

Targeted session: TACSA – Giving and receiving permission (consent)

Session overview

This session will explore the issue of young people giving and receiving permission and empowering them to find ways to do only what they feel comfortable with.

Information for practitioner



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.

This session gives a broad overview of permission/consent. For a more detailed look at consent, including references to sexual activity, it may be appropriate to assess the suitability of the 13-16 year old session on consent for the child or young person.



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.

Session

Check in with the young person as to how they are since your last session together. Are there 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 - discussion

- **When might we need to give, or need to get permission?**



Practitioners are to partake in this exercise giving their own examples

Examples here might include permission for school trips, asking if a friend can come over to your house, permission for your personal information on apps, borrowing something from a friend, asking if you can give someone a hug, taking a photo of someone, accepting cookies on websites, sharing a picture.

Resources needed for this session

- What you might hear and say / do cards
- Scenario cards

- **Can you think of any times when we give permission to something without using words?**

Putting your arm out to the nurse giving you an injection, jumping up and posing ready for the photo to be taken, feeling relaxed and enjoying yourself, nodding, smiling for the camera, wanting to join in.

- **How do we know if someone isn't giving their permission whether that's with or without words?**

Having to be pushed along to join in/pose for the picture, changing the subject, feeling uncomfortable and being able to see that in your body, not being excited or happy to join in, not being able to look at the person, going quiet, grumpy, leaving.



Reflection of discussion

When you agree or give permission – verbally or in other ways – and when you are fully aware of what you are agreeing to this is called consent.

Activity

Using the “what you might hear” cards, the young person and practitioner look at things that might be said to someone to try and get them to do something.

Then, using the “what might you say” cards, think about the different ways someone might respond so they don't have to do what the other person wants.



What you might hear and say /do cards

- ✓ Give the young person the opportunity to add their own thoughts for how they might respond. Be aware that they may also add phrases to the “what you might hear” cards.



Scenario cards

- ✓ Use the scenario cards to consider and discuss situations that young people may face, encouraging them to add their own scenarios.
- ✓ 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 say what you don't want?**
- **How does it feel when you are ignored and they keep asking you to do something?**



Reflection on session:

There are times when we believe we have given permission, but we haven't really done what we wanted or what makes us feel comfortable and happy. Sometimes we feel like we are being made to do something we didn't want to, like there was no choice because we are told something bad might happen if we don't. When this happens, we are not giving real permission.

It is important to know that we are allowed to be firm when expressing what we want or don't want.



Looking after yourself exercise to close

SCENARIO

Being asked to share
a picture

SCENARIO

To dress up for
someone online

SCENARIO

To show their body

SCENARIO

Being told to lie

SCENARIO

SCENARIO

SCENARIO

SCENARIO

SCENARIO



No one will find out



You've done it before



It'll be funny



If you don't I'll tell everybody



It would be really cool



Everyone is doing it



It's no big deal



It's normal



Why not?



It's special for us



I did it for you



I'll ask someone else who will



Just this once



If you want to be my friend, you need to



WHAT
YOU MIGHT
HEAR

WHAT
YOU MIGHT
HEAR

WHAT
YOU MIGHT
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WHAT
YOU MIGHT
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Unfriend them online

WHAT YOU
MIGHT SAY
OR DO

Switch off / shut down

WHAT YOU
MIGHT SAY
OR DO

I don't want to

WHAT YOU
MIGHT SAY
OR DO

Tell a trusted adult

WHAT YOU
MIGHT SAY
OR DO

Sending emoji/GIF

WHAT YOU
MIGHT SAY
OR DO

Saying how you feel

WHAT YOU
MIGHT SAY
OR DO

I've got to go

WHAT YOU
MIGHT SAY
OR DO

No thanks

WHAT YOU
MIGHT SAY
OR DO

Parents check my
phone

WHAT YOU
MIGHT SAY
OR DO

I'm not doing that

WHAT YOU
MIGHT SAY
OR DO

I don't know you

WHAT YOU
MIGHT SAY
OR DO

I already told you no

WHAT YOU
MIGHT SAY
OR DO

Changing the
subject

WHAT YOU
MIGHT SAY
OR DO

Don't rush me

WHAT YOU
MIGHT SAY
OR DO

WHAT YOU
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