

**3.**

**CONSENT**

## SOURCES

### Manuals:

*The Expert Respect Healthy Relationships Toolkit*

*Why and how to go about the topic of gender-based violence in the high school curriculum*

### Video:

*TEDx TALKS: Coercion, Consent and Sexual Violence | Dr. Felicia Kimbrough*

*Consent, as simple as a cup of tea!*

*It's Your Place: A Bystander Intervention*

### Popular TV series:

*Unbelievable*

*13 Reasons Why*

### Websites:

<http://www.teachconsent.org/>

<http://teentalk.ca/>

### Manual:

*The Expert Respect Healthy Relationships Toolkit*

Activities on page 108

Consent can be discussed in classes of Civic Education, Sociology, but also in English classes, since the text of the manual is in English - the activity can be part of a conversation practice class.

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## **Incentive to talk: short videos ABOUT CONSENT**

*TEDx TALKS: Coercion, Consent and Sexual Violence | Dr. Felicia Kimbrough*

**In this video, an expert associate in high schools talks about her experience in working with young people and points out the shortcomings of the education system, which often does not deal with the prevention of sexual violence in an adequate way. She especially emphasizes the issue of consent / consensus, i.e., coercion in sexual relations. The video can serve as a topic for discussion about the extent to which young people are familiar with the concept of consent, whether they fully understand it, what it all means for them, and so on. It is also pointed out and important to mention that agreeing to sexual intercourse, while neglecting our needs and boundaries is not a healthy or good way to express our emotions towards the other party, which is often manipulated with.**

## CONSENT, AS SIMPLE AS A CUP OF TEA!

[Link](#)

If it is (still) unclear to someone why it is important to get consent for every sexual activity, this short video about what consent means when you offer tea to someone can help and clarify doubts. Talk to young people about how they understand the comparison between making and offering tea with sexual activities; what is consent in sexual relations; why it is important to have a conscious, freely given consent for each relationship, as well as the possibility to withdraw the consent, when you change your mind.

*It's Your Place: A Bystander Intervention*

This video shows the sexual abuse and possible actions of “observers” (“witnesses”) of such acts, inviting them to get involved and showing how this can be done. The article was created as part of a college campaign. Talk to young people about whether our schools and colleges should have similar informative contributions.

## Incentive for talk: POPULAR TV SERIES

As TV series are one of the most popular formats for young people at the moment, use them as an incentive to talk about sexual violence, consent, rape, revenge porn and other similar problems that modern teenagers face.

As an example, two American series are available on the Netflix platform, which, among other things, deal with the mentioned topics in an accessible way for young people ‘Unbelievable’ and ‘13 Reasons Why’, but it is good to encourage students to share other premieres TV series, movies, and other entertainment formats that deal with these topics and to talk about them with their teachers and friends.

**Note:** *Students should be warned that the mentioned TV series contain scenes of sensitive content which for some of them can be shocking or traumatic.*

## Workshop: LET'S PLAY A GAME TO PRACTICE CONSENT

Use the workshop (*game*) available at the website <http://teentalk.ca/>

## Regular classes: ENGLISH LANGUAGE TEACHING UNIT

This teaching unit may be used as a follow-up for the previous workshop.

In the English language class, according to the regular curriculum, the teaching unit deals with the questions, with the help of guidelines given in the manual *Why and how to go about the topic of gender based violence in the high school curriculum*, to encourage students to ask their partners if they something is pleasant, if something is uncomfortable for them, how they feel about something...

## TRAUMA AND MENTAL HEALTH

Given that the experience of sexual and other types of gender-based violence, especially in adolescence, can have lasting consequences on mental health, share with the students' additional materials that can serve as guidelines and first aid when it comes to psychological support after surviving violence:

### Incentive for discussion: TRAUMA

Video

(Authors: The Zagreb Psychology Society)

What are traumatic events and how do we react to them? The experience of abuse and violence is also a traumatic experience. It can be helpful for students to understand how traumatic events affect our emotions, thoughts, physiological processes and behaviors and how we deal with them.

