

Enduring Understanding: I know how to recognize, ask for, and express consent.

Essential Questions:

1. What is consent?
2. What does consent and non-consent look like?
3. What is sexting and what are the potential outcomes?

Assessments:

1. Participant responses in Four Corners Exercise
2. Placement of cards and contributions made during Sexual Consent Cards Activity
3. Participant responses of questions related to WA State laws regarding consent while under the influence of drugs or alcohol
4. Participant responses to sexting brainstorm and scenario discussion
5. Participant responses given in the Consent Scenarios

Agenda:

1. Introduction (5 mins)
2. Four Corners Exercise (10 mins)
3. Would you like a cup of tea? (YouTube video) + FRIES (5 mins)
4. Expressing Consent (10 mins)
5. Break (5 mins)
6. Consent Laws WA State (5 mins)
7. Alcohol/Drugs & Consent, FAQs (10 mins)
8. Sexting (15 mins)
9. Consent Scenarios (5 mins)
10. Protecting Self, Protecting Others (5 mins)
11. Conclusion/anonymous questions (5 mins)

Materials:

1. Scripts
2. PPT
3. 4 corners signs (blue)
4. Consent cards (green) and headings (red, yellow, and green)
5. Consent voting cards for class (green and red)

1. INTRODUCTION (5 mins)

- ★★ Introduction of individual presenters (name/pronouns/grade/school)

★ Group Agreements:

- Create a supportive space
- Participate please!
- Respect different perspectives and experiences
- Listen to understand (vs. judge)
- Ask questions
- Remember that we're all learning
- Take care of yourself and others.
 - We really want to emphasize this one because talking about consent may bring up past experiences of trauma. Feel free to practice self-care during this lesson. That may mean taking a break, stepping outside, and coming back when you're ready.

★ One of Teen Council's main goals is to help people have relationships that are healthy, safe, and fun. That's why today we're talking about consent.

- **Has anyone heard the word "consent" before? What does it mean to you?**
 - *A pretty general definition of consent permission to do something.*
- Consent is something we hope everyone gets the freedom to exercise and exists in healthy sexual experiences but there are situations of abuse where a person doesn't get that opportunity and we recognize that.
 - If you are currently, or ever have been, in a situation where you were unable to express consent, we strongly encourage you to seek help. We will be providing a resource for this at the end of our lesson.
 - Today we will be focusing on situations in which a person *is able* to express their consent.

★ During this lesson we are going to mostly be talking about sexual consent, but **in what other situations is consent important?** *medical consent, consent to post a photo, consent for borrowing, etc.*

2. FOUR CORNERS EXERCISE (10 mins)

- ★ Let's start off by further defining consent. Around the room, you should see four possible definitions of consent. We want you to choose the one that you think is the best definition, and if you are able, please move and stand underneath it.
 - The four definitions are:
 - When there is a verbal "yes" from each person
 - When each person is into what's happening sexually
 - When body language (non-verbal cues) is clear
 - It's a process. Consent of one thing does not equal consent of something else.

- ★Go ahead and move, if you are able, to the definition that you feel best defines consent. Talk with the people in your group about why you chose that definition.
 - *If no one is standing under a sign, a TC member should stand there!*

Debrief:

- ★Let's hear from *this* corner. Why did you choose this definition? *Get a response from each corner.*
 - Verbal yes- Hearing someone verbally express agreement might be an indicator that they are consenting.
 - Is into what's happening- this might come from body language or verbal cues.
 - Body Language- nodding, touching back, smiling.
 - Process- consent is ongoing, so a person needs consent for kissing and then consent for sexual contact.

Takeaway:

- ★There is no right or wrong answer because consent is actually a combination of all of these definitions, and they aren't enough alone. For example, if someone verbally says "yes" but their body language is showing discomfort, that is not consent. Keep in mind, the way consent is navigated and communicated might look different with different people.
- ★**Why is consent important?** *you should care about your partner's consent and pleasure because sex should be an enjoyable experience for all parties involved at all times.*
- **Ask class to sit down**

3. WOULD YOU LIKE A CUP OF TEA? (youtube video) (5 mins)

★ Now we are going to watch a video that shows another way to think about consent.

★ Another way to look at consent is using this acronym, FRIES.

- Freely given- Doing something sexual with someone is a decision that should be made without pressure, threat, or manipulation.
- ★Reversible- Anyone can change their mind about what they want to do, at any time. Even if they've done it before or are in the middle of having sex.
- ★Informed- This means that a person knows exactly what they're consenting to. This includes being aware of a partner's STI status, preferred protection and/or birth control methods.
- ★Enthusiastic- everyone should be enjoying what's going on
- ★Specific- Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to other things. This requires a person to self-reflect and think about their boundaries are, what they're comfortable with, or what they're interested in trying.

4. EXPRESSING CONSENT (10 mins)

★ Post heading: "Seeking Consent"

- ★ We're going to look at different ways consent is expressed. Let's start with Seeking consent.
 - Seeking consent means asking your partner for consent. This doesn't necessarily mean that consent has been established, but it's really important to learn how to ask someone for consent. **What are some examples of how someone could ask for consent? Go ahead and talk to a partner to come up with some ideas.**
 - ★ Write participant responses beneath category.
 - ★ If not mentioned, include: *Does that feel good? Is this okay? Can I kiss you? I'm interested in trying this, what do you think? Would you like to _____?*

★ Post headings: "Giving Consent", "Not Consent", and "Unsure."

- ★ Now we are going to do a card sorting activity. We are going to pass out cards with potential responses or scenarios on them and ask you to place them into one of these 3 categories.
 - Giving consent: giving your partner permission or expressing consent
 - Not Consent: when it's clear that one person is NOT into what's happening or other activities that do not equal sexual consent.
 - Unsure: if consent is not clear or if you don't know where to put the card.

★ Consent is necessary for many things, but for this activity we are talking specifically about consent to touch someone or engage in sexual activity with them. So for example: flirting...**if someone is flirting, does that mean you have consent to touch them? No (place in non-consent).** *You might think someone is flirting and they're just being nice, or sometimes people want to flirt without wanting to do anything physical.*

★ ★ Pass out sexual consent cards to the class and ask them to place the cards underneath the category they think is appropriate. After the class has posted all the cards give them each a CONSENT and NONCONSENT card.

★ Now, we're going to read the cards aloud and ask you to raise the green card if you think it is consent and the red card if you think its non-consent

★ ★ (Except for the blatantly obvious cards) ASK a student to explain why they think it is or isn't consent. Give your own explanation and adjust cards as needed.

Giving consent	Non-consent	Unsure
Keep going Yes! That feels good I would love to A verbal yes while one person is age 15 and the other is age 18	Flirting Wearing revealing clothing Hesitant or uncomfortable body language If both people are sexually aroused Pushing away No response not touching back Can we slow down? Refusing to use protection at partner's request This doesn't feel good A verbal yes while someone is under the influence A verbal yes while one person is age 18 and the other is their teacher A verbal yes while being threatened A verbal no after a yes was given earlier ...I guess sowait No Stop Maybe	

★ Debrief:

- So now there are NO cards in the unsure category- **why do you think that is?** *If consent is not clear, voluntary, and enthusiastic, then there is no consent.*
- If a card is under the non-consent category, it means sexual activity is not welcome and should stop immediately.
- For those cards in the giving consent category- keep in mind that they still need to be accompanied by all aspects of FRIES.
- Consent is going to look different with different people. That is why there should always be a discussion to establish what is and is not consent. We all deserve that respect.

5 minute break

5. CONSENT LAWS WA STATE (5 mins)

★ Now we are going to look at some of the laws surrounding consent in WA state. A person should know about the legality of consent, but more importantly a person should care about consent because they care about their partner's boundaries and pleasure.

★ Legal definition of consent in WA State

- Consent to any sexual activity must be clear, knowing, and voluntary. Anything less is equivalent to a "no".
- Consent is *active*; silence or passivity is not consent.
 - Sexual activity is nonconsensual when the person is asleep, unconscious, or physically unable to communicate their unwillingness to engage in sexual activity.

Age of consent

★ We are going to review the laws in Washington State regarding the age of consent for sex. This is true even if both people say “yes”.

- In Washington State, the age of consent for sex is 16 years old.
- At this age, a person can consent to sex with any other adult, regardless of the age difference between them, as long as the older person is not in a position of power over the younger person, such as a teacher or coach.
- It is illegal for a person in a position of authority to have a sexual relationship with any youth they supervise. This means that school employees may not have a sexual relationship with any enrolled student, even if the student has reached the age of consent.
- These laws are important because school employees have built-in power over students, making it easier for a student to be manipulated into a sexual relationship.
- Also, coaches, bosses, youth group leaders and other adults in positions of authority over teens cannot engage in a sexual relationship with young people under the age of 18.
- These laws, called Sexual Misconduct, are in place to protect teens from experiencing coercion and abuse by adults with more systemic power.

Age Differences

★ Teens younger than 16 may give sexual consent, as long as the partners are close in age.

- The law says that
 - If the younger person is under 12 years old, the older person must be within 24 months older, which is 2 years.
 - If the younger person is 12 or 13, the older person must be within 36 months older, which is 3 years.
 - If the younger person is 14 or 15, the older person must be within 48 months older, which is 4 years
- If the age difference is too large, consent cannot be given legally.
- **What questions are there about the consent laws?**

6. ALCOHOL/DRUGS & CONSENT, FAQs (10 mins)

★ It's difficult to talk about consent without talking about alcohol and drugs. We've put together a list of the most frequently asked questions we get from teens about how consent

and drinking are related. We need to talk about this today because while it's difficult to give or seek consent while under the influence there may be situations where it is possible.

We're going to read the questions and we want you to take a minute and share what you think with your neighbor.

After 1-2 minutes, ask for volunteers to share their thoughts.

- 1) ★ Is sex *always* nonconsensual when people have been drinking or doing drugs?
 - *Sometimes* people have consensual sex after having a drink or two, but most of the time consent cannot be given when alcohol or drugs are involved because it affects the ability to communicate clearly. If you or your partner has been drinking, make sure to check in regularly by asking things like: Do you still want to do this? Is this okay? Do you need a break? Are you having fun? What do you want to do next?
- 2) ★ How can you tell if someone is too intoxicated to consent?
 - Ask yourself: can this person communicate clearly? Are they coherent? Are they sober enough to 100% know and enjoy what is going on? We should never try to convince ourselves that someone is less drunk than they are.
- 3) ★ What if someone said no to sex when sober, but then said yes when intoxicated?
 - Alcohol and drugs significantly lower inhibitions, so in that situation it's best to wait until the person sobers up and then check in about whether or not they really want to have sex.
- 4) ★ What if we're in a relationship?
 - Romantic or sexual involvement doesn't ever give you permission to have sex with someone. Especially if that person is incapacitated. Many sexual assaults occur within the context of relationships.
- 5) ★ What if you're both intoxicated?
 - It is really difficult to tell if someone's giving consent if they've been drinking, and it's even *more* difficult when you've also been drinking. It would be best to wait until you've sobered up to decide.

Remember, consent takes a lot of communication and checking in, even when people are sober. Because alcohol and drugs impair communication and decision-making, consent becomes much trickier to navigate.

7. SEXTING (15 minutes)

★ Another issue that involves consent and the law is sexting. Sexting means the sending of explicit digital images or videos, usually by cell phone. Sexting can also refer to exchanging words, but for this lesson we are talking specifically about nude photos.

- ★ **With the person next to you, discuss reasons why a person may choose to sext**
 - *No risk of pregnancy or STIs, wanting to explore sexuality, may feel pressured*

- ★ **Now share with a partner some reasons why a person would choose NOT to sext**
 - *Potential legal concerns, can easily be shared with others, parents could find it*

Scenarios

★ Sexting comes with some risks, and many of you may choose not to do it. However, there are some of you who might choose to sext at some point in your life or someone else might send you a sext without your consent, so we're going to look at some scenarios and brainstorm how a person could keep themselves safe in these situations. After we read the scenario, turn to your partner, and discuss what you think someone could do in that situation.

- There is a new student at school and you think they're kind of cute and might be interested in something with them. They get your number and text you, "Hey." You're not expecting that so you text back, "Who is this?" The answer you get is, "It's me," followed by a naked picture of them. **What should you do?**
 - *If someone sends you a naked photo without your consent you can tell them not to send anything else, block them, or tell a trusted adult.*
- ★ You're in a relationship with someone, and often send texts talking about how attracted you are to each other. One day, your partner texts, "How about sending me something I can look at and think of you?" You send a naked pic with the text, "Just for you, ok?" They text back how much they love it. The next day, three different people show you the picture on their phones. **What should you do?**
 - *Reporting this is an option because distributing someone else's nude photo without consent is illegal.*
- ★ You and your partner have been together for six months and sometimes send naked photos to each other. Neither of you have shared your pictures with anyone else and promised you never would. As the school year goes on, you realize you want to end the relationship, but you are worried because of the photos they have. **What should you do?**
 - *During the break-up, it might be a good idea to trade phones and delete the photos you have of one another.*

Consent and sexting

★ We want to be clear that it is illegal for anyone over the age of 18 to have nude photos of someone under the age of 18. It is also illegal for people of any age to distribute someone else's nude photo without consent. Because we recognize that there are young people who choose to engage in sexting we want to give you some advice to protect yourselves as much as possible.

- ★ Before you hit send.
 - Make sure you know the recipient actually wants to receive it—that is, that the person consents to sexting with you. Don't send a nude photo before you've asked the other person and have both agreed to it.
 - Make your expectations clear: many people assume that if they send a message to someone they are dating or flirting with, it is somehow implied that the message was meant to be kept private, but that is often not the case (1 in 4 sexts are forwarded to other people).
 - If you are sending a sext- don't include your face and make sure there is nothing in the picture (including the background) that could identify you in case that photo ends up being shared with people you don't want seeing it.
- ★ For the receiver.
 - Never pressure anyone into sending a sext.
 - If you receive a consensual sext, do not share the picture or text with friends or classmates. Understand that this is something you've been sent because the other person trusts you so take that responsibility seriously.
 - If you receive a nonconsensual sext that makes you feel uncomfortable, ask the person not to send anything else and consider blocking them and talking with a trusted adult—especially if the person continues to text you.

8. CONSENT SCENARIOS (5 mins)

★ Now we want to test your knowledge. We're going to split you into groups and give each group a scenario and we want you to work together to decide whether the situation is consent or not consent and why.

Give groups a few minutes to discuss then read through each scenario on a slide and ask that group to explain whether it was consent or not and why. Give your own explanation if needed.

- ★ Jennifer and Susan have been dating for two months when Jennifer said that she wasn't ready to have a physical relationship. Susan was angry because she knew that Jennifer had sex with her last girlfriend. Susan threatens to "out" Jennifer on social media unless she agrees to have sex with her.
 - *This is not consensual because consent must be freely given. Jennifer cannot really give consent if she is being threatened by Susan.*
- ★ Ernesto and Karen have been dating and having sex for about a year. Ernesto has decided that he wants to go into the military next year and is worried about an unplanned pregnancy. He has decided he wants to stop having sex, and Karen is hurt by this. Karen tries to 'seduce' Ernesto and change his mind.

- *This is not consensual because consent is reversible! Even if Ernesto has agreed to sex before, he can revoke his consent at any time.*
- ★ Jamie and Dakota have been dating for 6 months. One night they are making out on Jamie's couch. They pause for a moment and smile. Dakota puts their hand on Jamie's cheek and they continue to kiss.
 - *We can infer that this is consensual. Jamie and Dakota are continuing to kiss and they pause for a moment to check in on each other.*
- ★ Charlie and Billy have been flirting, sexting and sending nudes. They want to meet up in person. Since they have been explicit in their online activity it is assumed they will have sex.
 - *This is not consensual because consent has to be specific! While it seems both partners consented to sexting, a person can't assume that someone has consented to have sex.*
- ★ Sally and Darren have been dating and sexually active for a while and are in love. Darren arrives at a party to find Sally really drunk. Since they were planning on hooking up anyway that night, they have sex.
 - *This isn't consent because the scenario says that Sally is really drunk. When a person is drunk, they cannot give consent. Even if the couple had been planning to have sex, the situation has changed since Sally cannot consent.*
- ★ Adrian and Stevie have been dating for a few months. They are messing around one afternoon while Adrian's parents are at work. As things start to heat up, Adrian pauses and asks Stevie if they are ready to have sex. Stevie says yes.
 - *This is a consensual example. Adrian is clearly seeking consent verbally and Stevie is verbally consenting.*

9. PROTECTING SELF, PROTECTING OTHERS (5 min)

★ Our last piece of the lesson is called 'Protecting Self, Protecting Others.' We would like to explore with you some things any of us could do to protect ourselves, protect a friend, or even help out someone we don't know in a harmful situation.

★ Here are some strategies for protecting yourself

- Know it is always okay to ask 'can we slow down' or 'stop' or 'let's talk for a moment.'
- Hang out with people you trust, especially if you are in a place where people are drinking. Use the buddy system.
- Think about your boundaries and how far you are willing to go sexually, then rehearse how and when you can communicate this to someone.
- Know what the laws are about consensual sex and age differences
- If you are interested in someone, think about respectful ways you might seek consent.

★ Here are some strategies for protecting others

- Speak up when you hear people making comments that show disrespect or disregard for consent—let it be known that it's not cool.
- If you see someone who needs help, (at a party, etc.) do something about it, if it is safe to intervene! Do what you can to make sure they are safe.
- If it's the opposite situation – a friend is trying to get with someone who is drunk or high—pull them aside and tell them what they are doing is wrong or illegal.
- Remember, the absence of “no” does not equal “yes!”
- Have conversations with your partner or friends about seeking consent.

★ Here is a slide reminding you one more time of things that are definitely NOT consent

- If the person is drunk, high, asleep, refusing, or silent, then there is no consent.

Discussion Questions

- ★ **What should you do when you're unsure if your partner wants to continue?** *Ask.*
- ★ **What should you do when you're unsure if you want to continue?** *Say so.*
- ★ **Whose responsibility is it to change the course of activity if your partner doesn't seem in to it?** *Yours.*
- ★ **Are there any more comments or questions regarding consent?**

10. CONCLUSION (5 mins)

★ Sometimes talking about consent can be difficult for people, so we want to let you know about DVSAS which is a local resource who can provide free, confidential information for young people if you or someone you know has a question or concern about an issue relating to consent or sexual assault.

★ If you're interested in becoming a part of Teen Council, follow us on Instagram! Our applications are closed for the upcoming year.

DEMOGRAPHIC SURVEYS + ANONYMOUS QUESTIONS (if time)

Pass out demographic surveys and ask the class to fill them out anonymously and write down a question or a comment on the back. After a few minutes, *everyone* will turn them in. TC members sort through and find the questions and answer them. Don't forget to ANSWER using VQP!