

# CONSENT & HIGH SCHOOLERS

## ACTION STEPS

- Give them a book such as *What Does Consent Really Mean?* by Pete Wallis and Thalia Wallis.
- Use media such as music, movies or television shows to start conversations. "What did you think of that scene? Did that look like consent to you?" "What might you do in that situation?"
- Give them a journal to help them explore their feelings. Many young people are confused by their emerging sexuality and writing can help sort out their thoughts.

Access to digital media is common at this age. Discuss the permanence of posts. Consider how someone would feel if a certain photo was posted online...forever. How would they feel?

If someone is under the influence of drugs or alcohol, they cannot give consent. In fact, alcohol is the number one date-rape drug.

Enthusiastic consent must be given. Silence or shrugging is not consent.

Check in with your romantic partner. "Do you like this?" "Would you like to do this?"

Check in with yourself. "Do I like this?" "Is this what I want?" Listen to your inner voice.

Understand that yes once doesn't mean yes next time.

A person can always change their mind from "yes" to "no".

Pressure from a romantic partner to engage in an intimate, physical relationship is not consent.

Peer pressure or media pressure can trick a young person into "everyone is doing it", when in fact most are not. This can be confusing to a young person when it comes to consent.

If your child is in a romantic relationship, discuss STI and pregnancy prevention. Encourage them to have a respectful conversation with their partner and make a consensual plan of protection.

Explain how to be an upstander: If they see a peer crossing a line, stop it. They can do this by calling their peer out on it, they can take the other person away from the situation, they can divert the peer's attention with something else.

## SPECIAL NOTE



We are at an important crossroad when it comes to talking to our boys about consent. In this #MeToo movement we are aware that conversations about consent and respect are of the utmost importance. These conversations about respecting others begins before our kids can talk - body language is a fabulous communicator. Conversations about treating others kindly, and that no one has the right to touch, kiss, or have sex without the other person's permission, must be ongoing.

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