

ENTHUSIASTIC CONSENT

○ *By Jouis (Constan, Aphelandra)*

These two consent activities are important and playful steps for participants and facilitators exploring issues related to emotional and sexual life.

The work goes through several stages: first, defining collectively what enthusiastic consent is. Then sharing personal funny and light success stories on the subject, over the microphone. The last step of recording helps to keep a record that people can be proud of, but also helps to break down stereotypes about consent. The idea here is to present consent as something that is fulfilling and important in any kind of relationship, whether it is love, friendship, family or work. The aim is for participants to understand consent in a different way, without it being seen as a laborious or unpleasant issue.

BRAINSTORMING ON CONSENT

Duration 30 to 45 minutes

Participants 6 to 15.
Two facilitators are required for a group of 15.

Objectives

- To discuss consent, its nuances and its importance in everyday life;
- To challenge stereotypes about consent;
- Better understand how to ask for it, express it and receive the "yes" and "no".

Materials

- Sheets of paperboard
- Small pieces of paper (several per person)
- Pens (1 per person)

Instructions

- ① *Warn participants before the activity: talking about consent issues can be upsetting, so if someone needs to go out, take a break, call a relative, they should feel free to do so. Remind them that there is a list of resources available.*
- ② *Together, watch the following educational video which explains what consent is: <https://www.youtube.com/watch?v=pZwvrXVavnQ>*
- ③ *Give out pens and small pieces of paper.*
- ④ *Then ask people to complete the following sentence "Consent is ..." individually and on paper. They can write several sentences. Each paper should have one sentence and one new idea. Give some examples:*
- ⑤ *"Consent ...*
- ⑥ *It is an enthusiastic yes.*

- ① *It is an ephemeral agreement, which ends when one of the two partners wants it to.*
- ② *It is when both people fully want it.*
- ③ *It is an agreement that is constantly renewed and for every sexual practice.”*
- ④ *Then the papers are collected in the centre.*
- ⑤ *Collect the sentences that have similar ideas. Then one participant reads out all the sentences one by one. Another person writes them down on a sheet of flipchart paper, summarising the answers.*
- ⑥ *You can then read the definition of consent in the annex. Feel free to give examples in all areas to illustrate the definitions. For example, asking if you can invite someone to a restaurant, if you can give someone a drink again, etc.*

Variants

This activity can be done more quickly without the use of paper. Simply watch the video and ask people to give their definition of consent orally. Summarise the answers.

Tips for facilitators

Make sure you have a rather extensive list, to highlight the complexity of consent. For example:

Consent.

It's asking a question with no expectations.

It's thrilling, it's arousing, it's sexy.

It's communicating with your partner.

It's the key to a rich and fulfilling sexuality.

It's about building confidence and security.

It's about discovering your pleasure and learning how to give your partner pleasure.

It's being ready to take no for an answer, it's learning to deal with rejection and frustration.

It's giving your approval with your body and with words.

It is the best part.

It's being attentive to your desire and your partner's desire.

It's showing your partner what you like and what you don't like.

It means listening to your body and recognising your physical sensations.

It means knowing your desires, wants, limits and those of your partner.

It means listening to your emotions.

It means having empathy for oneself and for the other person.

Debriefing

Ask several questions:

- Do you think consent is a "mood killer" and undermines spontaneity?
- Is it always clear to you whether you want to say 'yes' or 'no'?
- Have your views on consent changed?
- Have you learned anything? Are there things you hadn't thought of when talking about consent?

To the question, do we lose spontaneity when we ask for consent, you can explain that this sentence is a stereotype. Firstly, because knowing that you are doing an activity with someone who really wants to do it with you is a joy! Secondly, because this discussion step also allows us to deepen the relationship with the other person, to feel more connected to them.