

# Athletes As Leaders

## Session 7: Consent

### Make sure you have:

- Group agreements to refer to during "Warm Up" (only if needed)
- Technology to show YouTube video during "Work Out"
- Ball to throw during "Cool Down"

### Prepare ahead of time:

Research your state's laws related to sexual assault & consent, or save a website that you can use as a reference.

Know ahead of time the local resources in the school (such as names of the school counselors) and in the community (such as local domestic violence and/or sexual assault programs). Display them on dry erase board or poster, or have brochures, cards, etc. Consider displaying resources in locker rooms.

## Warm Up

### Introduce topic: (30 sec)

*Welcome! Last session we talked about healthy vs. unhealthy relationships and what everyone deserves in a relationship. Today we are going to talk about consent. Consent generally means "permission" or "agreement". We usually hear consent used to refer to sexual activity with a partner. It's really important for people to make sure their partner is consenting if they want to do any type of sexual activity. But consent also has a wider definition, and is important in lots of situations, not just sexual situations.*

### Give a sensitivity reminder: (30 sec)

*Today we will be talking about sensitive topics including sexual assault. Please take care of yourself in any way that you need. We are not going to ask anyone to share anything personal. You can reach out after the group if you need help, and please be there for someone else who may need help.*

### Introduce & show video: (4 min)

We are going to watch video about consent Teen Resource Center and Charles B. Wang Community Health Center in New York City. As you are watching, pay attention to the behaviors that you see that show good and bad examples of consent. Think about how these apply to lots of situations, including sexual activity.

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**"Consent PSA" (2:45)**  
<https://youtu.be/1UD515cZClw>

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**Discussion Questions: (5 min)**

- ① *In the video we saw some good and bad examples of consent. What do you think are some of the best ways to ask for consent in real life?*
- ① *In our society, we do not do a very good job of teaching people about consent. We also don't teach how to be respectful when someone says no or is not interested. What do you think are the best ways to teach people about consent and how to handle rejection?*

**Talking Points: (4 min)**

- » *This video was created to bring awareness about the difference between coercion and consent when it comes to sex. A person should always talk with their partner and ask them for consent to do anything sexual. Consent is important for lots of other situations too, like posting a picture online or sharing someone's personal information.*
- » *Even if two people are in a relationship, both people should be checking to make sure their partner is comfortable. People should always respect the answer and not pressure the other person to change their mind. A no is a no, and a yes is a yes. And of course, people should be able to change their mind at any point with no pressure.*
- » *Consent is good practice, but in some cases, it is also the law. For example, in Washington State, having sex with someone who did not give consent is rape. The law also says a person cannot have sexual contact with someone who is physically or mentally incapacitated (due to being drunk, on drugs, ill, asleep, or unconscious). Similarly, sexual contact is prohibited when there is a significant difference in power, like when there is a big age difference or a person is abusing a position of power.*
- » *Studies show that women & girls, LGBTQ folks, people with disabilities, and certain racial groups experience sexual assault at higher rates, which is related to oppression as we discussed in an earlier session. It's important to know that still anyone can be assaulted, including men and boys.*

**Facilitator Notes**

Give a few examples of your state laws

- » *In the case of a sexual assault, the responsibility is on the person who pursued sexual contact with a person who did not (or could not) consent. The person who did not “take no for an answer” is at fault. In other words, sexual assault is never the victim’s fault.*
- » **So here is a challenge for you...** *Think about how you can practice consent in your relationships—including with your friends and family and teammates. You could ask before giving a hug or posting a picture of them. Know that everyone deserves to be comfortable with what they share, and to not be pressured into doing something that they don’t want to do.*
- » **As student leaders and athletes,** *it is important for you to help create a culture where consent is expected and normal. It is also important to believe and support survivors of sexual assault. You can help spread these messages throughout your school and community.*

## Cool Down

### Team Talk: (6 min)

*Now it is time for you to lead the Team Talk! Let’s get in a circle and get ready to pass the ball. We are going to think of things that you can all do as student leaders & athletes. Hopefully these will be things everyone in the group can agree to do, when you are interacting with people on your team, at school, on social media, or in the community. We are hoping they will become the new team norms that will help you take action as leaders in the community.*

*This week we are going to describe what consent is and when it’s important to ask for consent. There are lots of right answers here, and I would love to hear from lots of people today!*

- ① *Consent is \_\_\_\_\_. Fill in the blank! This could be an adjective or a short definition. [Possible answers: permission, respectful, agreement, important, necessary].*
- ① *When is it important to ask for consent? [Possible answers: before borrowing someone’s stuff, taking or posting a picture of someone, being intimate, sharing private information, before going over to someone’s house, before having sex or doing any type of sexual activity].*
- ① *How can someone show respect to a partner who sets a boundary or says no? [Possible answers: stop and listen to them, say okay, don’t pressure them to change their mind, don’t make them feel guilty, ask their partner what they do feel comfortable with]*

*As a reminder, here are some of the resources we talked about last time:*

If you (or a friend) do not feel safe with a partner, or have experienced abuse or assault, here are some resources you can talk to:

1. Any trusted adult
2. School counselor
3. Local hotline for teens [list phone number or website]
4. Local sexual assault center [list phone number or website]
5. Local domestic violence center [list phone number or website]

[If time permits, you can ask the group if they know of any more resources to add to the list]

*Thank you for all of your ideas and sensitivity to this topic. Let's help promote a culture where consent is expected and respected. As student leaders, it's important to reach out and support anyone who needs it. It's time to break for the day (or get to practice).*

**Close the circle with a team cheer.**