

What is Consent?

“Then you’ll have only been felt up by a new friend instead of a complete stranger.”

- John

Big Idea: To introduce and discuss the importance of consent, its affect on our society and the right to say no.

By the end of this lesson students will be able to:

- Develop a deeper understanding about the concepts of consent
- Understand the power that can exist within relationships
- Explore methods of communication

Curriculum Connections

Health and Physical Education

C2.2 demonstrate an understanding of the skills and strategies needed to build healthy social relationships (*e.g., peer, school, family, work*) and intimate relationships

C2.3 apply their knowledge of sexual health and safety, including a strong understanding of the concept of consent and sexual limits, and their decision-making skills to think in advance about their sexual health and sexuality

C2.5 describe factors that influence sexual decision making and demonstrate an understanding of how to use decision-making and communication skills effectively to support choices related to responsible and healthy sexuality

C3.3 describe skills and strategies (*e.g., communication, social, refusal, adaptive, and coping skills, conflict resolution strategies*) that can be used to prevent or respond to situations of verbal, physical, and social bullying and sexual harassment

Drama

A1.3 use role play to explore the possibilities of different scenarios, situations, and characters

B3.2 identify problem-solving techniques they have learned through drama activities, and explain how they can be applied in work and other social contexts

Minds On

Play the "Tea Consent" YouTube link provided below. This video compares giving tea to someone with the idea of sexual consent. <https://www.youtube.com/watch?v=fGoWLWS4-kU>

Action

Write the word CONSENT on the board and through a Popcorn Share, which will generate rapid fire answers, ask for student's initial responses and reactions to that word. As a class, come up with a definition for Consent. Possible answers could include:

- Permission from your partner to engage in a sexual activity with them
- The right to say no
- Open, honest and candid communication.
- Changeable and freely given

Discuss how consent can come into question through:

1. Coercion
2. Incapacitation from drugs or alcohol
3. Proceeding from one form of sexual activity to another

Divide your class into groups and assign each one of the above. Ask your students to create real life scenarios based on these.

For example: Alex and Sam have been dating for a while. Alex keeps pressuring Sam into moving things faster. Sam really likes Alex but doesn't feel comfortable. Alex keeps saying things like, "I thought you really liked me?" "This could be special for us." "Don't you want to take our relationship to the next level?" Out of fear in losing Alex, Sam gives in.

Connect/Consolidate/Discuss

Have student dramatize these scenarios into scenes and present them for the class. As a group work through each scenario, discussing where the consent was questioned, how it could have been better challenged and if there is a solution in creating a healthier relationship.