

## Session overview

This session builds on the targeted session **Self blame**, offering a more focused look at the issue of consent not just in regards to sex but in other life experiences. It will explore the issue of consent for young people and support the development of their thinking, empowering them to find ways to do only what they feel comfortable with.

## Information for practitioner



You do not have to have used the Self blame session to use this one but it may be helpful for you to have read through it.



**You must make it clear that they will not be expecting them to share any personal experiences or information. However, it is important to be aware that they may choose to share their own experience which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.**



Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any potential impact this might have. The young person may not feel comfortable to take control of the session and stop if they need to. **Practitioner must be aware and be prepared to take a time out or stop totally before any distress is caused.** Utilise the looking after yourself exercises to support the young person if the session is stopped.

## Pre-session action

Select a *"Looking after yourself"* exercise in advance for the close of the session.

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## Session

Check in with the young person as to how they are since your last session together. Any thoughts or feelings that you may need to reflect on and address before you begin this session.

Inform the young person what we are going to do in this session, sharing the overview.

### Activity

- **When might we come across consent?**



Practitioners are to partake in this exercise giving their own examples.

Examples here might include consent for school trips, consent to giving your personal information on apps, borrowing something from a friend, asking if you can give someone a hug, consent to medical treatment, to agree to meet someone/service, taking a photo, accepting cookies on websites, image sharing, breaking a confidence.

### Resources needed for this session

- Scenario cards
- Persuader and response cards

Consent is also a legal term that relates to sex. The minimum age in the England and Wales to consent to have sex with someone is 16 years old, includes LGBTQ+. As well as being 16 a person must have the 'choice, freedom, and capacity' to consent. This means that it is their choice to want to do something they weren't forced or coerced into it, and they were fully conscious, and understood what they were agreeing to.

- **How might asking for or giving permission/consent be done without using words?**

Examples might include putting your arm out to the nurse giving you an injection, jumping up and posing ready for the photo to be taken, relaxing and enjoying yourself, nodding, smiling for the camera, joining in.

- **What might we see if permission/consent isn't given?**

Examples might include freezing, having to be pushed along to join in/pose for the picture, feeling uncomfortable and being able to see that in your body, not being enthusiastic, not being able to look at the person, silence, withdrawn, grumpy.



### Reflection of discussion

Consent means you agree or give permission – verbally or in other ways – when you are fully aware of what you are agreeing to.



Scenario cards

### Activity

Using the scenarios young person and practitioner to choose persuader phrases that they might hear. Select and discuss possible responses from the cards that they might be able to use in each situation.



Give the young person the opportunity to add their own thoughts for how they might respond.



Be aware that they may also add phrases that might be heard from a persuader perspective.



Persuader and response cards

By the end of this exercise the aim is for the young person to have more options on how they might respond and more awareness around giving and asking for consent to a wide variety of situations.

Practitioner to be aware that as you discuss scenarios and phrases it might be useful to consider some of the following questions, exploring and opening up discussion from the responses the young person gives.

- **What if you do whatever is asked of you but you don't feel comfortable?**
- **How does it feel to be able to say what you want?**
- **How does it feel to be able to say what you don't want?**
- **How does it feel when a persuader hears your response but ignores it and continues until they wear you down?**
- **How does it feel when a persuader hears your response and accepts it?**



### **Reflection**

There are times when we believe we have consented, but we haven't really had the freedom to make a choice that is best for us, or the one that makes us feel comfortable and happy. Sometimes we are coerced, forced or even threatened (whether physical threat of harm or non-physical threats like sharing images with others) for example, 'giving in when continually asked for an image'. Influencing decisions by pressure or fear or force isn't consent. Even if we then do it, we haven't actually given true consent. It is important to know that we can give ourselves permission to be firm when expressing what we want or don't want.



### **Looking after yourself exercise to close**

**SCENARIO**

Image sharing

**SCENARIO**

Offered a vape

**SCENARIO**

Creating AI/Deep fake

**SCENARIO**

**SCENARIO**

**SCENARIO**

**SCENARIO**

**SCENARIO**

**SCENARIO**

**PERSUADER  
PHRASES**

**You owe me**

**PERSUADER  
PHRASES**

**You've done  
it before**

**PERSUADER  
PHRASES**

**It'll be funny**

**PERSUADER  
PHRASES**

**You would if  
you love me**

**PERSUADER  
PHRASES**

**Go on, you  
know I like it**

**PERSUADER  
PHRASES**

**Everyone is  
doing it**

**PERSUADER  
PHRASES**

**It's no big deal**

**PERSUADER  
PHRASES**

**It's normal**

**PERSUADER  
PHRASES**

**Why not  
though?**

**PERSUADER  
PHRASES**

**Don't be  
a loser**

**PERSUADER  
PHRASES**

**Don't you  
love me?**

**PERSUADER  
PHRASES**

**If you don't I'll  
share it on**

**PERSUADER  
PHRASES**

**Just this once**

**PERSUADER  
PHRASES**

**It's special  
for us**

**PERSUADER  
PHRASES**

**I did it  
for you**

**PERSUADER  
PHRASES**

I'll ask someone  
else who will

**PERSUADER  
PHRASES**

What's the  
problem?

**PERSUADER  
PHRASES**

It would be  
really cool

**PERSUADER  
PHRASES**

Do something  
for me

**PERSUADER  
PHRASES**

You'll enjoy it

**PERSUADER  
PHRASES**

You might  
as well

**PERSUADER  
PHRASES**

If you want to be  
with me, you need to

**PERSUADER  
PHRASES**

Then I'll know  
you really care

**PERSUADER  
PHRASES**

I'm not  
asking much

**PERSUADER  
PHRASES**

I'm only asking  
because I love  
you so much

**PERSUADER  
PHRASES**

No one will  
find out

**PERSUADER  
PHRASES**

**PERSUADER  
PHRASES**

**PERSUADER  
PHRASES**

**PERSUADER  
PHRASES**

Unfriend  
them online



Switch off /  
shut down



I don't  
want to



I'm doing  
homework tonight



Sending GIF  
as a response



Expressing how  
you feel



I've got to go,  
got swimming



It's dinner,  
got to go



I look awful,  
no chance!



That feels  
uncomfortable



I don't think  
that's fair



That was  
last time!



Sending  
emoji



I don't  
know you



Don't  
rush me



I don't mess with people like that



Repeating the same message



Nah, I'm not into that



OMG I'm so tired



I'm shy



If you loved me you wouldn't make me



Parents check my phone



Photos go into an app on my parents' phone so I can't



You're too old!



Stop!



I'm not comfortable with that



Why would you ask / keep asking me to do something I'm not comfortable with?



I need time to think about it



If it's no big deal then it's no big deal if I don't



Sorry, no





Got to log off now



I'll tell you if I want to do it – but not if you keep going on about it



No thanks



Not my style



That's not a fair thing to ask



I don't feel the need to



Nah, you're alright



Short replies – not getting into dialogue about it which creates conversation and connection



RESPONSES

RESPONSES

RESPONSES

RESPONSES

RESPONSES

RESPONSES

RESPONSES