

ART OF ASKING NEGOTIATING CONSENT

This activity was developed by In Touch.



OVERVIEW

The aim of the exercise is learning to ask, accept and express one's desires, learning to negotiate consent verbally.

LEARNING CONTEXT

This activity can be done online, offline with social distancing, and offline with physical contact.

DURATION

30 minutes



PARTICIPANTS

Adaptable for any number of participants



MATERIALS

Two sheets of pre-printed paper per pair: one with a list of sexuality / intimacy related requests / invitations (see example below) and another one with a list of answers.



OBJECTIVES

- Learn how to say "no" in many ways, or how to give personal answers in a comfortable way
- Experiment with boundaries, address taboos
- Give participants the chance to experiment how to verbalize sexuality in different ways



PREPARATION

As a preparation, write sexuality / intimacy related requests / invitations and a list of possible answers. Try to adjust your questions and answers to your target group (e.g. in terms of language, you can try to use their slang regarding the topic), keeping them as realistic as possible but also a bit provocative.

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INSTRUCTIONS STEP BY STEP



1. Invite participants to form pairs. Each pair gets the pre-printed lists questions and answers. One person gets the questions, while the other gets the answers. They are not allowed to look at each other's paper. Invite them to work in the following way:
2. Instructions for person A: "Please read these questions one by one to your partner and wait for their answer. If you don't feel comfortable reading any of the questions, just skip that one and go to the next one."
3. Instructions for person B: "You can read any of the answers from the given answers or you can make up your own answer. Feel free to experiment! You can choose any of the answers. The aim of the exercise is to play, to practice how it would feel to give all kinds of answers."
4. Give an indication to pairs when it is time to switch roles: the one who was asking gets the paper with the answers and vice versa.
5. When pairs are finished asking and answering all the questions, come back to plenary and invite participants to share their experiences and feelings. Did the answers lead to actions or not? Why? Ask them if they found the exercise useful and in what way (or not, and why).



DISCUSSIONS AND DEBRIEFING



To debrief, you can explain how important it is to learn and practice verbal communication about sexuality / intimacy related topics in a way that can later be useful in intimate moments. Our aim is here to learn different ways of giving consent or expressing "yes" and "no". Participants also learn how it feels to talk about topics that they may feel embarrassed about.

SENTENCES ABOUT CONSENT

Please read these questions one by one to your partner and wait for their answer. After six questions switch roles. You don't need to talk, only read the questions and answers out loud from your paper to each other. Do not show your paper to your partner. (If you don't feel comfortable asking one of the questions, skip it and read the next one.)

1. Can I kiss you?
2. I want you!
3. Can I tie you up?
4. Can you go down on me?
5. I want you to lick me.
6. Can I finger you in a public space?
7. Can we try/do anal sex?

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8. Can you add a finger?
9. Can we do role playing?
10. Do you mind if I touch myself right now?
11. Can I lick your toes?
12. Can you give me a hand job?

Answers. You can choose one answer to the question you get from your partner. You can also make your own versions.

13. Yes, of course. I'm in!
14. Please do!
15. Wow! Great! I'd love to!
16. Yes, of course. But we shall agree on a safe word?
17. OK, but honestly, I've never tried it before, so I might want to quit if I don't like it.
18. Hmm, I don't know. What if we start and then stop if it doesn't work...
19. No, I don't want to.
20. Sorry, not now. Maybe another time / later...
21. What? How dare you?
22. Hmm. Let's have a drink! (instead) (or to start with)
23. Well, it depends. Do you want to give or receive?
24. What do you mean?
25. Now? Here? Should we go to my place?
26. Sure. But do you mind if I start?

THIS ACTIVITY ONLINE



You can make the activity online asking participants to work in pairs in breakout rooms, and share what they have learned when they come back to plenary.