

anova

WORKSHOPS

CONSENT 101

Overview:

Consent is a topic that most young people know about in theory, but very few are taught about in practice. We know that theoretical understandings of consent are not enough to prevent sexual violence; it's imperative that we equip folks with the practical tools they need in order to minimize harm and allow space for healthy, empowered sexuality.

Consent 101 focuses on understanding sexual violence and consent through a legal and a trauma-informed lens. We look more deeply at what consent means and looks like in practice, and as well as some of the social conditions that impact our understanding of these topics.

LEARNING OUTCOMES

- Enhancing consent communication - verbal and nonverbal approaches
- Understanding the full spectrum of what constitutes sexual violence and identifying and confronting the areas of sexual violence that are not as clear as we may believe
- Unpacking sexual scripts and their influence on our expectations and behaviours
- Reflecting on sexual desires outside of these normative scripts

MODULES:

Consent and Sexual Violence

- Understanding both verbal and nonverbal communication
- Thinking through context, intent and impact
- Navigating ethically grey areas around alcohol and capacity

Sexual Scripts

- Consider where we learn about sexual values
- Reflect on how sexual scripts impact our behaviour and assumptions
- Understand the gendered expectations of sexual stereotypes and pressures to perform

Reflecting on Desire & Dealing with Rejection

- Rewrite sexual scripts by considering our personal desires
- Normalize the experience of rejection and figure out ways to cope
- Reflect on the vast spectrum of sexualities and sexual preferences

Typical Length: 2 hours

Customizable & adaptable to your group
Flexible scheduling including evenings & weekends

REGISTRATION & INQUIRIES

Contact Anova Public Education
Education@AnovaFuture.org