybody should talk about sexual violence. Certain public truths have manifested in our society, such as: men should have sex (a lot) and women should not have (a lot of) sex but should always be sexy. These truths together with the taboo on the subject rule the ability to actually talk about it.

Outsiders also have other reasons to avoid talking about it. Social workers (and others) don't know how to deal with it, so they don't ask about it in the first place. Friends avoid talking about it because it's too confronting or they've heard it too many times before or they want to keep the mood light, if that is even possible when your friend has experienced such a thing. When nobody wants to listen, the worthlessness of the victim is confirmed increasing the negative inner view.

The fact remains that for the victim, the dialogue needs to be opened. To process the event, she needs to be able to talk about it, even if this means not getting any response, as listening alone is also good. The feeling of being taken serious, and that her pain is not something made up helps a lot. Luckily, it gets

easier to talk about it over time, or with substances. MeToo has opened the discussion and attacked shame culture, resulting in more online conversations.

17. Reasons (not) to go to the police

- Making a statement to the police can help the victim process the event
- Acknowledgement of the offender can be enough to forgive him
- A conviction only causes punishment to the offender, not help for the victim
- The current law doesn't protect people with freeze reaction
- It can take years before a trial starts
- When two people contradict each other, it's difficult to find out who's telling the truth

A reason for a victim to go to the police and make a statement could be that it can help process the event. Getting the offender convicted can enhance the feeling of safety as well as create closure. Getting acknowledgement out of the offender can also be beneficial for processing and is possible through help of the police.

However, there a lot of downfalls in the police and justice system. In order to make a statement, the victim has to re-tell the story, answer personal and confronting questions and wait multiple years before the trial starts. On top of that, the current law does not take freeze reaction (which happens to a lot of victims) into account, possibly leaving the victim with no conviction. Even in the event of a conviction, the offender will get punished but the victim won't be helped.

18. Depression lies around the corner

- Sexual violence can make a victim depressed or even suicidal
- As a young person, you quickly think you are the only one feeling or thinking this way
- Physical damages heavily influence daily life
- Outsiders have difficulty understanding the victim, in many ways

Depression after experiencing sexual violence is very common. Due to the misunderstanding between the victim and her family and friends, a feeling of isolation can quickly occur. Taking into account possible physical damages which constantly remind her that she's experienced this event, or social limitations, life might not seem worth living for the victim.

Appendix 4: statements evaluation

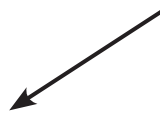
During this project, many statements were formulated. These statements led to the chosen statement mentioned in subchapter 4.2, in the way that they started broad and impossible and ended small and feasible. These statements did not lead to successful results, as it was difficult to design for them. The effect needed to be more specified, as well as the means.

S1. I want the victim to be able to live life freely by creating a sense of safety in the mind & body of the victim. During an ideation attempt, I came to the conclusion that it is very difficult to design for the feeling of safety. The statement was also too broad to give any direction.

S2. I want the victim to get the care she needs by activating the social environment through communication. This statement was also too broad and therefore not designable. Both 'activating the social environment' and 'communication' were not specific enough.



S3. I want loved ones to feel confident in engaging with the victim by educating them on the subject and enabling the victim to express her changing needs. This statement includes two means, which requires two different designs. 'Educating them' did not motivate me and did not ask for a design solution. Having two means is also not Maximum Effect Minimal Means.



S4. I want loved ones to feel confident in engaging with the victim by predicting the victim's behaviour (choices and reasoning) in a fictive scenario and comparing the outcome. This statement is interesting to design for, but the means asks for a lot of effort. Not MEMM enough.



S5. I want loved ones to feel confident in engaging with the victim by facilitating the sharing of insecurities in a playful way. Specific enough to design for. Feasible to evoke the effect through the means. Motivates me to design for it.

These statements differ in which people they incorporate: the victim, the loved ones or the victim and loved ones together. During the focus group session (Appendix 5), a participant mentioned: "A solution actively involving the victim and the social environment might work better than only using the social environment.". This insight eventually led to the chosen statement S5, which addresses both stakeholders.

Appendix 5: focus group session

During the Garage2020 demo-night I had the opportunity to organize a creative session about this project, for healthcare professionals and managers who work in the field of sexual violence. This opportunity was great, as these people will eventually decide whether or not to use/recommend the outcome of this project. The aim was to have a focus group session, where the subject could be widely discussed.

Setup

To get the most out of this (1 hour) session, I decided to use the double diamond method to structure the session, see figures 1&4. With a large poster, we walked through all stages applied to this project. We included enough time to discuss the subject, statements and research (+/- 30 minutes) and limited the ideation part (+/-10 minutes). The statements were simplified and changed into How To's, to facilitate ideation.

The goal of the session was to:

- show (+/-10) participants what a design process looks like at Garage2020
- find out what they think about the three statements,
- which factors they find interesting (derived from the clusters),
- what they think about the subject in general
- create enthusiasm and awareness for this project.



Figure 1: Layout focus group session.



Figure 2: Participants voting.

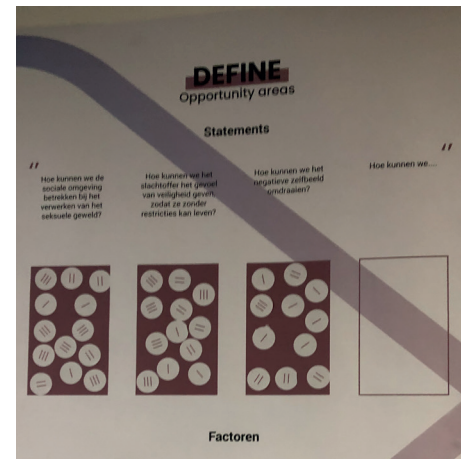


Figure 3: Statements voting results.

Out of the three statements, the participants had a preference for statements 1&2 (figure 3):

How can we give the victim the feeling of safety, so that she can live without restrictions?

How can we involve the social environment in the processing of sexual violence?

When asked why not statement 3 (How can we improve the negative self image), a participant responded: *"this is what current therapies revolve around and do, it is not something we need a new solution for"*.

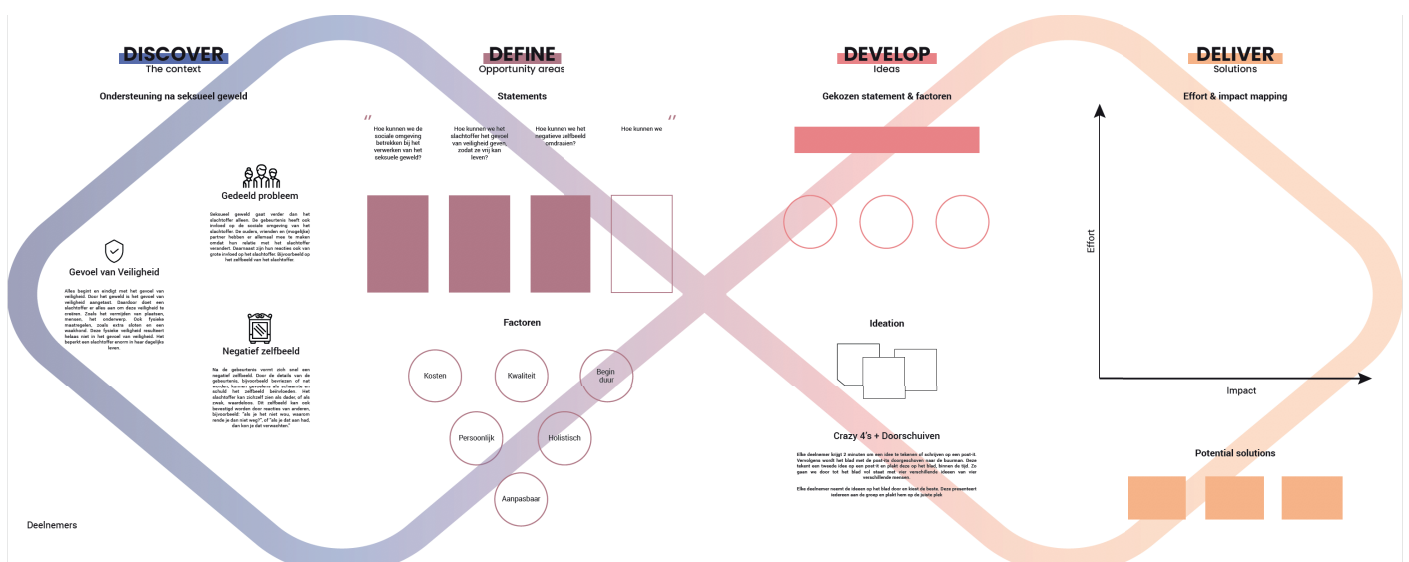


Figure 4: Demo-night poster.

Out of the proposed factors, two new factors were added by participants: guarantee/sustainability (borging in Dutch): ensuring the solution will still work and exist in 20 years and social. The three chosen factors were (figure 5):

- guarantee/sustainability
- effective
- low threshold

The ideas generated were mapped on Impact/Effort, unfortunately not many reached the spot of maximum impact minimum effort, see figure 6.

Some comments from the session:

"The statements were formulated from a 'we' perspective: people outside of the victim, whereas the victim herself can also do things."

"A solution actively involving the victim and the social environment might work better than only using the social environment."

"Even though it wasn't in any of the statements, what about knowledge gaps on the victim side and in particular about physical damages?"

"What about the self image before the event? Many girls who experience sexual violence were already in treatment."

"If the victim wants to have sex again, the negative self image and feeling of safety need to be addressed."

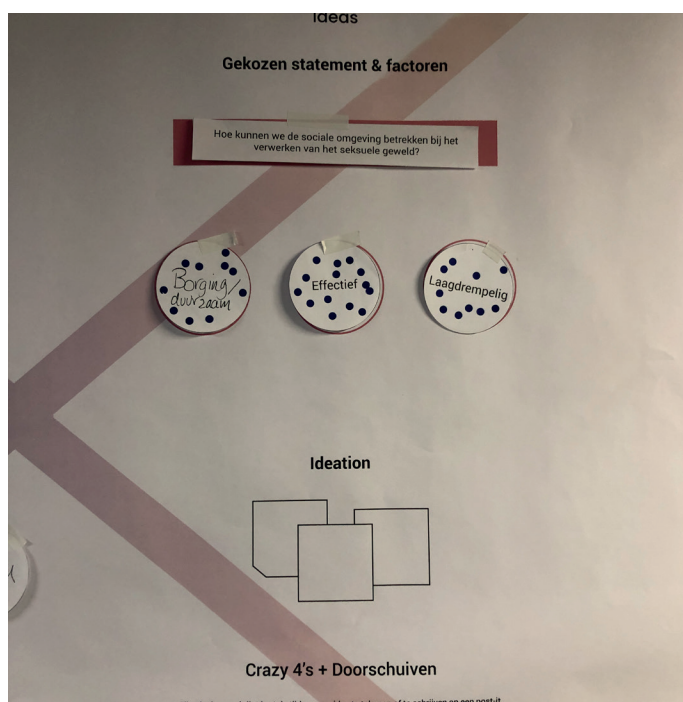


Figure 5: Chosen factors.

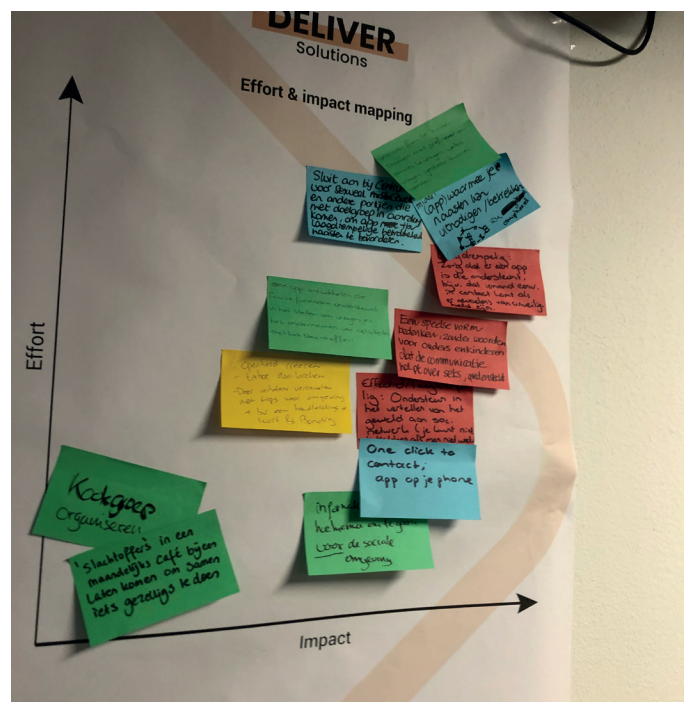


Figure 6: Impact/Effort mapping.

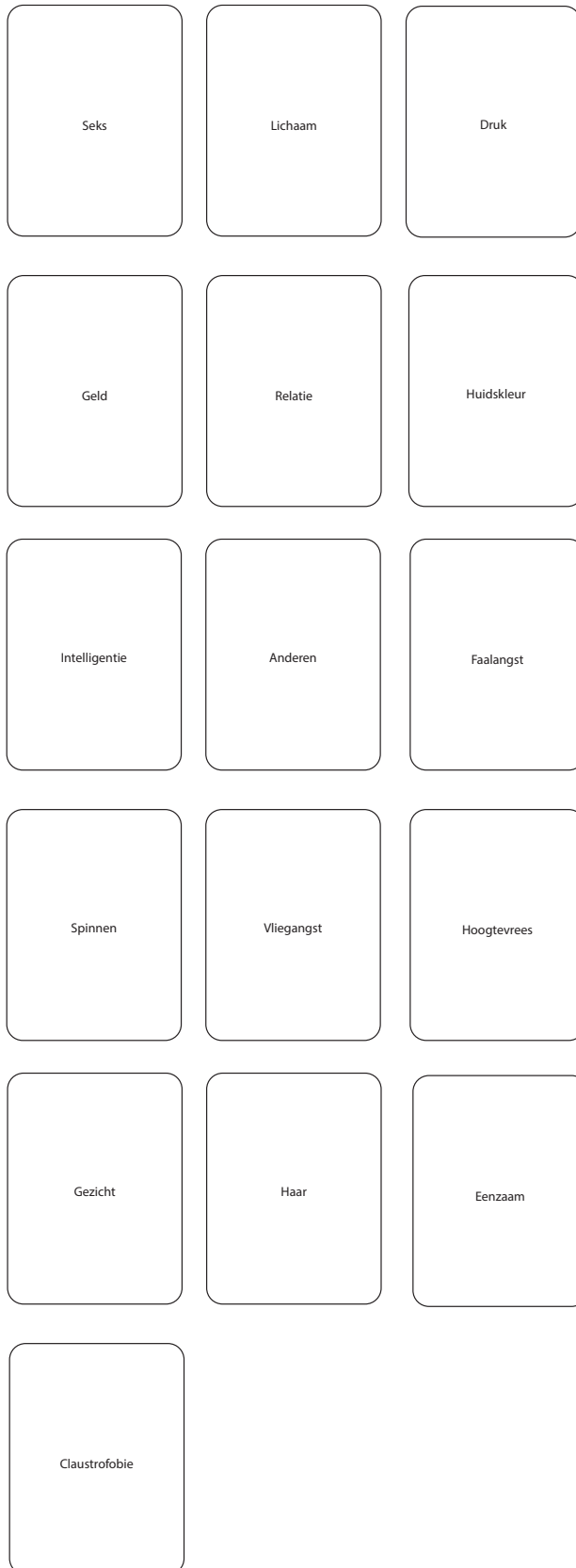
Appendix 6: prototypes iteration cycles

Checkers

The prototype consisted of a paper checkers board with 10 white stones and 10 blue stones, also printed on paper.

Quartet

16 cards were created with subjects that people generally feel insecure about.



Checkers + Proust

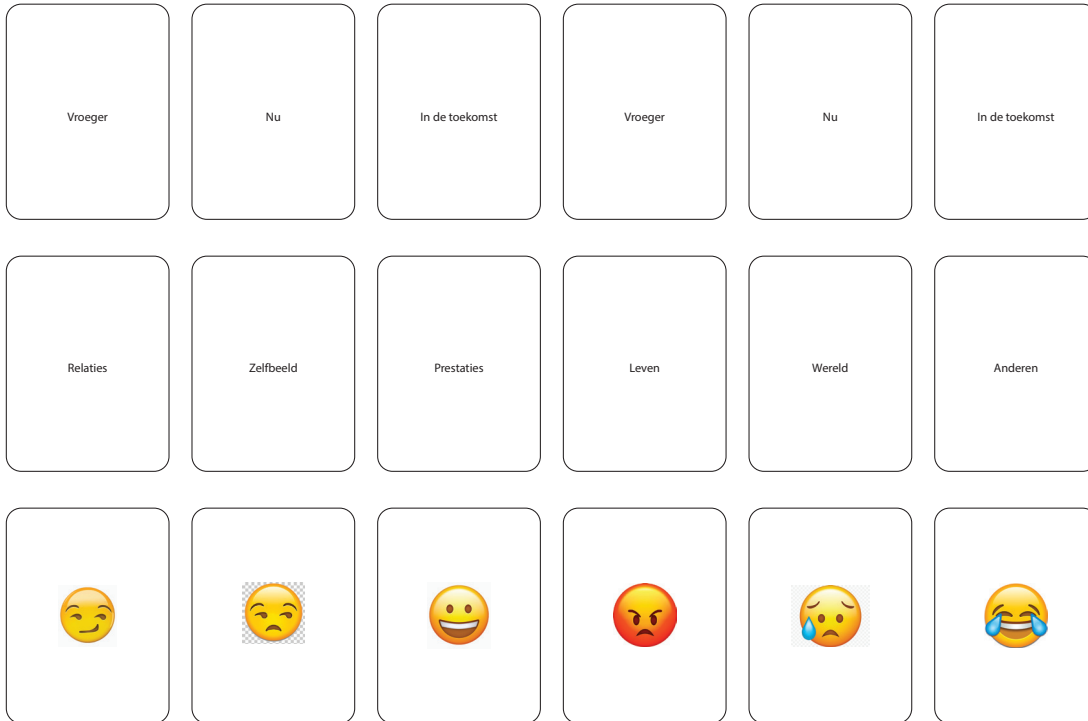
The questionnaire was composed of questions which focused on insecurities retrieved from several sources. A complete checkers board was printed with 20 white and 20 black stones.

1. Waarvan heb je spijt?
2. Wat was de lastigste tijd in je leven?
3. Wat is een wijdverbreid misverstand over jou?
4. Wanneer heb je voor het laatst gehuild en waarom?
5. Wat zou je aan jezelf willen veranderen?
6. Wat zou het ergste zijn wat je kan overkomen?
7. Wie zou je willen zijn, behalve jezelf?
8. Wat is voor jou belangrijk in een relatie?
9. Wat was de fijnste tijd in je leven?
10. Welke fout kun je het makkelijkst vergeven?
11. Welk talent zou je graag willen hebben?
12. Hoe voel je je op dit moment?
13. Wat is je belangrijkste tekortkoming?
14. Wat is je grootste angst?
15. Wat is je idee van geluk?
16. Wie is je grootste held in het echte leven?
17. Welke eigenschap waardeer je bij je vrienden?
18. Wat is jouw grootste prestatie?
19. Doe je nu wat je altijd hebt willen doen in je leven?
20. Wie van je ouders staat het dichtst bij je, en waarom?
21. Wanneer heb je voor het laatst gelachen en waarom?
22. Aan welke eigenschappen heb je een hekel?
23. Wat is je dierbaarste bezit?
24. Welk advies zou je aan je jongere jij geven?
25. Wat is het moeilijkste wat je ooit hebt gedaan?
26. Wat is iets waarvan je nooit had verwacht dat je dat zou doen?
27. Wat heb je onlangs nog geleerd?
28. Wat is je raarste droom ooit?
29. Waar ging je laatste nachtmerrie over?
30. Wat is het engste wat je ooit hebt meegemaakt?
31. Hoe zou je willen sterven?
32. In welke momenten lieg je?
33. Wat is nu je grootste angst?
34. Wat was vroeger je grootste angst?
35. Stel dat je voor een dag mij zou zijn, hoe zou je dag er dan uitzien?

Sources: (Vanity Fair, 2011) (happinez, sd) (Handige vragen, 2017)

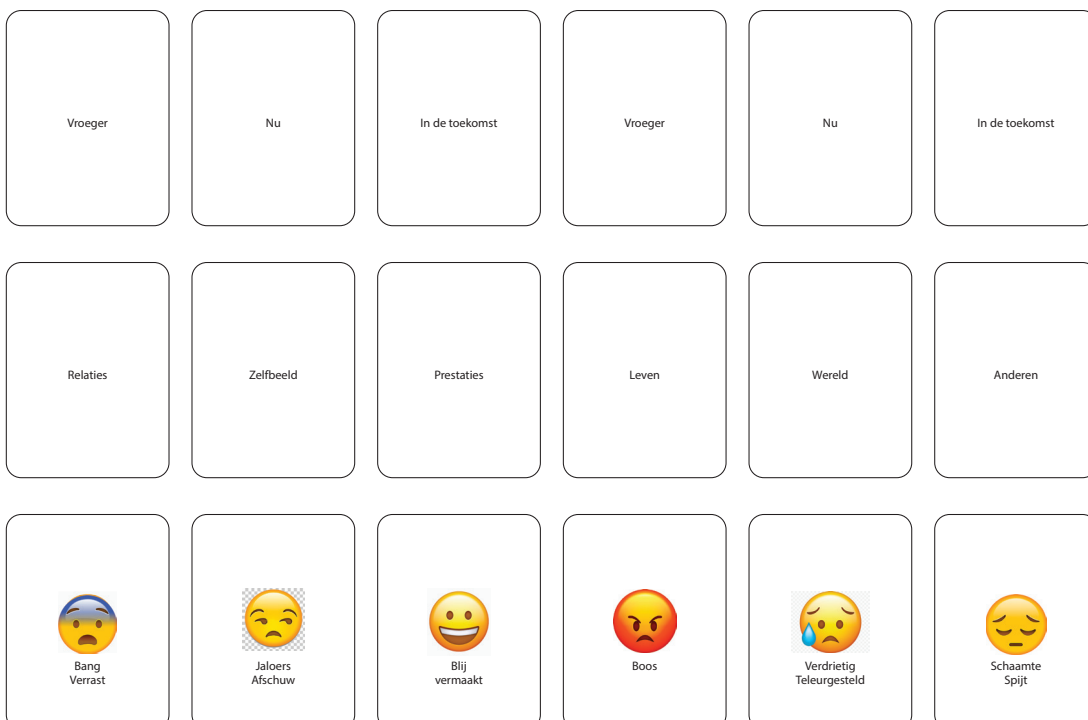
3-card game

The prototype consists of 3 time cards, 6 subject cards and 6 emotion cards.



3-card game extended

The prototype consists of the same decks as the previous version, apart from the emotion suggestions on the emotion deck. It also has an assignment dice and the board with example questions.



Waarvan heb je spijt? Wat was de lastigste tijd in je leven? Wat is een wijdverbreid misverstand over jou? Wanneer heb je voor het laatst gehuild en waarom? Wat zou je aan jezelf willen veranderen? Wat zou het ergste zijn wat je kan overkomen? Wie zou je willen zijn, behalve jezelf? Wat is voor jou belangrijk in een relatie? Wat was de fijnste tijd in je leven? Welke fout kun je het makkelijkst vergeven? Welk talent zou je graag willen hebben? Hoe voel je je op dit moment? Wat is je belangrijkste tekortkoming? Wat is je idee van geluk? Wie is je grootste held in het echte leven? Welke eigenschap waardeert je bij je vrienden? Wat is jouw grootste prestatie? Doe je nu wat je altijd hebt willen doen in je leven? Wie van je ouders staat het dichtst bij je, en waarom? Wanneer heb je voor het laatst gelachen en waarom? Aan welke eigenschappen heb je een hekel? Wat is je dierbaarste bezit? Welk advies zou je aan je jongere jij geven? Wat is het moeilijkste wat je ooit hebt gedaan? Wat is iets waarvan je nooit had verwacht dat je dat zou doen? Wat heb je onlangs nog geleerd? Wat is je raarste droom ooit? Waar ging je laatste nachtmerrie over? Wat is het engste wat je ooit hebt meegemaakt? Hoe zou je willen sterven? In welke momenten lieg je? Wat is nu je grootste angst? Wat was vroeger je grootste angst? Stel dat je voor een dag mij zou zijn, hoe zou je dag er dan uitzien?

EMOTIE

ONDERWERP

TIJD



TIJD

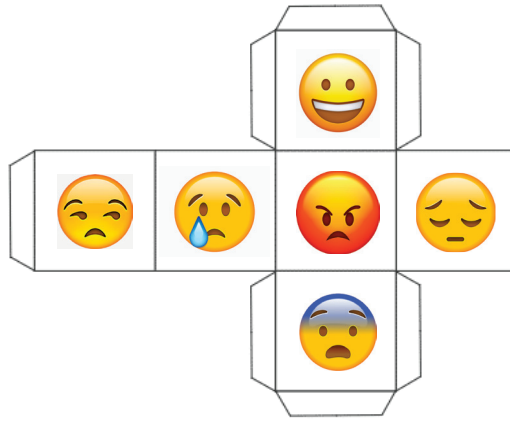
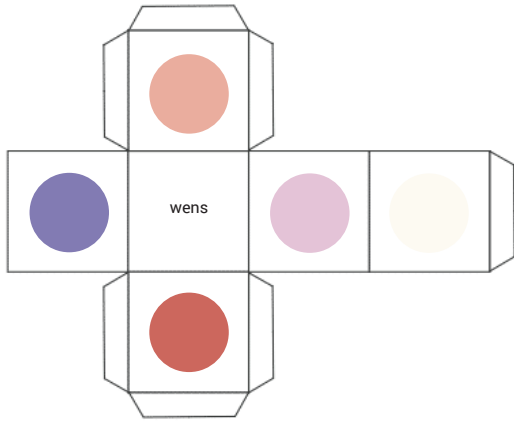
ONDERWERP

EMOTIE

Waarvan heb je spijt? Wat was de lastigste tijd in je leven? Wat is een wijdverbreid misverstand over jou? Wanneer heb je voor het laatst gehuild en waarom? Wat zou je aan jezelf willen veranderen? Wat zou het ergste zijn wat je kan overkomen? Wie zou je willen zijn, behalve jezelf? Wat is voor jou belangrijk in een relatie? Wat was de fijnste tijd in je leven? Welke fout kun je het makkelijkst vergeven? Welk talent zou je graag willen hebben? Hoe voel je je op dit moment? Wat is je belangrijkste tekortkoming? Wat is je idee van geluk? Wie is je grootste held in het echte leven? Welke eigenschap waardeert je bij je vrienden? Wat is jouw grootste prestatie? Doe je nu wat je altijd hebt willen doen in je leven? Wie van je ouders staat het dichtst bij je, en waarom? Wanneer heb je voor het laatst gelachen en waarom? Aan welke eigenschappen heb je een hekel? Wat is je dierbaarste bezit? Welk advies zou je aan je jongere jij geven? Wat is het moeilijkste wat je ooit hebt gedaan? Wat is iets waarvan je nooit had verwacht dat je dat zou doen? Wat heb je onlangs nog geleerd? Wat is je raarste droom ooit? Waar ging je laatste nachtmerrie over? Wat is het engste wat je ooit hebt meegemaakt? Hoe zou je willen sterven? In welke momenten lieg je? Wat is nu je grootste angst? Wat was vroeger je grootste angst? Stel dat je voor een dag mij zou zijn, hoe zou je dag er dan uitzien?

Doubles

The prototype consists of two paper dice and 5 card decks with each 4 subjects.



anderen	zelfbeeld	relaties	leven	prestaties
anderen held wie is je grootste held in het echte leven?	leven sterven hoe zou je willen sterven? hoe wil je herinnerd worden?	anderen in de ogen van een ander hoe zien anderen jou?	leven geluk wat betekent voor jou geluk?	prestaties onbereikbaar wat is een onbereikbare prestatie voor jou?
zelfbeeld uiterlijk wat zou je aan je uiterlijk willen veranderen?	relaties vriendschap wat is belangrijk voor jou in een vriendschap?	zelfbeeld jongere jij welk advies zou je je jongere jij willen geven?	relaties collega's welke collega heeft het meest invloed op je gehad?	prestaties bereikt wat is de grootste prestatie die je hebt bereikt?
anderen communicatie wat kun je waarderen aan hoe anderen met jou communiceren?	leven levens momenten zou je kinderen willen?	anderen omgang wat is een fout die je makkelijk kan vergeven?	leven leven doe je nu wat je altijd hebt willen doen?	prestaties te bereiken welke prestaties wil je nog bereiken?
zelfbeeld intelligentie wanneer vond je jezelf het meest intelligent?	relaties ouders wie van je ouders staat het dichtst bij je?	zelfbeeld acties wat is het mooiste wat je ooit voor iemand hebt gedaan?	relaties broers/zussen wat heb je geleerd van je broers/zussen?	prestaties uitdaging wat is op dit moment een uitdaging voor jou?

Appendix 7: Grip

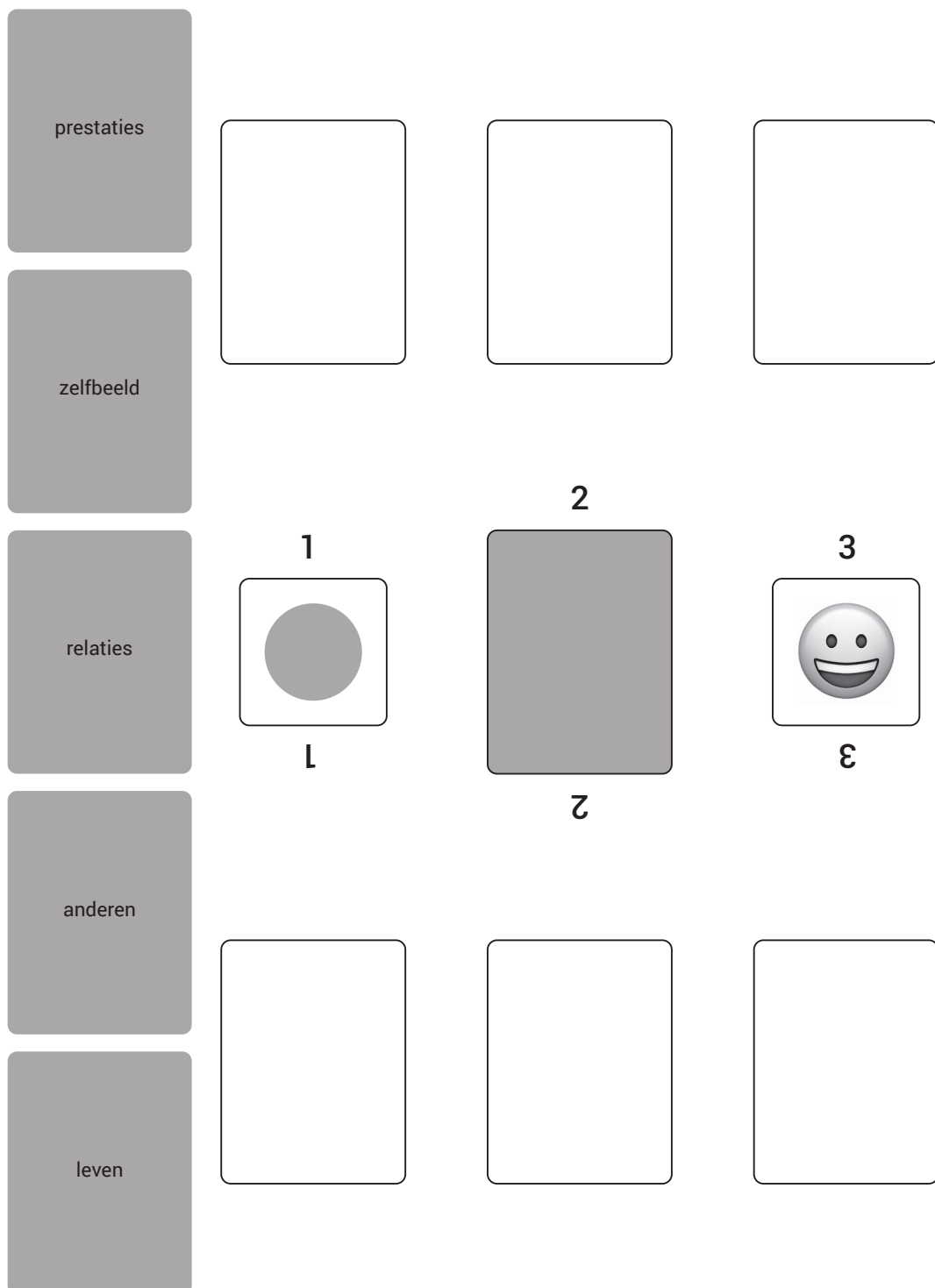
Grip is the accumulation of the two iteration cycles. The name comes from the Dutch word 'begrip', meaning understanding, and the saying 'having grip on a situation'. Grip consists of 5 card decks each containing 5 subjects, a dice to roll themes, a dice to roll emojis and a board.

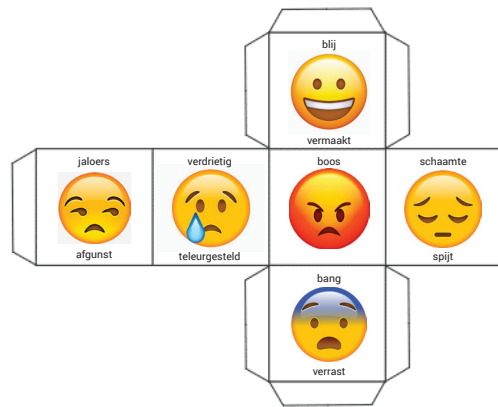
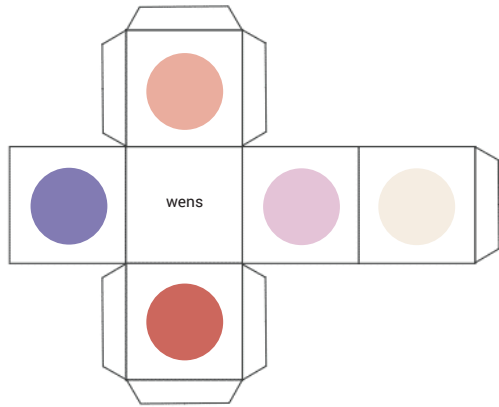
The idea behind Grip is that the entire game fits through the letterbox. In this way, Grip itself is the invitation to playing Grip. Grip has incorporated the conversation mechanism mentioned in subchapter 5.5.

The board indicates where to place the elements. There is room for three subject cards on each side. Playing Grip would take approximately 15 minutes.

The end of the game would include writing a compliment on special Grip post-its, to end the game on a positive note. The post-it would also remind them to play again.

The subjects of Grip were inspired by Open Kaart. The explanations on the dice suggested possible emotions matching the emoji. This however confuses players.





uitdaging	onbereikbare prestaties	bereikte prestaties	te bereiken prestaties	talent	prestaties
karakter	uiterlijk	jongere jij	acties	intelligentie	zelfbeeld
seks	vriendschap	liefde	familie	intimiteit	relaties
in de omgang met anderen	communicatie	held	in de ogen van een ander	anderen	anderen
leven	sterven	bucketlist	geluk	levens momenten	leven

Appendix 8: VORM explanation

VORM has 16 subjects and 7 emotions. They form the input for the questions asked during playing. They have been chosen carefully because of their link to the problems surrounding sexual violence or their link to insecurities.

The emotions

Blij - Happy

The only positive emotion in the game. Happy provides a break from the negativity. For friends it is also good to know what makes somebody happy and why.

Jaloers - Jealous

Jealousy is interesting as it has a lot to do with other people. With jealousy you get to the core of why the grass is greener or on the other side, and why that matters. Insecurities exist because of jealousy.

Bang - Fear

Fear is a key effect of sexual violence, as mentioned in subchapter 3.3. Fear rules people's behaviour. It is interesting to know what a person fears and why. In this way players can get deeper understanding and possibly support their friend in facing their fears.

Verdrietig - Sad

All people feel sadness at some point. For victims of sexual violence this feeling can be present at times, or always in the case of a depression. In order for friends to support each other, knowing what makes a person sad and what does not gives clarity.

Boos - Angry

Anger is a common emotion felt after sexual violence. Because sexual violence is about not respecting a person's boundaries, anger rises because of the unjustness of the situation.

Spijt - Regret

Feeling regret means that a person has grown/changed. What was done then, that would be done differently now. Knowing the regrets gives a deeper look into that person's mind.

Beschaamd - Ashamed

Shame is also a key effect of sexual violence. It is shame that causes people to hide things; their emotions, their experiences. Shame originates from the feeling of being the only one having that shameful aspect, whereas it can disappear realizing more people have that aspect.

The subjects

leven - life

As sexual violence affects a victim's life, this broad subject can be used to reflect on life in general. It can also be used to ask questions about living versus dying and about lifestyles.

prestaties - achievements

Achievements are often used to compare between people.

Failing at reaching an achievement can make a person feel bad or dumb, but it can also motivate. Players can think about unreachable achievements, the hardest achievements.

liefde - love

Love is essential in life. After experiencing sexual violence, love might not be easy to acquire, especially if a person has trust issues or fears. What is love and how does a person want to love? But also, when is something love? Because of the human need for love, it can be disappointing if it is not found.

seks - sex

Having experienced sexual violence can complicate having sex. Because triggers and flashbacks can occur, a victim might not risk it. However, sex is often part of relationships. It is interesting to know a person's views on sex. Sex is also something all people can feel insecure about.

intimiteit - intimacy

Intimacy is often part of dating and getting to know new people. It is often expressed in physical contact, but can also appear in emotional or spiritual form. Because of triggers, physical intimacy can cause uncomfortable situations. Knowing what works can help a friend take that into account.

familie - family

Family ties, the connection with siblings, life at home are interesting subjects and provide insight into a person's upbringing, the nurture part.

zelfbeeld - self image

An important effect of sexual violence is the negative change in the self image. Also without that experience, a person's self image can be negative, with underlying insecurities. Luckily, self image can change, especially through sharing insecurities, gaining perspective and getting help of other people.

karakter - personality

Personality traits, characteristics are inherent to a person's being. Though that person may not be happy with it.

uiterlijk - looks

Something every girl, and every person can feel insecure about.

acties - actions

All the emotions in the wheel can be about something a person did, said or saw somebody else do. Actions is a very broad topic but should therefore be possible to think of when combined with an emotion.

in de omgang met anderen - in interacting with others

Interacting with others can be great but it can also be bad. As a friend it is also good to know what works and what does not and why exactly.

in de ogen van anderen - through the eyes of others

Together with self image, how a person thinks other people see that person often is not correct.

vriendschap - friendship

Playing this game as friends, this subject is very practical in discussing the good and bad parts of friendship and when friendship for instance ends.

geluk - happiness/luck

What is the definition of happiness and how can a friend contribute to that happiness? Or when happiness is not reachable, when do you feel lucky?

levensmomenten - moments of life

There are certain moments in life where the negative effects of sexual violence can come up again, such as: having sex again, having children, divorce. Looking at the future it is interesting to know what a person wants, or does not want.

talent

People can have surprising talents or wish they had certain talents. Knowing why can give insight into aspirations and dreams.

Appendix 9: VORM manual

VORM

vorm je vraag - bouw jullie vorm

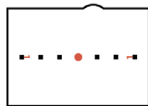
SPELREGELS & VERLOOP

Spelregels

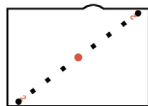
- Beide spelers beantwoorden evenveel vragen.
- Jouw poppetje en de brug mogen niet omvallen. Als jouw poppetje of een deel van de brug omvalt door jou moet je een geheim delen en de brug heropbouwen.
- Als je de vraag niet wilt beantwoorden kun je een andere steen pakken en opnieuw draaien.
- Je mag altijd het spel stoppen.
- Je moet elkaar respecteren.

Vormen

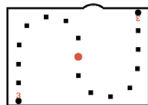
Op het bord staan 3 vormen uitgestippeld.
Vorm 1 loopt recht over het bord en bestaat uit 6 stenen.
Deze vorm duurt ongeveer 20 min.



Vorm 2 loopt schuin over het bord en bestaat uit 8 stenen.
Deze vorm duurt ongeveer 30 min.

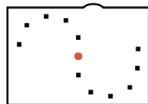


Vorm 3 loopt in een bocht over het bord en bestaat uit maximaal 16 stenen. Deze vorm duurt ongeveer 60 min.



Jullie kunnen vorm 3 ook korter maken door vanuit het midden minder pilaren te zetten.

Of jullie kunnen jullie eigen vorm uitstippelen, zolang dezelfde afstand tussen de pilaren wordt aangehouden.



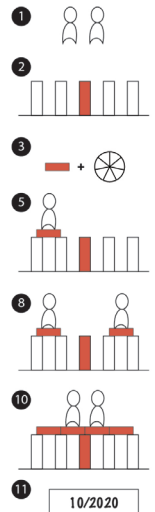
Wat leuk dat jullie VORM gaan spelen!

VORM is geen moeilijk spel, maar het heeft natuurlijk wel een paar regels. In dit boekje wordt alles uitgelegd om VORM te kunnen spelen zoals wij het ontworpen hebben. Veel plezier!

Ghislaine Tseng & Garage2020

Spelverloop

1. Teken voor elkaar de poppetjes: voor en achterkant hoofd, bijnaam op de voorkant, speeldatum (van vandaag) op de achterkant. Geef het poppetje aan je medespeler.
2. Spreek af welke vorm jullie gaan leggen: 1 (6 stenen), 2 (8 stenen) of 3 (10-16 stenen). Plaats zoveel (witte) pilaren op de aangegeven plekken en de (rode) eindpilaar. Zie ook het kopje 'vormen'.
3. Degene die begint pakt een (rode) steen uit de zak, noemt het woord wat erop staat en draait aan het rad.
4. De tweede speler vormt een vraag met het onderwerp van de steen en de emotie van het rad.
5. De eerste speler beantwoordt de vraag en bouwt de eerste steen van de vorm. Het poppetje komt bovenop de steen, met de voorkant naar de medespeler toe.
6. De tweede speler pakt een steen uit de zak, noemt het woord wat erop staat en draait aan het rad.
7. De eerste speler vormt een vraag met het onderwerp van de steen en de emotie van het rad.
8. De tweede speler beantwoordt de vraag en legt de steen, met het poppetje bovenop.
9. – herhaal stap 3-8 tot de poppetjes elkaar hebben bereikt, bij elke nieuwe steen loopt het poppetje mee.
10. De vorm is nu heel: het spel is afgelopen.
11. De laatste stap is bedenken wanneer jullie weer willen spelen, die datum schrijf je op de zijkant van de doos.
12. De doos wordt ingepakt met de gebruikte stenen gescheiden van de niet gebruikte stenen (blijven in het tasje).



Tweede keer spelen

13. De gebruikte stenen worden verdeeld over de vorige eigenaren.
14. Een steen wordt gekozen waarbij de vraag van toen beantwoord wordt in het nu.
15. De rest van de gebruikte stenen gaat terug in de zak en het spel verloopt als normaal.

Onderwerpen & tips

Op de rode stenen staan 16 verschillende onderwerpen. Met deze onderwerpen, in combinatie met de emoties van het rad, moet je vragen verzinnen. Om het vragen verzinnen makkelijker te maken kun je bij elke vraag denken:

1. Over wie wil ik dat de vraag gaat? Gaat het over mijn vriendin, die tegenover mij zit? Gaat het over iemand die zij kent? Gaat het over mij? Aan jou om dat te bepalen.
2. In welke tijd speelt deze vraag zich af? Is dat vroeger, toen we nog kleuters waren? Is dat nu? Of gaat het over de toekomst?

De onderwerpen:

leven

Denk hierbij aan: dingen die horen bij het leven, het leven en de dood, levensstijl, bucketlist.

prestaties

Denk aan: diploma's behalen, wedstrijden winnen, een baan krijgen. Maar ook: onmogelijke prestaties, onbereikbare prestaties, gefaalde prestaties.

liefde

Denk hierbij aan: relaties, verliefd zijn, houden van, exclusief zijn.

seks

Denk aan: standjes, partners, geslacht, leeftijd, genieten.

intimiteit

Denk aan: knuffelen, zoenen, handen vasthouden, spirituele verbinding, emotionele verbinding.

familie

Familieband, hechtheid, gezin, broers of zussen, ouders, thuis.

zelfbeeld

Denk aan: mening over jezelf, zelfvertrouwen, verandering.

karakter

Denk hierbij aan: karakter eigenschappen, trekjes, persoonlijkheid.

acties

Denk aan: dingen wel/niet zeggen, doen, zien, aanpakken.

in de omgang met anderen

Denk aan: iemand behandelen, communicatie, afspraken.

in de ogen van anderen

Denk aan: overkomen op anderen, mening, falen.

vriendschap

Denk aan: vriendschap sluiten, behouden, beïndigen.

geluk

Denk hierbij aan: gelukkig zijn, geluk hebben, de loterij winnen.

levensmomenten

Denk aan: kinderen krijgen, trouwen, scheiden, een huis kopen, in een bejaardentehuis wonen.

talent

Denk aan: geheime talenten, unieke talenten, nutteloze talenten.

uiterlijk

Denk hierbij aan: gezicht, lichaam, huid, haar, ogen maar ook: aanpassen, accepteren.

Appendix 10: validation approach & results

VALIDATION APPROACH FOR EXPERTS

Two experts agreed to evaluate VORM. The goal of the session was to have the experts evaluate VORM on target group fit, placement in the care process and accessibility. Both conversations were online, through Skype.

Parts

- video
- screen recording
- game

Sequence

1. Ask for their consent (video & audio)
2. Explain the game

VORM is a social game designed to strengthen the bond between two friends. The name stands for form your question and build your form. This is because you are going to ask each other questions and at the same time you are building a form / bridge towards each other.

The idea is that you order VORM online and send it as a physical invitation to the girlfriend with whom you would like to play this. The box fits through the letterbox and is therefore immediately available at home. The friend you send this to responds to the message that comes with the package and indicates when she can play.

It is played by two friends, one of whom is a victim of sexual violence. By sharing insecurities, the two players get to know each other better and they can understand each other better. Those uncertainties are there because certain topics come up, such as sex, family, performance, which are combined with an emotion and you ask a question about that. The game responds to the ignorance and misunderstanding that characterizes outsiders (girlfriends) of victims of sexual violence and the difficulties surrounding talking about it. While playing the game, players are given the opportunity to ask each other questions they might not normally dare to ask. The game also means that the victim's girlfriend can get support, not just the victim.

2. Movie

Show the 3 min. movie showing VORM in context.

3. Questions

1. What do you think of VORM?
2. Do you think girls who have experienced sexual violence can benefit from this game?
why yes / no?
3. Do you think girlfriends of victims of sexual violence can benefit from this game?
why yes / no
4. Do you think VORM is accessible for young people?
5. Where do you think young people can benefit from this in the care process?
why there?
6. Could you use this during guidance at Pinq / Qpido?

7. Would you recommend this to young people who are in treatment or have been in treatment at Spirit?

EXPERT RESULTS

Roos Koolhof

8. What do you think of VORM? **I think it sounds cool, fun. I want to play it. I wonder about the costs, because things like this can get expensive really quickly. I think we're looking at around 35-40 euros.**
9. Do you think girls who have experienced sexual violence can benefit from this game? **Yes I think it is great that girls can share the effects of sexual violence with their friends. The insecurities also helps normalize.**
10. Do you think girlfriends of victims of sexual violence can benefit from this game? **Yes I think it will give them insight and get them to think about themselves and their friend.**
11. From what age do you think girls can play VORM? **I think 14 is too young. The relationships/friendships girls have at that age are less safe. I would say from 16 years old, 16-99.**
12. Do you think VORM is accessible for young people? **I think it's not accessible enough. It really needs to be accessible in order for girls to play it, so we would have to work on that.**
13. Where do you think young people can benefit from this in the care process? **I think during guidance with Qpido or at home with friends, maybe after a Qpido trajectory.**
14. Could you use this during guidance at Qpido? **Yes I think it would be fun to play this with your mentor. Also to share things back as the mentor, for the child to hear that.**
15. Would you recommend this to young people who are in treatment or have been in treatment at Spirit? **Yes I definitely would. I am also going to advise this to the program leader to see whether we can develop this game.**

Mark Schoorl

16. What do you think of VORM? **It sounds good, sounds like a dynamic /active game. I would like to see it in the house (Pinq).**
17. Do you think girls who have experienced sexual violence can benefit from this game? **Yes. Sharing the things that are on her mind currently, and also about the sexual violence can create a sort of strength. To get support from someone you trust. It also makes it less lonely. With a friend it is more accessible than with parents. And it is great that you can send it through the letterbox.**
18. Do you think girlfriends of victims of sexual violence can benefit from this game? **Yes. For developing more understanding in the situation, definitely.**
19. From what age do you think girls can play VORM? **I think that if a girl is interested, she is old enough to play it. You can play it at a young age to learn from it. But girls who are older, 16/17, have more solid friendships, are more developed and understand what friendship is about. But from 12 years on girls will understand those subjects already.**
20. Do you think VORM is accessible for young people? **I think that the delivery part is great and I think that if you send**

this to a girl she will play it.

21. Where do you think young people can benefit from this in the care process? I think that using it preventatively would be the best. When the girl still lives at home and doesn't need intensive care yet. It is also good to see like: 'I'm not alone in this, I can share this with my friend'. Because having to go to a closed treatment center is about the worst thing that can happen to you as a teenager. And you want to prevent that.
22. Could you use this during guidance at Pinq? I think so. It could help to clarify how the life is of the girl. It is also nice that it is a game and that the focus is the game, so that it feels less like a hearing.
23. Would you recommend this to young people who are in treatment or have been in treatment at Spirit? Yes I think it is a fun game and I think they can benefit from it.

USER TESTS APPROACH

3 friend couples agreed to test VORM in a session of 1 hour. The goal of the tests is to see whether VORM works as intended. Participants are observed and afterwards interviewed to evaluate the sustainability, usability, effectiveness and desirability.

Parts

- game: 2 blank pawns, board with wheel, pillars, stones, pouch, play manual + rules
- camera
- tripod for filming from above
- phone to record conversation
- two players
- 1 observer

Sequence

1. Explain purpose of the test
2. Ask for their consent (video & audio)
3. Explain the game

VORM is a social game designed to strengthen the bond between two friends. The name stands for form your question and build your form. This is because you are going to ask each other questions and at the same time you are building a form / bridge towards each other.

This game can be found online on various sites that provide information on sexual violence, but it can also be found on sites where such conversation starters are sold. If you order it, you can have it delivered to the address of the girlfriend you want to play with. She will get this game in the letterbox with a card from you, why you sent it and when you could play with her. She can then send a message to you that she wants and then you come to play at her house.

4. Give the play manual + rules

Play manual

24. Draw the pawns for each other: front and back of the head, nickname on the front, date of play (today) on the back
25. Agree on the shape you will lay: 1 (6 stones), 2 (8 stones) or 3 (10-16 stones). Place as many (white) pillars and the

end pillar (red)

26. The person who starts takes a (red) stone from the bag, mentions the word on it and turns the wheel
27. The second player poses a question with the subject of the stone and the emotion of the wheel
28. The first player answers the question and builds the first stone of the form. The pawn goes on top of the stone, towards the other player
29. The second player takes a stone, names the word on it and spins the wheel
30. The first player poses a question with the subject of the stone and the emotion of the wheel
31. The second player answers the question and places the stone, with the pawn on top
32. - repeat until the pawns have reached each other, with each new stone the pawn comes with
33. The form is now complete: the game is over
34. The last step is to think about when you want to play again, write that date on the side of the box
35. The box is packed with the used stones separated from the unused stones (remain in the bag)
36. Second Play: The stones used are divided among the previous owners.
37. A stone is chosen in which the question from then is answered in the now.
38. The rest of the used stones go back into the bag and the game continues as normal.

The rules

- both players answer the same number of questions
- the bridge / pawn should not fall over. If the bridge or your pawn falls over because of you, you must share a secret and rebuild the bridge
- if you don't want to answer the question you can take another stone and turn again.
- you can always stop the game
- you must respect each other

5. Participants play form 1.

Questions for observation:

1. are insecurities shared and / or asked?
2. is the sexual violence being addressed?
3. do they manage to create questions?
4. does the manual work?
5. are all questions answered?

6. Individually interview participants

Questions afterwards:

1. what did you think about playing VORM?
2. what do you think of the different forms?
3. how did you feel about drawing each other's pawn?
4. did having the pawn help answer the questions?
5. how difficult was it to create questions?
6. would examples help?
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask?
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with?

9. how do you feel about making up questions for each other?
10. how many times do you think you can play this game with the same player?
11. how many times a year would you like to play this game?
12. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time?
13. would you order this game for you and a friend? why yes / no
14. where would you expect to buy this game?
15. how much money would you pay for this game and why?
16. how did you like talking about your trauma(s) in this way?

Statement fit

17. on a scale of 1-5, how playful (opposite of serious) do you think this game is?
18. do you feel that you know more about your fellow player than before you started playing this?
19. do you feel that you can understand your fellow player better than before playing?
20. do you now have more confidence towards your fellow player, regarding your friendship / relationship?
21. do you feel that you can support your fellow player in the things that you discussed during the game?

USER TEST RESULTS

Test 1

Observation:

1. are insecurities shared and / or asked? **Yes, 5/6 questions were about insecurities.**
2. is the sexual violence being addressed? **Yes, with the subjects fear, oments of life, sex and anger.**
3. do they manage to create questions? **Yes but they want to specify them more and that is difficult for them.**
4. does the manual work? **The pawns are being placed wrong. The pillars are placed horizontally, but eventually placed correctly, after seeing that it doesn't fit.**
5. are all questions answered? **yes.**

Interview 1

1. what did you think about playing VORM? **Fun. We talked about really different things. It's nice to be able to take care of each other.**
2. what do you think of the different forms? **Good. It's nice to be able to decide for yourselves. The conversations follow naturally.**
3. how did you feel about drawing each other's pawn? **Really funny. Broke the ice.**
4. did having the pawn help answer the questions? **No.**
5. how difficult was it to create questions? **A bit difficult. I don't want to be basic.**
6. would examples help? **Yeah that might be a good idea.**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **I dare to ask everything. But It did work to talk about it, the game forced it a little bit to talk about it.**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes. different topics than normal.**

9. how do you feel about making up questions for each other? **It makes it a lot more fun.**
10. how many times do you think you can play this game with the same player? **About 5 times.**
11. how many times a year would you like to play this game? **once or twice a year. Don't always feel like going deep. And once a month, then not a lot changes. It's nice to use it as a reflection.**
12. would you download an app as a reminder? **No**
13. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **Not really. I would put it in my digital agenda.**
14. would you order this game for you and a friend? why yes / no. **Yes I would be down to try it. I shop a lot online and I like these work on yourself things.**
15. where would you expect to buy this game? **bol.com, influencer webshop/lifestyle coach**
16. how much money would you pay for this game and why? **less than 20 euros, about 15.**
17. how did you like talking about your trauma(s) in this way? **It was okay to talk about the sexual violence, also because it is my friend. I thought it would be harder.**

Statement fit

18. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **2/3 it's cozy with serious subjects.**
19. do you feel that you know more about your fellow player than before you started playing this? **Yes, a bit more. But it would help to play longer.**
20. do you feel that you can understand your fellow player better than before playing? **Not because of this, but maybe if we played longer.**
21. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **Not really, but I feel a bit closer to her. Listening to each other and having respect for each other was nice.**
22. do you feel that you can support your fellow player in the things that you discussed during the game? **A little bit, but we didn't really talk about things I can support her with.**

Interview 2

1. what did you think about playing VORM? **Fun. Easy. we both opened up right away and that made it easier.**
2. what do you think of the different forms? **i think it is hard to assess how long it would take. Also with asking more.**
3. how did you feel about drawing each other's pawn? **Funny. Had to laugh about it.**
4. did having the pawn help answer the questions? **no. But the visual progress is nice. Could have been a normal pawn but this made it a lot more personal.**
5. how difficult was it to create questions? **Depended on the subject. With some nothing came up.**
6. would examples help? **Would be nice.**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **Yes, the questions about the sexual violence. I never know if she wants to talk about it so I don't dare ask. This made it easier.**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes definitely.**

9. how do you feel about making up questions for each other? **Fun. A bit hard but better.**
10. how many times do you think you can play this game with the same player? **4 times.**
11. how many times a year would you like to play this game? **5 times.**
12. would you download an app as a reminder? **no**
13. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **No**
14. would you download an app as a reminder? **No**
15. would you order this game for you and a friend? why yes / no **I don't really know whether I would play it. Now that I've played it I know it's fun.**
16. where would you expect to buy this game? **Not in a shop, but like a psychologist webshop?**
17. how much money would you pay for this game and why? **10 euros**

Statement fit

18. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **4 because of the grabbing and turning.**
19. do you feel that you know more about your fellow player than before you started playing this? **Yes**
20. do you feel that you can understand your fellow player better than before playing? **Yes because we talked about a fight that I didn't know everything about, and now I understand her reasons.**
21. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **A little bit because she opened up to me. The trust is there already but now I can also remind her like remember when we played that game?**
22. do you feel that you can support your fellow player in the things that you discussed during the game? **I find it hard to support with the sexual violence. But now that I know I can help more specifically.**

Test 2

Observation:

1. are insecurities shared and / or asked? **yes with all questions.**
2. is the sexual violence being addressed? **no**
3. do they manage to create questions? **yes**
4. does the manual work? **they want images with the manual to understand it better. They first use the pawns they created, after playing the first round they switch.**
5. are all questions answered? **yes**

Interview 3

1. what did you think about playing VORM? **Fun. Light way of going deeper.**
2. what do you think of the different forms? **Very useful. Sometimes you don't have a lot of time. Nice addition.**
3. how did you feel about drawing each other's pawn? **Cute. Made the start more open. You draw each other how you see each other and after playing you see each other differently.**
4. did having the pawn help answer the questions? **No But it makes it more fun to have it.**

5. how difficult was it to create questions? **Not very difficult. But it was more difficult to ask specific questions.**
6. would examples help? **Not for the subjects but for the play manual.**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **Yes, normally I wouldn't ask about sex. Should be able to ask about that but this game helps break taboo.**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes. there are so many things to talk about, it's nice to have a base.**
9. how do you feel about making up questions for each other? **Fun. The interaction and actually working on your bond.**
10. how many times do you think you can play this game with the same player? **Infinitely**
11. how many times a year would you like to play this game? **once a year. Especially when you don't see someone often.**
12. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **No I would put it in my digital agenda.**
13. would you download an app as a reminder? **no**
14. would you order this game for you and a friend? why yes / no **Yes, without a doubt. Especially when someone's having a hard time. With this game i can see that I am here for her and I want to play it with her.**
15. where would you expect to buy this game? **bol.com advertising on social media. website for ordering.**
16. how much money would you pay for this game and why? **20 euros**

Statement fit

17. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **3. perfect combination between game and serious subjects.**
18. do you feel that you know more about your fellow player than before you started playing this? **Yes, definitely**
19. do you feel that you can understand your fellow player better than before playing? **The playing time was too short for this.**
20. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **No that was already present before playing**
21. do you feel that you can support your fellow player in the things that you discussed during the game? **I don't think she needs support we also didn't really talk about things I could support her with now.**

Interview 4

1. what did you think about playing VORM? **I liked it, but I had to get in the flow. During playing I got more creative.**
2. what do you think of the different forms? **Cool. also cool that you can make one yourself. The short one would be good to try it and the big one if I really like it.**
3. how did you feel about drawing each other's pawn? **Fun. Was also a commitment. Made it clear that we were about to start playing.**
4. did having the pawn help answer the questions? **It made it playful in some way. Less serious.**
5. how difficult was it to create questions? **Difficult in the beginning but it got better.**

6. would examples help? **Yes it would make it easier but maybe too easy. Little creativity**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **Yes, especially the deep questions about life.**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes also. You are forced to think a certain way. In friendships you get into routines where you talk about the same topics.**
9. how do you feel about making up questions for each other? **Fun to make them for the other person. Makes it more personal. Shows that you are putting in the effort. Together.**
10. how many times do you think you can play this game with the same player? **4 times**
11. how many times a year would you like to play this game? **Every season, with a maximum of one year.**
12. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **No. Digital agenda.**
13. would you order this game for you and a friend? why yes / no **For now I would not, I don't feel the need. I have good contact with friends currently.**
14. where would you expect to buy this game? **bol.com easy to buy random things or youth services, therapist**
15. how much money would you pay for this game and why? **25-30 euros**

Statement fit

16. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **4. the pawns is funny, the game moves.**
17. do you feel that you know more about your fellow player than before you started playing this? **Yes definitely**
18. do you feel that you can understand your fellow player better than before playing? **Yes, stuff about the past. More information that makes you pay attention to it in the future.**
19. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **Not necessarily, it was already there**
20. do you feel that you can support your fellow player in the things that you discussed during the game? **Yes, because I understand her better and I know better what to do.**

Test 3

Observation:

1. are insecurities shared and / or asked? **Yes, 5/6 questions**
2. is the sexual violence being addressed? **No**
3. do they manage to create questions? **Difficult at first, but then it's fine**
4. does the manual work? **yes**
5. are all questions answered? **yes**

Interview 5

1. what did you think about playing VORM? A little bit uncomfortable. **Deep questions.**
2. what do you think of the different forms? **Funny. We played very short now. Funny if you can make your own route or make one together.**
3. how did you feel about drawing each other's pawn? **Funny. Laughing. Takes away the heavy feeling.**

4. did having the pawn help answer the questions? **no**
5. how difficult was it to create questions? **It was okay. But it was difficult to specify.**
6. would examples help? **for the play manual yes.**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **Yes, definitely. This game helps to dare to ask the questions. You reach a deeper layer than when you are chilling on the couch.**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes definitely. Themes in the game are things I don't normally talk about with my friends.**
9. how do you feel about making up questions for each other? **It is nice because you don't know what the other is going to ask. You can't make it easy on yourself. In this way you get deeper.**
10. how many times do you think you can play this game with the same player? **Every year again. Could be relevant each year.**
11. how many times a year would you like to play this game? **Once a year. Depends on whether we feel like it.**
12. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **Maybe, but it would be easy to not look at it.**
13. would you order this game for you and a friend? why yes / no **Maybe if I was in a relationship, but not for my friend (male)**
14. where would you expect to buy this game? **Bol.com, platform for self reflection. website for games with different categories.**
15. how much money would you pay for this game and why? **10 euros**
16. how did you like talking about your trauma(s) in this way? **It was fine. The game stimulates to talk about insecurities.**

Statement fit

17. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **3. things are moving, but the topics are serious. Making your own pawn is fun.**
18. do you feel that you know more about your fellow player than before you started playing this? **Yes, some things I didn't know even though we are good friends.**
19. do you feel that you can understand your fellow player better than before playing? **No not really.**
20. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **It was already there**
21. do you feel that you can support your fellow player in the things that you discussed during the game? **Yes I think so, not practically but I can pay attention to the things we talked about.**

Interview 6

1. what did you think about playing VORM? **I thought it was fun. You get deep really quickly. It is visually pleasing and fun. Building a bridge, cool.**
2. what do you think of the different forms? **Cool. Like an advanced level.**
3. how did you feel about drawing each other's pawn? **Fun, it connects and it is a fun ice breaker for the game.**
4. did having the pawn help answer the questions? **no**
5. how difficult was it to create questions? **not that difficult**

but most were literally the input of the game. The time dimension helped to specify.

6. would examples help? **no it's not necessary.**
7. did this game help to ask questions to your fellow player that you usually wouldn't (dare) ask? **Yes**
8. did this game help to come up with questions for your fellow player that you wouldn't usually come up with? **Yes. The questions I already knew but i could ask things I didn't yet know and that I wouldn't ask while sitting on the couch.**
9. how do you feel about making up questions for each other? **Good to get questions from the other person.**
10. how many times do you think you can play this game with the same player? **Depends how many subjects there are. 4-5 times**
11. how many times a year would you like to play this game? **every time after a big change: graduation, moving, relationship. Once things have changed.**
12. do you think the game with the play date on it visible in your closet / on your shelf will remind you enough to play on time? **No. I would forget it. I would put it in my digital agenda.**
13. would you order this game for you and a friend? why yes / no **It works really well but I wouldn't buy it to play with friends.**
14. where would you expect to buy this game? **bol.com or at the psychologist. A grown up game, therapy game.**
15. how much money would you pay for this game and why? **15-20 euros**
16. how did you like talking about insecurities in this way? **It was nice. It is comfortable to talk about it in this way.**

Statement fit

17. on a scale of 1-5, how playful (opposite of serious) do you think this game is? **3-4. Quite playful but drawing the apwn and building the bridge.**
18. do you feel that you know more about your fellow player than before you started playing this? **Yes a little bit. I knew a lot but not how he thinks about it now.**
19. do you feel that you can understand your fellow player better than before playing? **Not because of playing.**
20. do you now have more confidence towards your fellow player, regarding your friendship / relationship? **It was already good. But its nice that we played the game seriously.**
21. do you feel that you can support your fellow player in the things that you discussed during the game? **Yes, he talked about the things he has on his mind currently. I can ask again about that.**

