

A LESSON ON CONSENT

- FOR PARENTS AND TEENS -



1. What is consent? Have you 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 story (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. Use worksheet on next page. 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.



SEXUAL CONSENT VS NO SEXUAL CONSENT

Directions: Print or write these statements and discuss them after the lesson. You can come up with other statements too!

**PERSON IS
ENTHUSIASTIC AND
SAYS "YES"**

**PERSON
SAYS NOTHING**

**PERSON SAYS
YES TO THE SAME
ACTIVITY AS
YESTERDAY**

**PERSON
FEELS PRESSURED
BECAUSE OF THREATS
OR BRIBES**

**PERSON MUMBLES
"YES", BUT KEEPS
PULLING AWAY**

**PERSON
LOOKS
UNCOMFORTABLE**

**PERSON
SHRUGS**

**PERSON SAYS
YES TO LESS INTIMATE
SEXUAL BEHAVIORS**

SEXUAL CONSENT VS NO SEXUAL CONSENT

Directions: Print or write these statements and discuss them after the lesson. You can come up with other statements too!

PERSON SAID YES
YESTERDAY

PERSON DOES
NOT FEEL PRESSURED

PERSON SAYS
"I'M INTO IT" OR "LET'S
GO FOR IT" OR "FOR
SURE"

PERSON IS
NOT DRUNK/HIGH WHEN
THEY SAYS YES

PERSON IS
NOT FORCED

PERSON'S
BODY LANGUAGE AND
WORDS SAY YES

PERSON SAYS
"DEFINITELY" OR "I WANT
YOU TOO"

PERSON
AGREES IN ADVANCE
AND NOW