

Let's Talk Consent

WORLD SEXUAL HEALTH DAY

SEPTEMBER 4th



WORLD ASSOCIATION FOR SEXUAL HEALTH

**A comprehensive
guide for all things
consent**

Disclaimer: This workshop is not for those under the age of 18. For more information on non-sexual aspects of consent, visit worldsexualhealthday.org.

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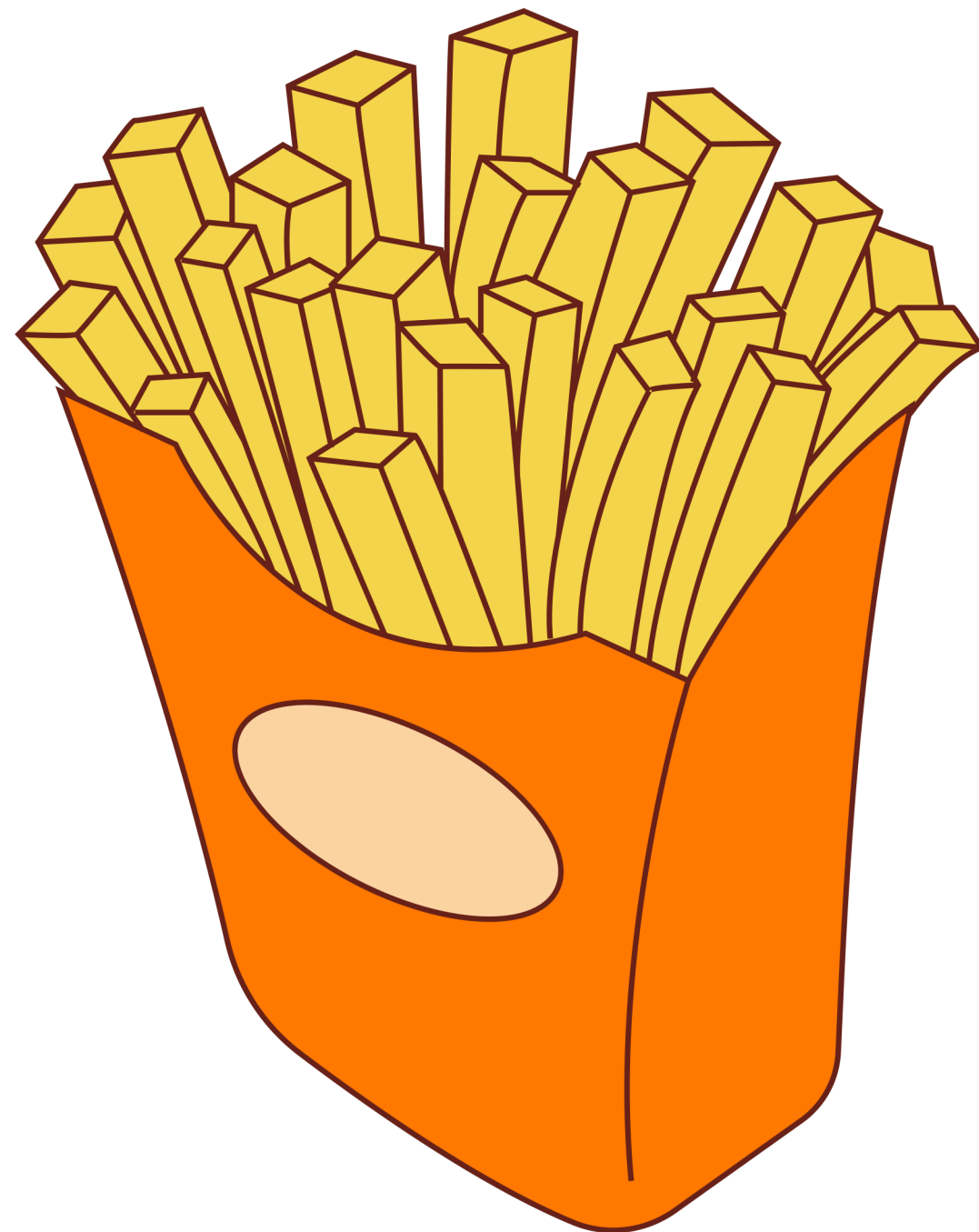
What is sexual consent?



- Consent is an agreement between participants to engage in sexual activity.
- Consent should be clearly and freely communicated.
- A verbal and affirmative expression of consent can help both you and your partner understand and respect each other's boundaries.

Click [HERE](#) for our consent fact sheet

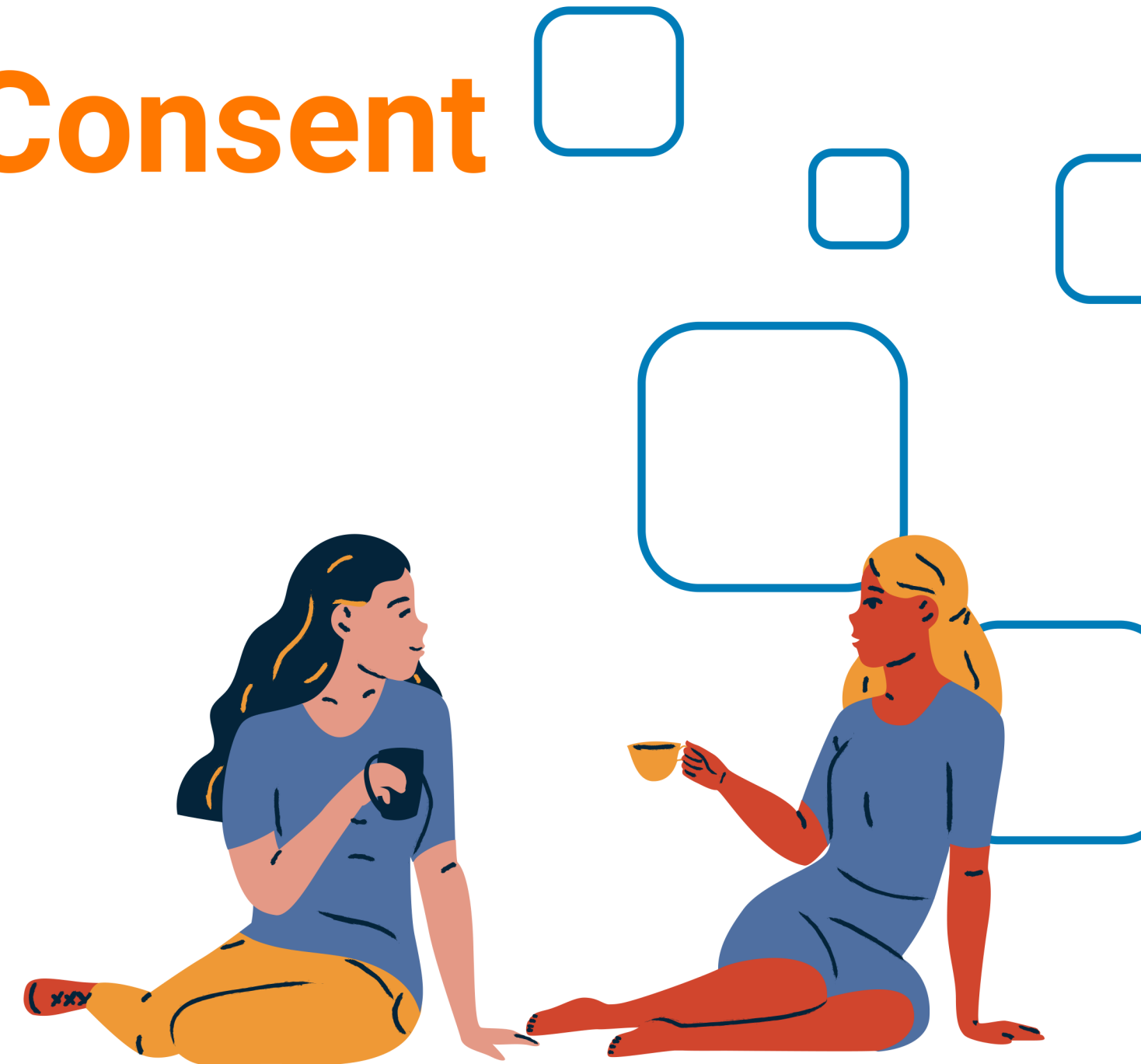
A fun way to remember the different parts of consent is the acronym **FRIES**



- F** — Freely and Willingly
- R** — Reversible
- I** — Informed
- E** — Enthusiastic
- S** — Specific

Gender Roles and Consent

- Gender is not binary, but many people have been raised to believe that it is and that men and women should behave differently.
- In many places, women have been culturally conditioned to be people pleasers. They may have trouble standing up to someone and saying no because they don't want to hurt another person's feelings.
- Women may also be afraid of how a partner will react to rejection. They may be worried about coming across as rude or prudish. Or, they may even fear violence.
- **We need to teach women that it's okay to stand up for themselves and set their own boundaries. Everyone needs to be taught to respect boundaries no matter who sets them.**



Gender Roles and Consent

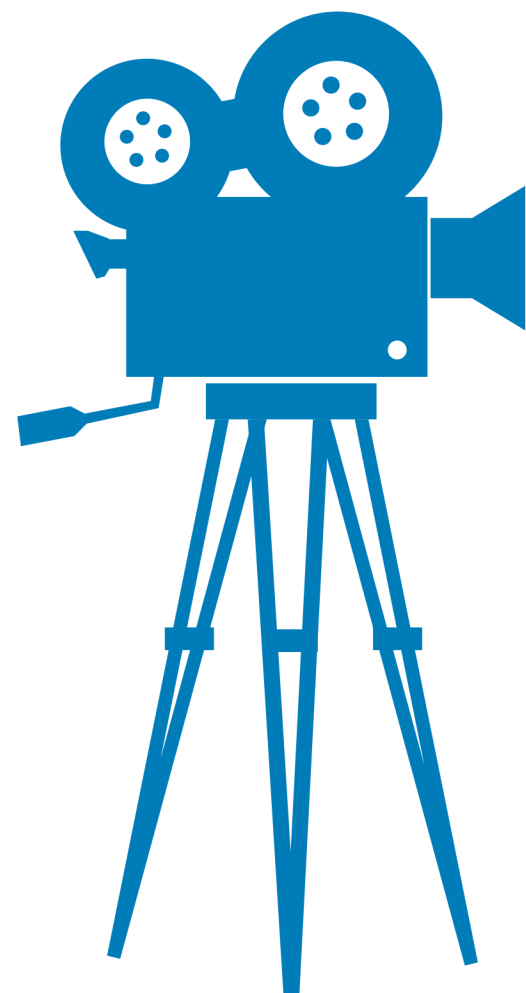
- Gender is not binary, but many people have been raised to believe that it is and that men and women should behave differently.
- In many cultures, men are socialized to be confident, dominant, persistent, and aggressive.
- This pervasive narratives suggests men prove their masculinity through sexual conquests.
- If this is the view of sex you've been raised with, valuing a partner's needs and boundaries may come off as weak or un-masculine, which is not true!
- **Talk to the men and boys in your life about consent, and teach them that consent is sexy, respectful, and manly!**



Consent and Porn

Porn RARELY shows consent. In fact, it often even depicts a lack of consent as desirable and acceptable. **This is NOT ok.**

Porn does not usually show an accurate view of healthy sexual relationships. It often cuts out vital components such as consent, communication, and even foreplay.



Real Porn Titles

Title	# Of Views
"Please No"	5.4 Million
"Unwanted Sex"	2.6 Million
"Trick Your GF"	13 Million

What messages do you think these titles send about sex and consent?

Sexual Entitlement

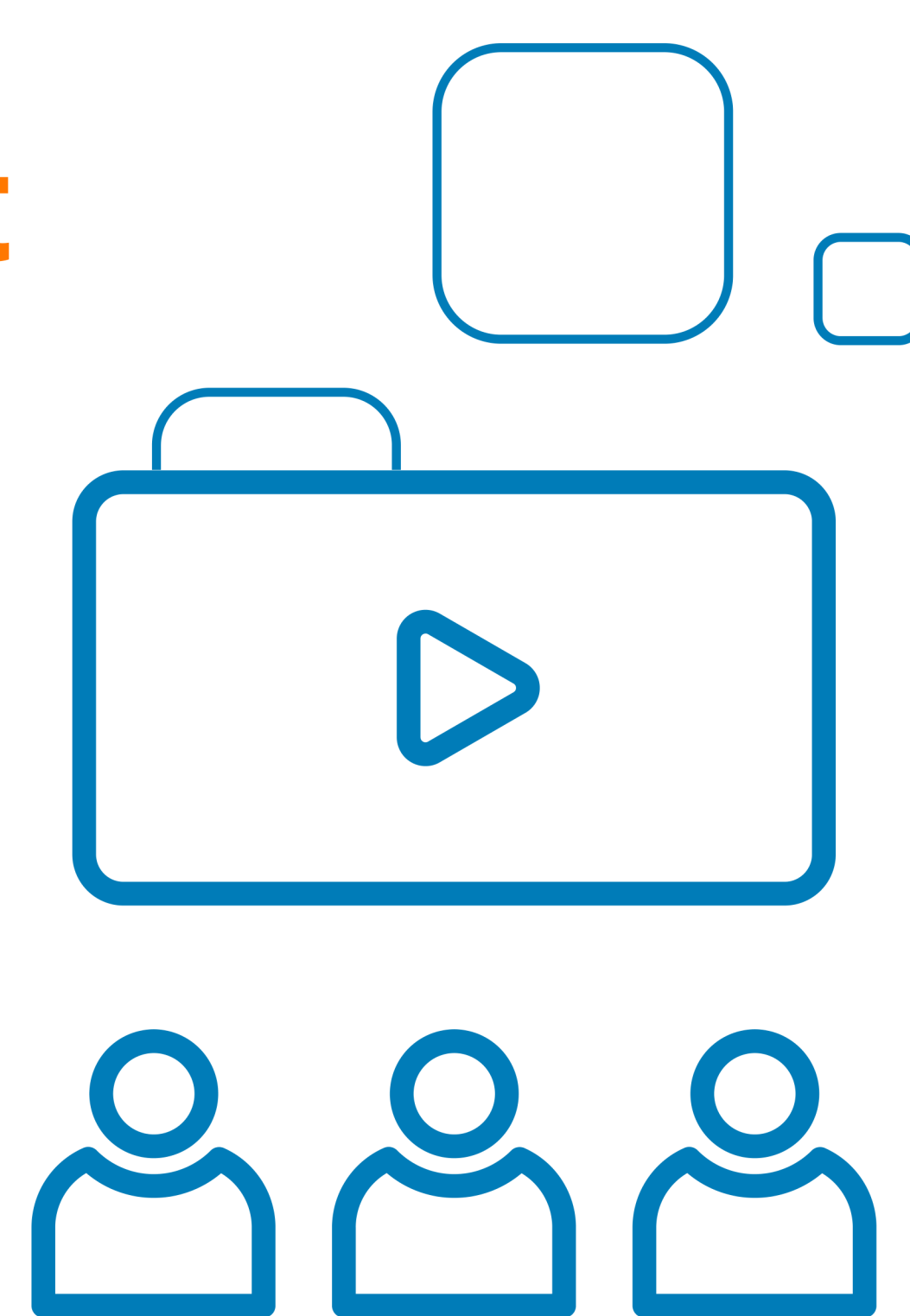
There is scientific research that shows that people **internalize** sexual scripts from porn.

Individuals often feel **pressured to imitate porn** in their own sex lives. In fact, porn consumption is a predictor of feeling **entitled to sex**, which is not a good way to approach consent conversations.

Check Out The Science

Rothman, E. F., Kaczmarzky, C., Burke, N., Jansen, E., & Baughman, A. (2015). "Without porn... I wouldn't know half the things I know now": A qualitative study of pornography use among a sample of urban, low-income, black and Hispanic youth. *The Journal of Sex Research*, 52(7), 736-746.

Bouffard, L. A. (2010). Exploring the utility of entitlement in understanding sexual aggression. *Journal of Criminal Justice*, 38(5), 870-879.



Don't Share Sexts Without Consent

Image-based sexual abuse, sometimes referred to as "revenge porn"*, is the **non-consensual** sharing of private, sexual images by an ex-partner. **This is a form of sexual abuse** and it has been happening more and more often in recent years.

Everyone must consent before anyone sends an explicit video or picture. Remember, even after someone has sent you a picture, it is still theirs. You can't forward or post it without their permission. **Image-based sexual abuse is illegal and can be a criminal offense.**

*From the Cyber Civil Rights Initiative: "[A]void the term 'revenge porn.' The word 'revenge' suggests that the victim did something to cause the violation of their intimate privacy. This lays blame on the victim, instead of the offender. Further, the phrase "revenge porn" erases situations where the offender is motivated not by personal grievance, but instead seeks financial gain, social status, gratification of voyeuristic impulses, or entertainment."

McGlynn, C., Rackley, E., & Houghton, R. (2017). Beyond 'revenge porn': The continuum of image-based sexual abuse. *Feminist legal studies*, 25, 25-46.



Consent and Alcohol

Alcohol makes consent more complicated

It's not realistic to say that you should never drink and have sex. A lot of people do just that. The problem is that alcohol has the potential to increase misunderstandings and miscommunication.

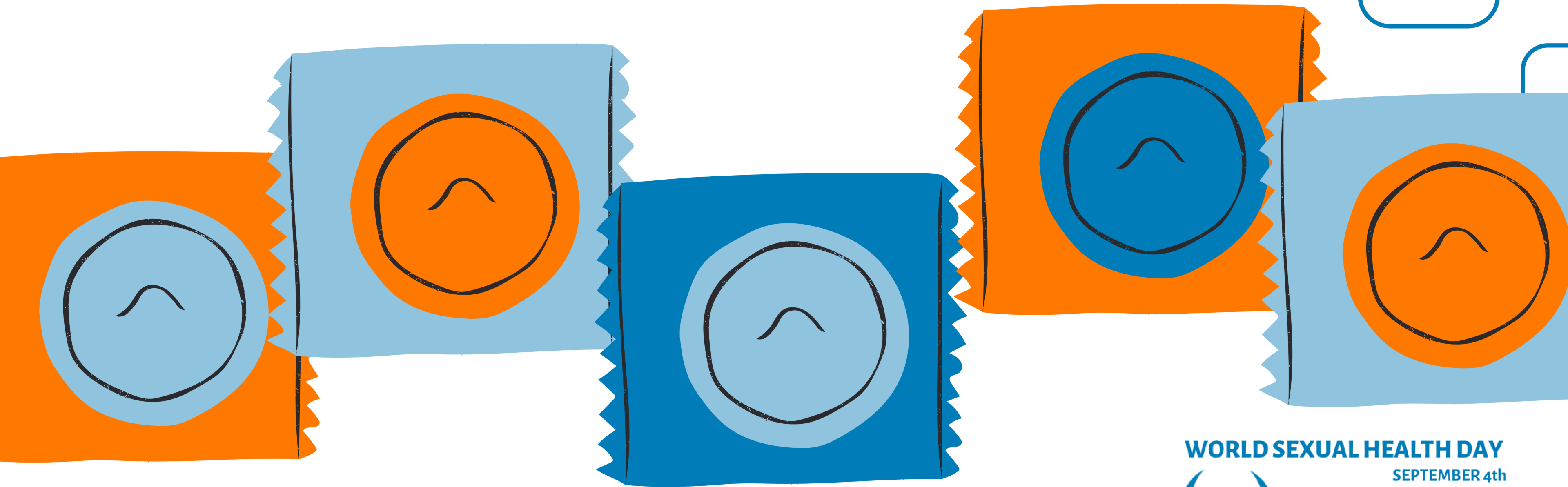
Someone who is intoxicated cannot give consent—even if they're saying yes. And there is no foolproof way to tell whether someone is too drunk to consent. **If you have any doubt or uncertainty – DO NOT HAVE SEX WITH THEM!**



If you have any doubts, get their number and call them tomorrow!

Consent and STIs

For full consent, both parties must be 100% honest about their STI status.



How to Ask for Consent

Asking for consent can be...well, awkward for some people, but there are ways to ask for consent that are fun and sexy and won't "ruin the mood."

It turns me on when we....What do you think of that?

Can we try.....?

Will you do.....to me?

Can I help you out of that?

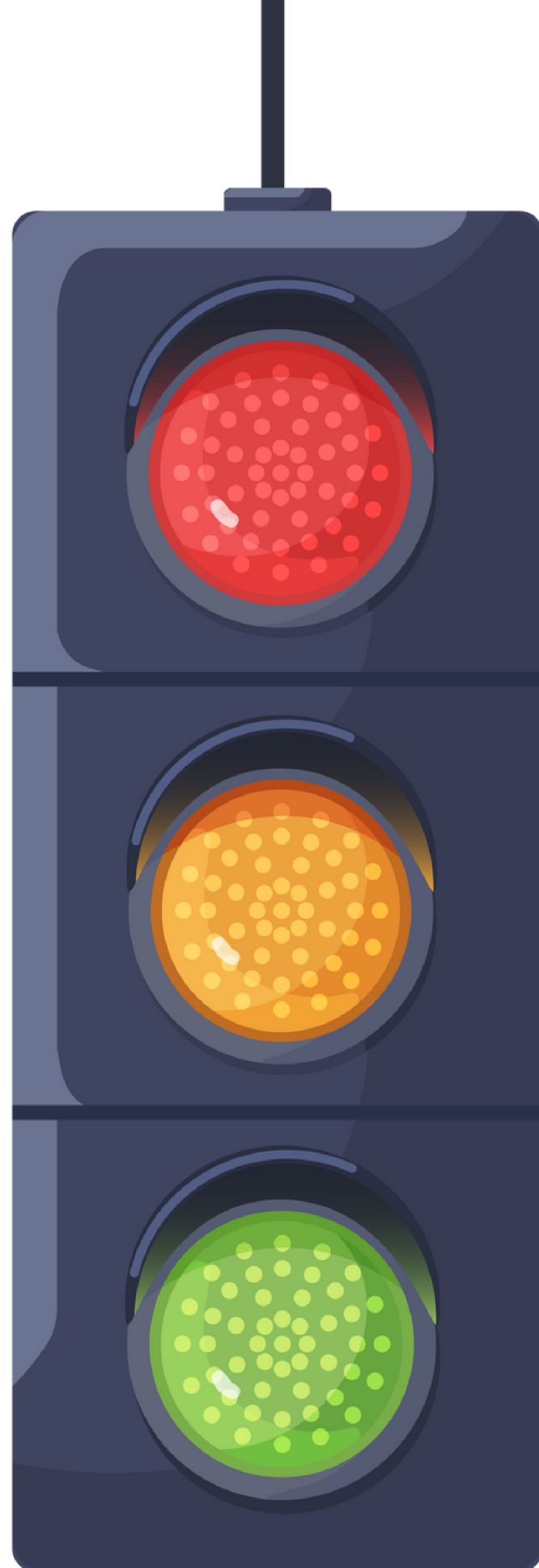
Do you want me to....?

Do you like it when I...?

Are you comfortable with....?

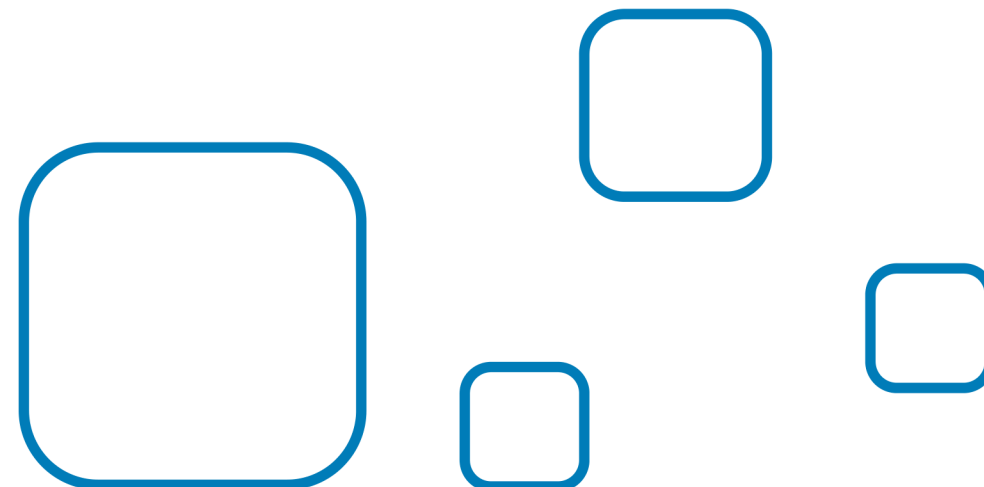
I want to kiss you so bad right now, can I?

How far do you want to go?



Red Light or Green Light?

Determine which of the following situations depict consent (green light) and which do not depict consent (red light).



Scenario 1

Sarah and Shonda have been dating for four years.

Sarah has noticed that Shonda's sex drive has decreased greatly and is sick of not having her sexual needs met. Sarah tells Shonda, "I will have to find someone else who actually cares about me and wants to have sex with me." Shonda is afraid Sarah will leave her, so she has sex whenever Sarah asks.



Scenario 2



Don and Sue are studying at the library late at night. Don begins to rub Sue's neck and says "I'm tired of working." Don then pulls Sue in for a kiss.

Scenario 3

Mark and Jalen meet for pizza and a beer. After playing pool and hitting it off all night, Mark ends up inviting Jalen back to his place. Once there, Mark tells Jalen where to touch him and kisses them passionately. Jalen kisses back and asks Mark to take his clothes off.

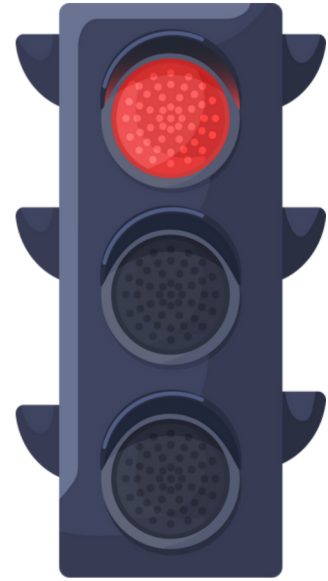


Scenario 4



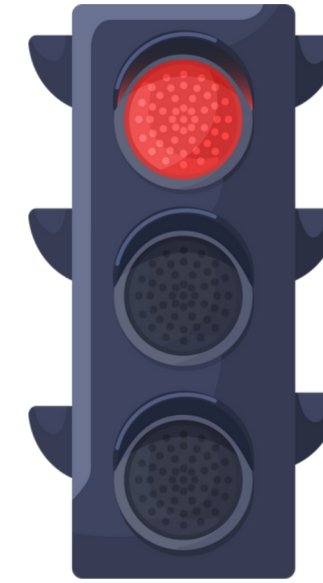
Jill and Patrick are on their fourth date, and Jill is pretty sure that tonight is going to be their first time having sex. After sharing a bottle of wine and making out on the couch, Jill starts to unzip Patrick's pants. Patrick immediately freezes and stops kissing back. His body is rigid, so Jill asks if he is okay. Patrick replies "Yeah I am fine." in a quiet, timid voice.

Scenario 1



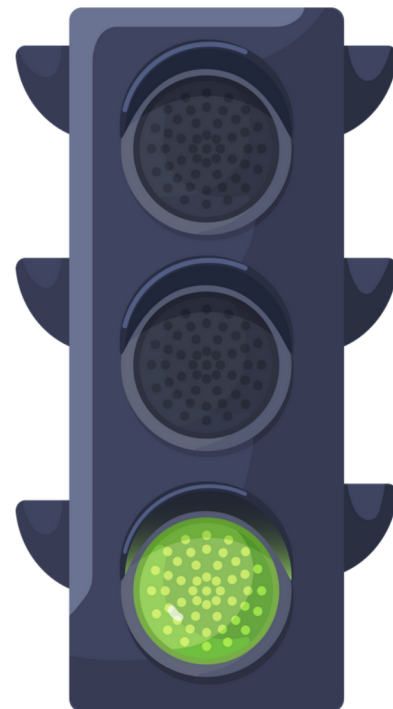
Shonda is not offering enthusiastic consent. She is agreeing to sex due to coercion from Sarah.

Scenario 2



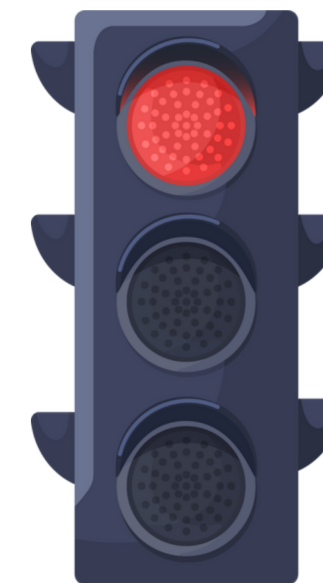
There was no communication, no permission, and no consent.

Scenario 3



Mark and Jalen are communicating and checking in with one another.

Scenario 4



There are nonverbal signs from Patrick that he is not comfortable with what is happening. It's time for Jill to stop and check in.

"Know the No"

Test your consent skills. Can you identify which of the following verbal and nonverbal communications are a clear yes, which clearly mean no, and those where you need to check in to get more information?

Pulling closer, smiling, and nodding	Pulling Away
Partner very intoxicated, slurring words after drinking and saying, "yes, let's do it"	Reciprocating your actions (taking off own clothes)
"That feels good, do it again"	"Maybe. I don't know if I'm ready"
"I guess..."	"Sure!!"
Silence	Uninvolved body language, just lying there



"Know the No"

Green for yes and red for no—which were easy to figure out and which were hard? Why? What are other ways someone may say yes or no?

Pulling closer, smiling, and nodding	Pulling Away
Partner very intoxicated, slurring words after drinking and saying, "yes, let's do it"	Reciprocating your actions (taking off own clothes)
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Silence	Uninvolved body language, just lying there



THANK
YOU

Check out the World Association of Sexual Health's website for more sexual health info!

Don't forget about World Sexual Health Day 2023's website too!

