

# Giving and Getting Consent



ELEVATUS TRAINING  
LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

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## Learning Objectives

Define consent

Explore how to give and get consent

saying no, accepting a no

Examine how to manage our feelings  
when we don't get consent



# Group Agreements



Respect Differences of Opinion

Don't yuck my yum

Confidentiality unless.....

All questions are important- there is no such thing as a stupid question

Take care of yourself



# Thumbs Up, Thumbs Down



If you like what I am mentioning put your thumbs up

If you don't like what I am mentioning put your thumbs down

# Trigger Warning



Today we are going to be talking about consent.

If anyone has experienced sexual assault, rape, or other sexually non-consensual activities, or has family or friends that have gone through this experience, this might be an emotional topic for you.

If you get upset please take a break if needed.

# Consent

What is consent?

## Examples of Coercion (Opposite of Consent)

These are some examples of what is **not** OK to say or do to get someone to do something or to have sex with you:

Lies	Saying I love you when you don't really mean it.
Threats	Saying "if you don't have sex with me, I'll find someone who will."
Constant Pressure	Saying "come on, please, just this time; it'll be OK."
Blackmail	Saying "if you don't have sex with me I will tell everyone you are a real jerk."
Intimidation	Saying "you're such a baby, when are you going to grow up?"
Bribes	Saying "I lent you my CDs, so now you owe me. You have to kiss me for 10 minutes."
Force	Forcing the person to have sex. Physical force to have sex is called rape, and that is illegal.

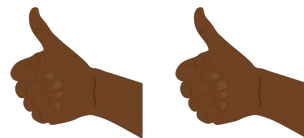
## What is Consent?

Consent is a freely chosen yes.

Freely chosen means getting a "yes" without any of the coercive examples we just discussed.

Two questions have to be asked in order to decide if it is true consent or not:

1. Did the person say "yes?"
2. Was it freely chosen?



If the answer to BOTH questions is "YES," that is consent.

# Consent Stories

We are going to read examples and you all will have to decide if this is consent or not.

If the example **IS consent**, I want to know why you think that.

If the example is **NOT consent**, I want to know why you think that.

## Consent Story #1

You are going out for pizza with a friend.

When it comes time to order you ask your friend, "Do you want pepperoni on that?"

Your friend says "Sure, sounds good."

Group Discussion Question:

Is this consent?

Why or Why Not?

### Two Questions to Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means not based on:

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

## Consent Story #2

Your friend asks you if they can borrow \$50. You say, “no, sorry, I don’t have the money to lend it to you.” Your friend says, “Come on, I lend you money sometimes. If you don’t, I won’t ever lend you money again.”

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**

1. Did the person say “yes”?
2. Was it freely chosen?

**Freely chosen means not based on:**

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

## Consent Story #3

One person asks the other if they want to have sexual intercourse.

The other person says “yes.”

They have sex and enjoy it.

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**

1. Did the person say “yes”?
2. Was it freely chosen?

**Freely chosen means not based on:**

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

# Consent Story #4

One partner says, "Let's have sex?"

The other says, "No, I want to talk first."

The first partner says, "If you don't, I'll tell everyone you did anyway."

The other partner agrees, but feels kind of yucky about it.

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

# Consent Story #5

One person sees a person on the street and thinks they are very sexy.

They go up to them and touch their breasts.

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

# Consent Story #6

You are with a sweetheart and you are kissing.

You want more touch, so you go to move your hand down to their genitals (sexual parts).

They stop your hand and push it away.

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say “yes”?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

# Consent Story #7

One person starts kissing their partner, their partner kisses back and starts taking of their clothes.

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say “yes”?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force



# Consent Story #8

Jim says, "Let's go to the movies"

Amanda says, "I don't really feel like it."

Jim says, "Come on, please, please, please, I really want to."

Amanda says "I don't really feel like it."

Jim says, "Please, come on, come on, I really want to do it now."

Amanda says "yes" and feels OK about it.

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

# Consent Story #9

One person says to the other person "I love you and I want to have sex with you."

But the person really does not love the other person, they just wants to have sex.

The other person says "OK".

Group Discussion Question:

Is this consent?

Why or Why Not?

## Two Questions to

### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

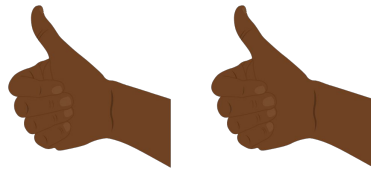
### Freely chosen means

#### not based on:

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

# Consent Review

Did the person say "yes"?		If "yes", was it freely chosen?		
YES	+	YES	=	Consent
YES	+	NO	=	Not Consent
NO	+			Not Consent



Remember...  
It's YOUR BODY  
and you get to  
decide what is  
right for you!



# Learning to Say “No”

An important skill in communication is being able to say “no”.

Let’s practice role playing these situations.

I am going to ask you a question and you are going to respond by saying “no”.

Use assertive body language like look me in the eyes, sit tall.

Don’t offer any reasons or excuses - just say “no”.

# Saying “No” Role Play

Can you loan me five dollars?

Can you loan me your bike?

Will you have sex with my brother?

May I touch you? It will be our little secret.

# Saying “No” Role Play Debrief

Group Discussion Questions:

How does it feel when you say “no”?

What makes it hard to say “no”?

What should you do if you keep saying “no” and the person keeps asking you?

# Accepting A “No”

Another communication skill is learning to take “no” as an answer.

You can be assertive in asking for what you want, and still the other person says “no.”

Group Discussion Questions:

Have you ever asked for something and gotten a “no” answer?

What did you ask for?

How did it feel?

# Two Steps for Accepting a “No”

**Step 1:** If you get a “no”, ask for a second choice.

Offer another activity

Offer another day

**Step 2:** If you get another “no” when you ask again, accept it gracefully.

Group Discussion Question:

What do I mean by gracefully?

# Accepting a “No”: Group Example

You ask your friend for a ride to buy a pair of running shoes.

They say “no.”

You should then ask for another option.

Group Discussion Question:

What could that option be?

They say “no” again.

You accept it gracefully.

Group Discussion Question:

What do you say to accept gracefully?



# Accepting A “No”: Individual Practice

Can I have a volunteer to  
practice accepting a “no?”

Ask me to borrow 20 dollars.

Another option?

Accept it gracefully



# Accepting A “No”: Individual Practice

Can I have a new volunteer to  
practice accepting a “no”?

I am your boss and you say to me,  
“I’d like a \$2.00 an hour raise.”



# Accepting A “No”: Individual Practice

Can I have a new volunteer to practice accepting a “no?”

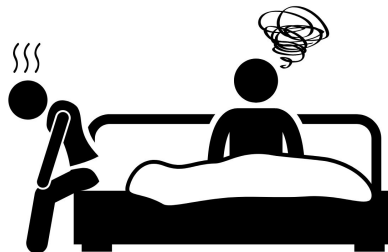


You like me and want to ask me out.  
You say, “Will you go to the movies with me?”

# Accepting A “No”: Individual Practice

Can I have a new volunteer to practice accepting a “no”?

I am your partner and you ask me to have sex.



# Feelings About Getting a “No”

It is OK to be angry or disappointed to be told “no.”

It is not OK to hit the other person, yell at them, or threaten them because they said “no.”

Remember, you can feel however you want, but you cannot act however you want.

Group Discussion Question:

What can you do if you get that angry?

# Classic Consent Video





# Different Communication Styles

Speaking Up



Shy



Bossy



## Communication Story #1

You order french fries with your hamburger.

The server brings you onion rings instead.

You tell the server that you asked for french fries, not onion rings.

What communication style is this?

Shy?

Bossy?

Speaking up?



## Communication Story #2

Your friend forgets to meet you for dinner.

This is the third time in two weeks.

You tell him that you are upset and yell at him and tell him you don't want to be his friend any more. You hang up the phone!

Shy?

Bossy?

Speaking up?



## Communication Story #3

You feel like you are being scheduled for too many weekend shifts at work but instead of complaining to your co-workers, you talk to the manager.

Shy?

Bossy?

Speaking up?



## Communication Story #4

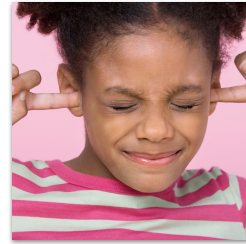
John has been listening to music at work and Mary finds it distracting.

Mary says, "It is hard for me to work with the music on. Can you wear your headset?"

Shy?

Bossy?

Speaking up?



## Communication Story #5

Brian and Dan need a ride to the movies.

They don't really like Josh but they know he has a car.

They call him up and ask him for a ride even though they don't really want him to go with them.

They just need a ride.

Shy?

Bossy?

Speaking up?



# Communication Story #6

Jessica hates her electric razor. It doesn't work well and hurts.

She ask her guardian to get her a disposable razor.

He gives her no reason, but tells her "no".

Jessica says nothing back, just accepts his answer.

Shy?

Bossy?

Speaking up?



## Activity Two: Practice Speaking Up

Speaking Up	Shy	Bossy
How did you learn to speak up?	What makes it hard to speak up for yourself?	What makes it hard to speak up in a way that people will be willing to support you?
What advice do you have for others on ways to get better at this?		

Raise your hand when I ask you which style do you mostly use?

### Debrief Questions:

Why do you think you use this style of communication?

Have you used others?

How did that go?

# Let's Practice Speaking Up!

Two volunteers to role play the scenario.

This is a chance for one partner to practice being assertive and speaking up. Choose who that person will be now.

## Role Play

You order french fries with your hamburger.

The server brings you onion rings instead.

You tell the server that you asked for french fries, not onion rings.



# Role Play Debrief

How did it go?

Were you able to speak up?

If yes, how come you were able to?

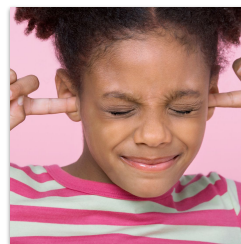
If no, how come you weren't able to?

We are going to role play one more story. Switch roles. This time the other person in your group will practice speaking up and being assertive.

# Role Play

John has been listening to music at work and Mary finds it distracting.

Mary says, "It is hard for me to work with the music on. Can you wear your headset?"



# Second Role Play Debrief

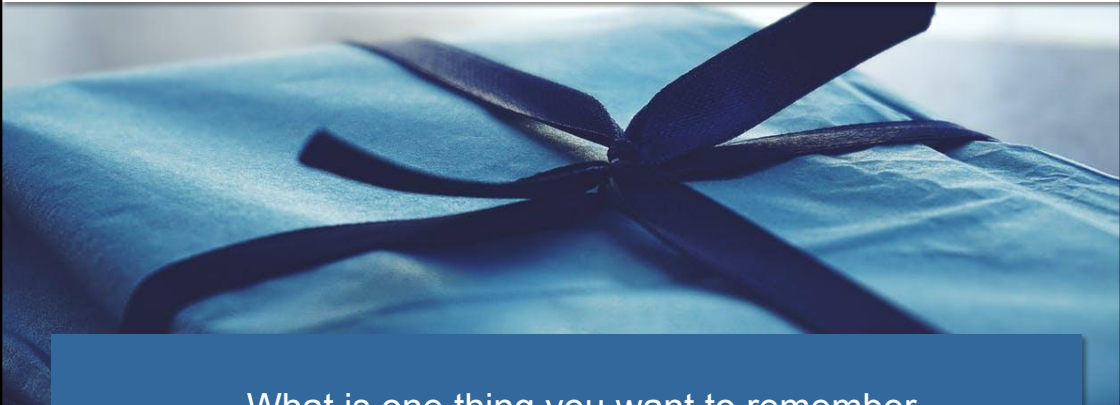
How did it go?

Were you able to speak up?

If yes, how come you were able to?

If no, how come you weren't able to?

## Wrap-up



What is one thing you want to remember  
about giving and getting consent?