

CONSENT IS...

A TOOLKIT



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ABOUT THIS TOOLKIT

This toolkit was created through a partnership between youth and subject matter experts from the fields of education, public health, sexual violence prevention, domestic violence prevention, and youth development. It was supported by the Rape Prevention and Education grant and in-kind support from state and local partners. Over the course of 2017, a team of nine youth and thirteen subject matter experts convened monthly via conference call to develop this toolkit.

The Centers for Disease Control and Prevention [defines consent](#) as: “Words or overt actions by a person who is legally or functionally competent to give informed approval, indicating a freely given agreement to have sexual intercourse or sexual contact.” In this toolkit, consent is looked at more broadly, recognizing that preventing sexual violence starts with teaching youth active communication skills, empathy, and how to set and respect boundaries. No matter the activity, only yes means yes.

While there are many resources on consent, it can be hard to find the best among them and plan how to use them. This toolkit is designed to address that need. It provides a menu of options for starting or deepening a conversation about consent, including videos, lesson plans, images, web pages, and more. All resources are FREE and vetted by the team of youth and experts.

Resources are listed by age group, with a summary of the resource and ideas for how to use it. *Please note that the age groups are approximate, and many resources can be adapted to other age groups.* We encourage you to review resources for adjacent age groups when determining what is appropriate for your audience and objectives. Every community – and every young person – is different.

This toolkit could be used to:

- Include new resources in sexual violence prevention education
- Supplement school health curricula
- Assist with planning a consent campaign

This toolkit can also be shared directly with community partners, youth-serving organizations, parents, medical providers, and others to begin a conversation and provide resources.

If these resources do not meet your needs, some additional curricula and videos are available for free from the WCASA resource library. To access, please contact wcasa@wcasa.org.

ABOUT THE TEAM

The team was a statewide collective of youth and adult partners who are passionate about eliminating sexual violence. They met monthly to work on a campaign about consent and design this toolkit.

The following organizations were represented on the team:

Rape Crisis Center

GameChangers Youth Advisory Board

Eau Claire City-County Health Department

End Domestic Abuse Wisconsin

Wisconsin Alliance for Women's Health

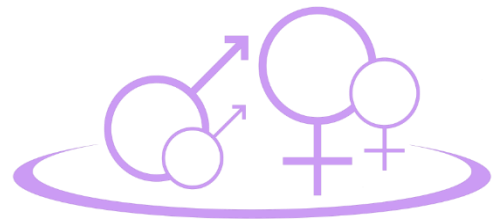
PATCH Advocacy Fellowship

Wisconsin Coalition Against Sexual Assault

Wisconsin Department of Public Instruction

Wise Women Gathering Place

Wise Youth



The resources listed in this toolkit do not necessarily represent the views of the above organizations. They are intended for educational use as appropriate to community needs.

RESOURCES FOR ALL AGES

8 Ways to Hear a No Gracefully

Asking for What You Want with Marcia B

[Blog Post](#) and [Image](#)

Summary: This image, which originates from a blog post, lists ways to hear and accept a no gracefully in any context, including personally and professionally. Learning how to set and accept boundaries can help people of all ages have healthier relationships.

How to Use: Use the phrases in this resource to practice saying no and hearing no through role play. Ask youth to make up their own ways to hear no gracefully. You can put their ideas into a visual, using free online resources like Canva and Piktochart for the design.

Consent is...

[Flier \(see appendix\)](#)

Summary: This is an activity where young people fill in a “Consent is...” word bubble to define healthy consent for themselves.

How to Use: This can be used in a classroom to help facilitate discussion around consent to promote autonomy and empowerment. Can also be used for a campaign around consent where youth create and post “Consent is...” word bubbles both in an actual space or online. See appendix for word bubble templates.

Talking About Consent and Healthy Relationships at Every Age Planned Parenthood

[Handout](#)

Summary: This one-page handout offers specific examples of things to say to children about consent and healthy relationships at each stage of development.

How to Use: Offer this handout to parents, caregivers, and teachers who are struggling to know where to begin in teaching kids about these subjects in age-appropriate ways.

RESOURCES FOR CHILDREN

Consent for Kids

Blue Seat Studios

[Video](#)

Summary: This 3-minute video explains consent in simple, applicable, and non-sexual terms that children of all ages can understand.

How to use: This video is a great way to introduce the topic of consent to young kids. Follow up with a discussion about when to ask for consent, or role play how to ask for consent for various activities and how to respect “no.”

How to Teach Consent to Kids in 5 Simple Steps

Everyday Feminism

[Article](#)

Summary: This article outlines 5 ways to teach kids consent, even without discussing sex.

How to use: Get ideas for general consent “rules” that children can understand and weave them into your lessons to help make consent easy to grasp. Reflect on how you teach and model consent to the kids in your life. This article is also great to share with parents/guardians/caregivers.

NO means NO and YES means YES!!!

Queer Kid Stuff

[Video](#)

Summary: This LGBTQ-inclusive YouTuber made a simple 4-minute video about consent. The video emphasizes that you should always ask before proceeding, no always means no, and silence does not mean yes. It ends with a cute song about consent.

How to use: This video can easily introduce the topic of consent with young kids. Follow-up with discussion about when it is hard to tell if someone is consenting, practice asking for consent to borrow a toy or play a game, and practice responding (with “yes” or “no”).

RESOURCES FOR PRE-TEENS & UP

2 Minutes Will Change the Way You Think About Consent

Campus Clarity

[Video](#)

Summary: This somewhat humorous short video teaches the concept of consent through an approachable series of non-sexual scenarios where one young person attempts to borrow other people's cell phones.

How to Use: Show this video to youth and follow up with a discussion about what aspects of consent they saw in the video, and how they could apply those rules to other scenarios where they should get consent.

Consent Explained

AMAZE.org

[Video](#)

Summary: This less than two-minute video uses animation to explain consent. Sexual consent and drugs and alcohol are specifically mentioned, but the consent examples used are choosing a movie and playing sports.

How to Use: Use this video to start a conversation or accompany a lesson on consent with pre-teens. Follow up with a discussion about how to get consent in various scenarios, or role play asking for consent and how to respect "no."

Tea Consent

Blue Seat Studios

[Video](#)

Summary: Produced by the same studios as Consent for Kids, this two-minute animated video compares asking for consent to having tea.

How to use: Follow up with a discussion about consent myths from the video, emphasizing when individuals are not capable of giving consent and when they are not, and why enthusiasm is an important aspect of consent. Accessible for middle school through college students.

FRIES

Planned Parenthood

[Image / Tumblr Post](#)

Summary: The FRIES acronym makes the definition of consent easy to understand and remember.

How to Use: Use FRIES to explain consent to youth clearly and simply. This resource can be used across age ranges. Provide scenarios and have students discuss in groups if each part of this definition is present.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood®

My Sexual Health: My Future (Middle School, Lesson 10)

Health Care Education and Training

[Lesson Plan](#)

Summary: This 25-minute activity is part of a middle school classroom lesson that introduces consent in everyday situations. An interactive activity gets everyone involved and shows how examples of consent and lack of consent feel and look.

How to Use: This activity gets people moving and can be used with middle school or older. It is relatable and can be used to kick off a discussion on consent.

RESOURCES FOR TEENS & UP

Autocorrect

It's On Us

[Video](#)

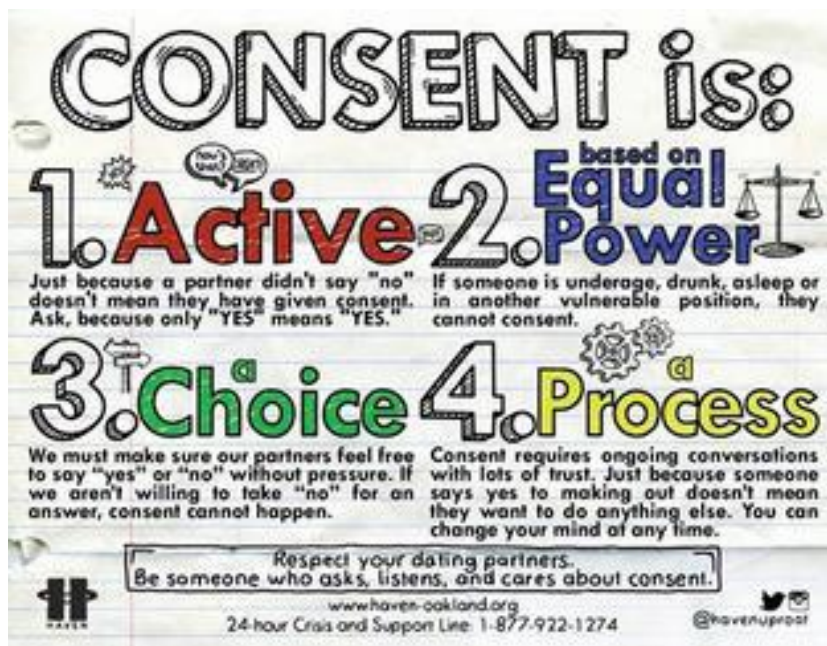
Summary: This 30 second PSA depicts how people reinforce rape culture in their everyday lives and “autocorrects” text messages to point out nonconsensual behavior.

How to use: This is a great resource for discussion surrounding intervention and peer education for high school and college students. Follow up with a bystander intervention activity where students practice intervening on language like that depicted in the video.

Consent is Active, Based on Equal Power, A Choice, A Process

Haven UpRoot

[Image \(see below\)](#)



Summary: A helpful picture from Haven, a sexual assault and domestic violence service provider in Michigan, which accurately and completely describes four parts to define consent.

How to Use: Hand out or display this graphic to facilitate conversations about consent. Provide scenarios and have students discuss in groups if each part of this definition is present.

Consent is Sexy

Scarleteen

[Webpage](#)

Summary: Scarleteen is a medically accurate, age-appropriate resource on sexual health, written in teen-friendly language. This particular page explains consent, why it is important, ways to ask for consent, and examples of verbal and nonverbal cues.

How to Use: Many teens have questions about healthy sexuality that they are afraid to ask their friends, let alone their parents or teachers. Share Scarleteen with the young people in your life, as it can be a more comfortable way for them to find the right answers. You can also use this website to get new ideas about ways to communicate sexual health information to teens.

It's All One Curriculum

Population Council

[Lesson Plans](#)

Summary: This curriculum represents a unified approach to sexuality, gender, HIV, and human rights education. Lessons 24, 25, and 38 explicitly deal with consent, boundaries, and communication.

How to use: Use and adapt these activities for teenagers, in a classroom setting or group outside of school. The webpage linked above also contains guidelines for effective teaching strategies.

My Sexual Health My Future: High School Lesson 3

Health Care Education and Training

[Lesson Plan](#)

Summary: Using the Tea Consent video as the starter, this lesson fits in a classroom time slot and combines brainstorming, the video, "I" statement practice, and an assessment/homework assignment. The focus is on clear communication, and the lesson uses relationship scenarios that are not sexual.

How to Use: This lesson could be used in a high school classroom or group outside of school.

What If We Treated All Consent Like Society Treats Sexual Consent?

Everyday Feminism

[Comic](#)

Summary: These comic strips illustrate different everyday, non-sexual scenarios in which consent is not present, with responses that are often heard in a sexual context. All the scenes depict how important consent is and how crazy it sounds not to have consent first.

How to Use: This isn't a standalone lesson, but a way to enhance the conversation. Ask students to rewrite the end of the strips to show what it looks like to respect boundaries.

RESOURCES FOR YOUNG ADULTS

Consent 101 / All About Consent

Planned Parenthood

[Videos](#) and [Lesson Plan](#)

Summary: This video series defines consent and shows young adults how to apply it to real-life sexual contexts. Examples include scenarios when it is clear their partner wants to engage in sexual activity, when it is clear their partner does *not* want to engage, and what to do when it isn't clear at all.

How to Use: These videos are accompanied by a [lesson plan](#), and can be a conversation starter on their own. Young people can learn more on [this webpage](#).

Let's Talk About Consent

#NYU

[Video](#)

Summary: Produced by and for NYU students, this four-minute video breaks down misconceptions about sexual consent, clarifies why it is necessary, and how to give/receive it.

How to Use: This video is easily accompanied by a discussion of sexual violence to fill in information that the video does not cover. Follow up with a role play activity where students practice asking for consent and respecting "no."

APPENDIX



Consent is...

Consent Is...

The ***National Sexual Assault Hotline*** will connect you with a trained staff member from a sexual assault service provider in your area. Calling this number will give you access to these **free** and **confidential** services: help finding a local resources like facilities that perform sexual assault forensic exams, resources for long term support, information on laws in your community, basic information about medical concerns, and someone to help you talk through what happened. Call 800.656.HOPE (4673).

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