

Obviously, you are still not aware that you made a mistake. You received this flyer because you crossed my personal boundaries. This is because you have either talked to me or touched me in an inappropriate way, you didn't accept my No as a No or you didn't even ask for my consent.

Perhaps you feel like you are being victimised right now or you don't see any problem in what you just did. Perhaps you think I'm overreacting, because you didn't mean to cause offence.

The crunch point lies in your way of thinking: You are not being mindful enough to realise that everybody has their own individual boundaries. Don't get me wrong: My problem is not only this situation, because it is not an isolated case. This is part of a series of situations, which are the result of a patriarchal oppressed society. This society conveys that my needs are worth less than the ones of cis-males*. I do NOT accept that.

I'm fed up of always having to be on guard, for example, when I walk home alone or when I go to the pubs, just because it seems to be unimaginable that I don't want to get catcalled, touched or harassed in any other way. The list of situations like these are endless.

In the best case, a situation like this is annoying, but in the worst case it might carry (psychological and physical) consequences. You make it harder for me not to think in stereotypes and not to consider every man as potential hazard. You probably won't even remember this, but your kind of behaviour pulls through my everyday life and accompanies my whole life subliminally.

This is why I ask: Would you enjoy feeling like this? Would you be pleased with restricting your own freedom for the purpose of safety? Would you be up for getting limited in your self-determination and autonomy by others? I don't think so.

This is why I demand: Next time, think about how you initiate contact with somebody and if it's consensual. Of course, you cannot read other peoples' minds. So just ask beforehand, instead of assuming I want the same things you want. I am here to care for myself, not to please you.

My aim is to live an autonomous life. Therefore, I don't want to be permanently sexualized in my existence. I have my own needs and boundaries, which are to be respected. These are valid in EVERY state of mind, regardless whether I'm sober or not!

I'm done with this bullshit, and believe me: I am not alone!

* Search online and read relevant literature on your own ;-)