

# A LESSON ON CONSENT

- FOR PARENTS AND TEENS -



## 1. What is consent? Have your heard about it?

a. Consent means agree to do something. Sexual consent means to actively agree to participate in a sexual activity.

b. Is not only "yes" or "no", but also:

i. **"yes, and..."**

ii. **"no, but..."**

iii. **It's "less of this" or "more of that"**

iv. **And also, consent is "no", "nah", or "not right now".**

c. Consent is **not** "convince me"

## 2. Use "FRIES:"

a. **F**reely given: is a choice you make without pressure, manipulation or under the influence of alcohol or drugs.

b. **R**eversible: anyone can change their mind about what they feel like doing, anytime, even if you've done it before and even if you're both naked in bed.

c. **I**nformed: You can only consent to something if you have the full tory (Ex. Someone says they'll use a condom and then they don't, is not consent).

d. **E**nthusiastic: When it comes to sex, you should only do stuff you WANT to do, not what you feel you're expected to do.

e. **S**pecific: Saying yes to one thing (like make out in the bedroom) does not mean that you've said yes to others (like having sex).

f. **IT'S ONGOING.**

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### Why is important?

- **Respect** for your and for the other person's boundaries
- **Caring** for the other person's **well-being** and **desires**
- Eliminates the entitlement of **owning** the other person
- Makes relationships better because of **honesty**
- Absence of consent equals sexual assault

### What is sexual assault?

- When a person engages in sexual intercourse without the person's consent.
- Coerced or pressured to touch the genitals

## CONSENT IS AS SIMPLE AS COFFEE

1. If you ask a person if they want coffee and that person says "Yes" enthusiastically (with their words and/or their gestures), they are consenting to have coffee.
2. If you bring coffee without asking, the person may or may not want coffee. But you assumed they want it. Not consent.
3. If you ask and the person said "No", you are not forcing them to drink the coffee, right? Not consent.
4. If you asked them if they wanted coffee and they said yes and you brew the coffee, add milk and sugar, and bring it back but the person is asleep or changed their mind, are you going to force them to drink coffee? Not Consent.
5. If the person is unconscious and you bring coffee, are they going to drink coffee? No. Not consent.

## SO HOW DO WE ASK FOR CONSENT? (LESSON)

- We just ask!
- "May I \_\_\_\_\_?"
- Touch \_\_\_\_\_?
- Kiss \_\_\_\_\_?
- Are you into this?
- How are you feeling?
- What do you want me to do?
- Do you want this?
- \*\*Be mindful of the tone and physical response of the other person.

### Practice

1. Each student will be given a piece of paper with a phrase.
2. They will be asked to choose whether that phrase means consent or not consent.
3. At the end, we will analyze the practice.