

Nuanced Dimensions of Consent

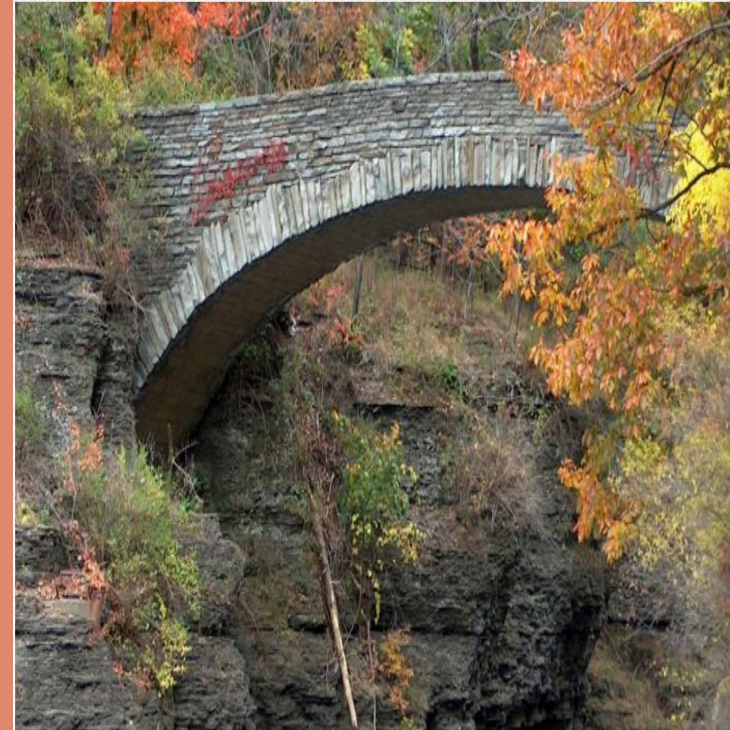


Marisol De Leon
Training & Capacity Building Trainer, ACT for Youth
2/20/24



Land Acknowledgment

- **Cornell University is located on the traditional homelands of the Gayogohó:nq' the Cayuga Nation.**
- **The Gayogohó:nq' are members of the Haudenosaunee Confederacy, an alliance of six sovereign Nations with a historic and contemporary presence on this land. The Confederacy precedes the establishment of Cornell University in New York state, and in the United States of America. We acknowledge the painful history of Gayogohó:nq' dispossession and honor the ongoing connection of Gayogohó:nq' people, past and present, to these lands and waters.**



Agreements

Be Willing

To share while being mindful of what is shared



Space

Take Space, Make Space



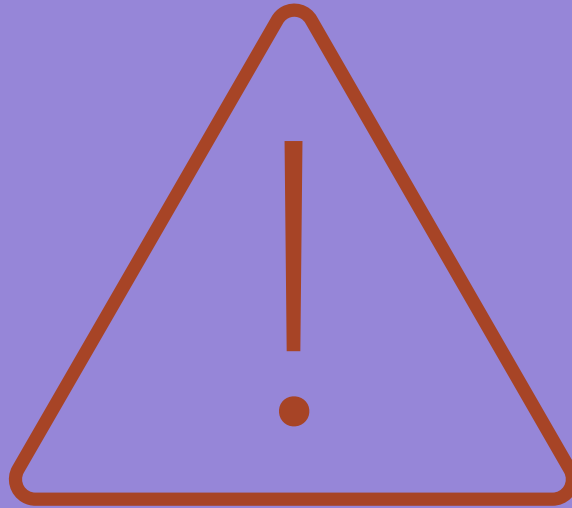
Values

Are Neutral Statements

Selfcare

Take care of yourself and needs during this meeting

Content Heads-Up



Goals and Objectives

Goal

To identify ways that the use of intentional compassion and understanding can yield or create a non-judgmental culture of consent.

Objectives

By the end of the webinar, we hope to:

1. Create an environment where judgment and assumptions are removed from youth experiences.
2. Integrate compassion and understanding in our work with youth.
3. Create an experience that yields a sense of restoration and support for the youth.

Agenda

01

**Defining
Consent & Choice**

02

**Breakout
Room Experience**

03

Videos

04

Wrap-Up

01

Defining Consent



slido



How do you define Consent?

Go to slido.com

Enter 3477868



01

Defining Choice



slido



How do you define Choice?

Go to [slido.com](https://www.slido.com)

Enter 3477868

Consent:

compliance in or ***approval*** of
what is done or proposed
by another

Merriam Webster Dictionary

Choice:

an act of selecting or making a **decision** when faced with two or more **possibilities**

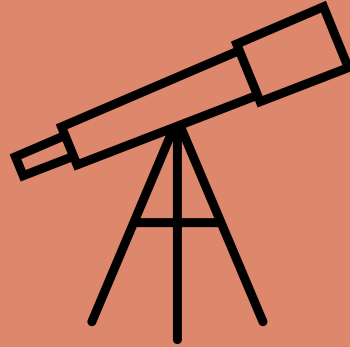
Oxford Dictionary

Why are Consent & Choice Important?

Upholds Principles of:

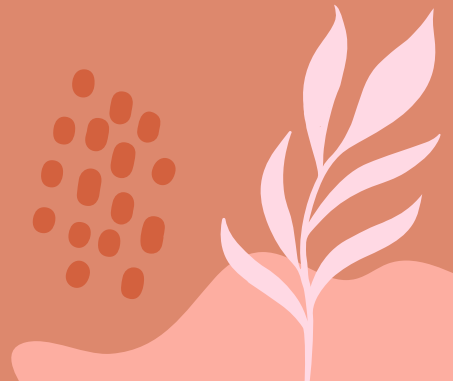
- Free Will
- Dignity
- Respect

The right to make our own choices is a *basic human right*



02

Breakout Room Experience





1. In your pair, decide who will be partner A and who will be partner B.
2. In your partner 's zoom display, choose an item* that you are curious to learn more about.
3. Ask your partner if they would be comfortable sharing about that item.
 - If comfortable, allow then to share as much or as little as they'd like about the item for 2 min.
 - If not comfortable, choose another item or sit with the interaction at play.

Instructions

4. Reflect on your partner's verbal and non-verbal response and cues.
 - Notice your **own reaction.**
5. After 2 min, switch to partner A. You'll have a total of 4 min for the activity
6. Feel free to take notes.

*The item you choose can be on your partner's person.



If Partner Isn't Present...

If you are in a room by yourself, please reflect on:

1. How does it feel to be in a room by yourself?
2. What would you choose to do in this time?
3. In this absence of a partner, in terms of **consent or choice**, what opportunities open up for you?



Share Your Experience

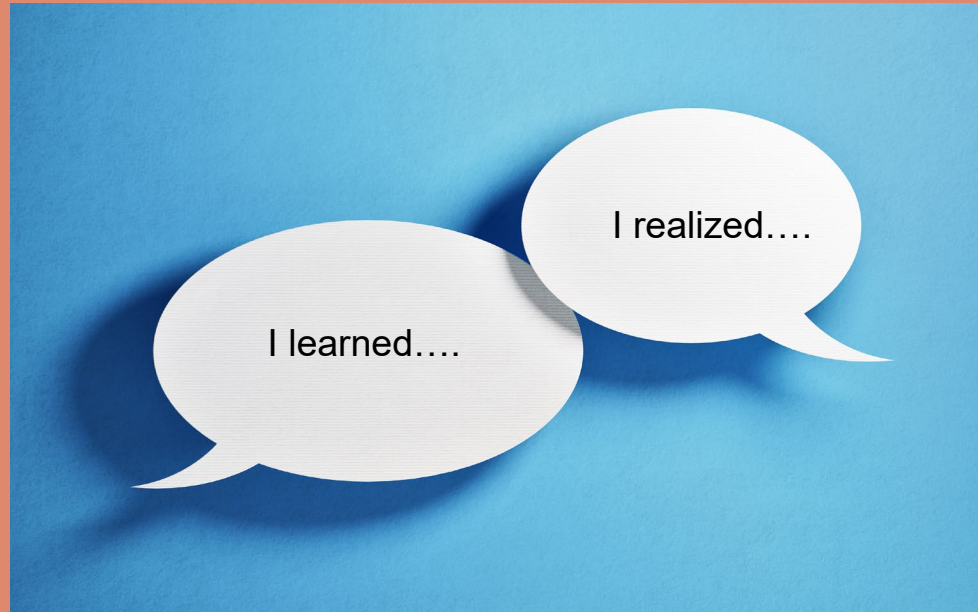
How to best respond

- Try to answer the question, avoid getting into the “how you might feel”.
- Access your cognitive response while *reflecting* on, or at least **not** ignoring your emotions....
- Share what thought vs what you **“felt”**.

Ex:

- My thought is/was....
- What came to mind was....
- What I thought before was....
- I know think or realize that....
- After seeing this video, I now think that.... or I used to think that....

Share Your Experience





03



Videos: Young Adults Defining Consent & Ted Talk

<https://www.youtube.com/watch?v=LO3i1EJE6DI>

<https://www.youtube.com/watch?v=laMtr-rUEmY>

https://www.youtube.com/watch?v=IDB_1iyJ1iQ&t=337s



Reactions



Essential Practices*

*adapted from the BDSM community

01

Seek verbal consent

02

Establish boundaries

03

Discuss safe words

04

Research well

05

Nurture emotional well-being

Reactions



Wrap-Up

1. ↓ judgment and assumptions
2. ↑ compassion = restorative environment
3. Always recall that choice is a basic human right

04



Questions



Tips

Communication

- **Open and honest communication crucial**
- **Talk openly about desires, boundaries, and comfort levels**

Mutuality

- **Consent should be a mutual agreement between all parties involved.**
- **Can be withdrawn at any time.**

Enthusiastic Agreement

- **Importance of enthusiastic and clear agreement**
- **Should be obtained at each new level of intimacy or activity**

Healthy Practices

Education & Building Awareness

- Define consent clearly - what does it include and exclude
- Ensure participants understand the difference between enthusiastic consent and passive agreement
- Discuss boundaries - reflect and communicate personal boundaries
- Highlight non-verbal cues

Establish a Culture of Consent

- Promote positive language - encourage the use of positive and affirmative language
- Consent is ongoing
- Peer education - discussions are facilitated by participants

Role-Playing and Scenarios

- Interactive exercises - practice asking & giving consent
- Address challenges
- Empower bystanders

Further Resources

Videos

1. [Sex Education Should Start With Consent](#)
2. [What is Consent?](#)
3. [2 Minutes Will Change the Way You Think About Consent](#)
4. [It's On Us: Sexual Assault PSA](#)
5. [CSUSM – Consent is SEXY](#)

Articles

1. [What Consent Does and Doesn't Look Like](#)
2. [Your Guide to Sexual Consent](#)
3. [Consent and Coercion Discussed](#)
4. [The History Behind Sexual Consent Policies](#)

CONSENT

Tips/Best Practices/Further Resources

Defining Consent

compliance in or approval of what is done or proposed by another

Defining Choice

an act of selecting or making a decision when faced with two or more possibilities

Tips for Getting Consent

Communication

Open and honest communication is crucial. Talk openly about desire, boundaries, and comfort levels.

Mutuality

Consent should be a mutual agreement between parties. Consent can be withdrawn at any time.

Enthusiastic Agreement

Agreements should be clear and enthusiastic, and they should be obtained at each new levels of activity/intimacy



Healthy Practices for Discussing Consent

Educate and build awareness

Define consent clearly - what does it include and exclude
Communicate, reflect on, and discuss boundaries
Highlight non-verbal cues

Establish a culture of consent

Encourage the use of positive and affirmative language
Illustrate consent as ongoing
Leverage peer education like peer-facilitated discussions

Include role-playing and scenarios

Use interactive exercises to practice asking and giving consent
Address challenges participants have
Empower bystanders

Video Resources

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How'd We Do?



Thank you!

