



U Choose to Know

January 2018

Consent

The media these days has plenty of bad examples of consent, from politicians to movie stars, but rarely do young people get to see good examples of what consent looks like. Consent is an important topic for kids of all ages. We start by teaching young children about basic personal and physical boundaries, but by the time the teen years roll around, they need detailed information about consent in terms of relationships and sexuality.

For this reason, consent is an important concept to incorporate into your sex ed class. But how do we do that well? Below, you'll find several resources to help you brush up on your own knowledge regarding consent, as well as some handouts, tools, and resources you can use in class.

Tips for Teaching Consent (Schroeder, 2015):

- Directly connect lessons about friendship to romantic and sexual relationships. Consent is something that applies to all kinds of healthy relationships.
- Be sure to reinforce that consent applies to all genders and sexual orientations, while not losing focus of the role that gender stereotypes can play in a sexual interaction. For example, "When girls say no, they really mean yes" is a commonly heard gender stereotype often used to excuse non-consensual behavior. Norms like these need to be discussed and challenged in order to help young people have the knowledge and skills to consent to sex or not consent.
- Integrate consent throughout all lessons, rather than teaching it as a stand-alone subject. Addressing power and control, the issues at the heart of consent, and using the word consent repeatedly to describe this dynamic will help to make consent part of young people's daily conversations.



Need some ideas for a lesson on consent?

Fear not!

Advocates for Youth has some great lessons available for free online. There are two that cover different age groups, so you can pick the one that most closely matches your students' needs.

6TH GRADE

11TH GRADE

- Give skills for saying “yes” and “no”. We are in the business of teaching healthy relationship. Part of a healthy relationship is not just being able to say “no” to situations, but also knowing when they would like to consent to something and having the words to do so clearly.
- Don’t forget digital. With teens exploring sexuality so much through phones and other technology, it is important to remember to also discuss these kinds of behaviors when discussing consent.

Below are some of our favorite resources on consent:

www.teachconsent.org has a great video and discussion guide that teachers can use to spark a conversation about consent with students. This website also has a section that parents may find useful.

sexedrescue.com/2016/teaching-consent-to-kids has lots of basic information about teaching consent for teachers as well as parents, and breaks down consent in terms of what is appropriate for different age groups. There are several great, short videos as well.

www.loveisrespect.org is a fabulous website with information not just on consent but on healthy relationships. If you ever get stuck on a question about consent, this website can surely help you form an answer.

www.actforyouth.net/resources/pm/pm_consent_1015.pdf is a wonderful resource by Dr. Elizabeth Schroeder on teaching consent.

Resources

Schroeder, E. (2015, October). Practice matters. Teaching young people about consent. Retrieved from www.actforyouth.net/resources/pm/pm_consent_1015.pdf



For more information, visit uchoosebaltimore.com.

And finally, here are some sample handouts and other tools you may find useful:

A **handout** which frames consent around teen sexual assault.

A smorgasbord of great materials designed by Love is Respect. **This site** contains lots of great tools regarding consent and abuse, as well as other sexual health topics.

A very small **handout** on setting boundaries in relationships, which includes ways for students to contact peer advocates who work with Love is Respect.

