
TEACHING CONSENT TO TEENS
EDUCATORS GUIDE



JUST ASK
DEMYSTIFYING CONSENT

MACKENZIE DUNLOP

HOLLY ANDRES



THOMPSON RIVERS
UNIVERSITY

EDUCATORS GUIDE

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For the purposes of clarity while using this educational resource the references are identified using a numbered system for in-text citations

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INTRODUCTION

Imagine yourself as a child. Your parents tell you that company is coming for dinner and you are to be on your best behaviour. When the guest arrives your parents tell you to hug them in order to welcome them into your home, but you don't know them and hugging a stranger makes you feel uncomfortable.

Now imagine yourself as a teen. You were just invited to hang out with some of the more popular students at school. During a movie, one of your friends decides to grab your upper leg in the dark. It's awkward and makes you uncomfortable but you don't get to hang out with these people very often so you brush their hand away and pretend it never happened.

Finally, you have reached college and you are enjoying yourself at a party. Someone keeps asking you if you want to go into another room. You keep declining, but after a few drinks, you don't feel as though you are able to keep declining their advances anymore because it is now making you uncomfortable to say no. What happens next you never consented to. You didn't feel safe, you didn't enjoy it and now you don't know what to do.

The general population believes that consent means "yes means yes" and "no means no", but the reality of it is much more complicated than that. There is a lot of grey area within consent and many aren't sure how to navigate it. For people to have a healthy understanding of consent they must be educated and given tools to use.

This document explains what consent is, how it works, and what to do if something happens to you or someone you know. Teachers are given tools and instructions on how to navigate the difficult conversations which accompany talking about consent. There are also other resources available such as handouts, discussion guides, and online resources such as games and quizzes.

So breathe deep and exhale slowly. While consent is a tricky subject, this guide will help you understand and navigate the conversations you are about to have.



Teaching about consent can be uncomfortable for educators and students alike. So in order to relieve some of this tension we have a few tips and tricks for you!

TIP #1

Give students the opportunity to work in groups of their own choosing to go through the interactive book, work on the handouts, or reflection questions. If you notice a student on their own, place them in a group that you trust to be kind.

TIP #2

Use this document in tandem with the interactive book on our webpage. Students can go through the book individually or it can be projected on screen and gone through as a class.

TIP #3

Social media is a great way to support learning. After class hours, use our social media images from the website to post to online accounts that the students follow. This will reinforce their learning.

www.justask.trubox.ca



Consent is an agreement. It is freely given, informed, understood, ongoing, and positive. When these criteria are met, consent is attained. So how is a person able to understand if consent is actually given? And how do you know when a person may say “yes” but really means “no”. Let's take some time to go over what each aspect of consent means.¹⁵

Freely Given

Freely given consent is an agreement that is not coerced or forced. It is given without a threat to personal, physical, emotional, financial or social wellbeing. Consent is not freely given when the individual is feeling pressured or uncomfortable. A person must have full autonomy over their bodies when giving consent in order for it to be freely given.

Informed

Being informed means a person is aware and knowledgeable about what is going to happen. This means the individual is aware of what is about to happen and who is involved. Consent can not be given if the person is tricked or lied to about any sexual act.

Understood

When an individual consents, it is partially because they understand what they are engaging in and the outcomes of the action. For example, unprotected sex may result in pregnancy or a sexually transmitted infection, but a person may consent to unprotected sex anyway as they understand the potential results of their actions.

Ongoing

Any individual has the right to withdraw consent at any time. A person may feel like engaging in sexual activity and then decide 5 minutes later that they don't want to anymore. When a person decides this, the sexual activity must stop. This is part of having autonomy over one's body.

Positive

Interactions between two consenting adults must always be positive. This aspect of consent focuses on the positive body language and verbal language that an individual may express when consenting to an activity. This aspect of consent is the most obvious, if a person is actively engaging in a positive way, then they are enthusiastically consenting.¹⁷

Since we have just talked about what consent is, let's look at what it's not. There are many scenarios where a person may believe that they have consent when they really have not. A person may be tricked into giving consent and find out later that they didn't have all of the facts when they gave consent, they may fear for their safety or the safety of others or, are being blackmailed. There are different kinds of assault based on this idea.

Absence of "No"

Many people believe that rape only occurs when the person being assaulted is kicking and screaming. This is not true. Many sexual assault survivors will freeze out of fear for their safety. They may not verbalize that they do not want to engage in the activity for fear or threat. This is why body language is so important. If a person is not enthusiastically engaging in a sexual act, they are not consenting, verbal agreement or not.

Assent

This term means agreement on the face of it. This may seem confusing, however it simply means someone agrees to an act without complete knowledge. Consent can not be given with out full knowledge and understanding about an act.

Fraud in the factum

This is a legal term where the facts are misrepresented. Essentially, when someone is tricked into saying yes to a sexual act. An example of this happened when a sports doctor at a university was touching the female athletes for pleasure and not for medical reasons. Patients can only assent to his actions because they thought he was touching them for medical purposes.

Fraud in the inducement

Another legal term where a person is misrepresented. This is different from fraud in the factum as fraud in the inducement has more to do with the people involved. As an example, someone is tricked into giving consent through deception or false pretenses about those involved. The sexual assault survivor is aware that they are consenting to sexual activity, but not under truthful terms. An example of this, is someone lying about who they are.

Rape by Acquiescence

This is another legal term for when someone gives in to unwanted sex because of fear or losing something such as a job. Harvey Weinstein for example would get women to perform sexual favours for him and the women would give in to him in fear of what he could do to their reputations and careers. Power has a large pull in these situations and blackmail is often the tool used to get individuals to comply to sexual acts.¹⁷

These are all examples of situations where consent may appear to be given, but is not. Any facts, individuals, and or intentions that are misrepresented or hidden make consent null and void. For those who exert power over others whether by fear, authority, or blackmail, consent can not be attained as the individual is under duress.


TRUE OR FALSE

CIRCLE THE CORRECT ANSWER

TRUE  SEX IS A VOLUNTARY ACTS BETWEEN TWO PEOPLE  FALSE

TRUE  SEXUAL ASSAULT IS AN UNWANTED ACT DONE BY ONE PERSON TO ANOTHER  FALSE

TRUE  PEOPLE HAVE THE RIGHT TO CHANGE THEIR MINDS AFTER CONSENTING TO SEX.  FALSE

TRUE  CONSENT CAN BE OBTAINED IF SOMEONE IS INTOXICATED OR UNCONSCIOUS.  FALSE

TRUE  IF SOMEONE HAS CONSENTED TO SEX IN THE PAST, THEY DO NOT NEED TO CONSENT AGAIN.  FALSE

TRUE  IF YOU ARE IN A LONG-TERM RELATIONSHIP YOU NO LONGER NEED CONSENT.  FALSE

TRUE  IF A PERSON HAS NOT SAID "NO" YOU HAVE BEEN GIVEN CONSENT  FALSE

TRUE  SEXUAL ASSAULT CAN HAPPEN EVEN IF A PERSON WAS NOT PHYSICALLY TOUCHED.  FALSE

TRUE ◀ SEX IS A VOLUNTARY ACTS BETWEEN TWO PEOPLE ▶

TRUE ◀ SEXUAL ASSAULT IS AN UNWANTED ACT DONE BY ONE PERSON TO ANOTHER ▶

TRUE ◀ PEOPLE HAVE THE RIGHT TO CHANGE THEIR MINDS AFTER CONSENTING TO SEX. ▶

◀ CONSENT CAN BE OBTAINED IF SOMEONE IS INTOXICATED OR UNCONSCIOUS. ▶ FALSE

◀ IF SOMEONE HAS CONSENTED TO SEX IN THE PAST, THEY DO NOT NEED TO CONSENT AGAIN. ▶ FALSE

◀ IF YOU ARE IN A LONG-TERM RELATIONSHIP YOU NO LONGER NEED CONSENT. ▶ FALSE

◀ IF A PERSON HAS NOT SAID "NO" YOU HAVE BEEN GIVEN CONSENT ▶ FALSE

TRUE ◀ SEXUAL ASSAULT CAN HAPPEN EVEN IF A PERSON WAS NOT PHYSICALLY TOUCHED. ▶

WORD MATCH

FILL IN THE BLANK SPACES WITH THE WORDS ON THE RIGHT.

GIVING CONSENT WITHOUT FULL KNOWLEDGE OF WHAT IS GOING TO HAPPEN.

GIVING CONSENT WHEN THE PERSON(S) INVOLVED ARE MISREPRESENTED.

WHEN SOMEONE DOESN'T SAY "NO".

CONSENT GIVEN BECAUSE OF BLACKMAIL

CONSENT GIVEN WHEN THE FACTS ABOUT THE ACT ARE MISREPRESENTED

WORD BANK

FRAUD IN THE FACTUM

FRAUD IN THE INDUCEMENT

RAPE BY AQUIESCENCE

ASSENT

ABSENSE OF NO¹⁷

WORD MATCH

ANSWER SHEET

GIVING CONSENT WITHOUT FULL KNOWLEDGE OF WHAT IS GOING TO HAPPEN.

ASSENT

GIVING CONSENT WHEN THE PERSON(S) INVOLVED ARE MISREPRESENTED.

FRAUD IN THE INDUCEMENT

WHEN SOMEONE DOESN'T SAY "NO".

ABSENCE OF NO

CONSENT GIVEN BECAUSE OF BLACKMAIL

RAPE BY AQUIESCENCE

CONSENT GIVEN WHEN THE FACTS ABOUT THE ACT ARE MISREPRESENTED

FRAUD IN THE FACTUM

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HOW TO ASK FOR CONSENT

Asking for consent before participating in sexual activity can feel weird and uncomfortable, but it is also a crucial part of sex that protects everyone involved from a misunderstanding of what each is expected from the interaction. One way to ask for consent is to ask the person if they are comfortable with an act. If the person agrees, is enthusiastic, and willing to participate, then consent has been given. If at any time the person asks to stop, the action must cease. Consent gives each person control over their own body, some people may feel as though in order for people to like them they have to sacrifice their bodily autonomy. This is why it is important to discuss what consent means and how unwanted sexual activity impacts people.

Could we go to the bedroom?

Where do you want me to touch you?

Is it ok if I kiss you?

Can I take your shirt off?

Want to get naked?¹²

RAPE CULTURE

Rape culture happens within a society when rape is thought of as "bound to happen" and considered normal. People who perpetuate rape culture often minimize the crime and blame the victims. Male-dominated groups such as the military, sports, prisons, and universities are places where rape culture is perpetuated the most. There are even some people who argue that entire cultures in our world are considered rape cultures.

LANGUAGE

Using the term "raped" to describe losing a football match. This is an example of normalizing harmful concepts.

MEDIA REPRESENTATION

Advertisements suggesting female submission to males, oversexualized women or portraying women as objects.

SOCIAL MEDIA

Slut Shaming, cyber bullying or posting negative comments to those who stand against rape culture online.

SOCIAL PRESSURE

Telling sexually explicit jokes or tolerating sexual harassment.¹⁰

WHAT ENCOURAGES RAPE CULTURE?

Rape is primarily a feminine issue as most rapes worldwide happen to women perpetrated by men. However, that is not to say that other genders do not experience rape and in fact, transgender individuals are more likely to experience sexual assault. Rape culture affects everyone, even binary, cisgender men (male, straight, and attracted to the opposite gender) are impacted by rape culture through concepts such as toxic masculinity, where a man is expected to be macho, violent, powerful, straight, and misogynistic.¹⁰

RAPE MYTHS

A rape myth occurs when facts about rape get distorted and perpetuated. These mistruths feed into common conception about rape and rape victims. This can lead to the survivors of sexual assault being shamed, harrassed, and internalizing guilt over something that happened to them. Below are some common rape myths.²⁰

MYTHS

Rape victims put themselves in places or positions to be raped.³

If a person does not fight back they weren't really raped³

Men can't be sexually assaulted.²⁰

Rape is usually violent and involves a stranger²⁰

They were asking to be raped by what they were wearing³

Only bad girls or women get raped³

FACT or **MYTH**

All men are at risk for sexual assault, not just men from the 2SLGBTQ+ community.

FACT or **MYTH**

Rape only happens to those who live high-risk lifestyles.

FACT or **MYTH**

It's not really rape if a person changes their mind in the middle of sexual activity.

FACT or **MYTH**

Everyone is physically able to stop at any point during sexual activity. Rape is not an act of impulse or uncontrollable passion. It is an intentional act of violence.

FACT or **MYTH**

A victim must have "asked for it" by being seductive, drunk, careless, high, etc.²⁰

FACT

All men are at risk for sexual assault, not just men from the 2SLGBTQ+ community.

MYTH

Rape only happens to those who live high-risk lifestyles.

MYTH

It's not really rape if a person changes their mind in the middle of sexual activity.

FACT

Everyone is physically able to stop at any point during sexual activity. Rape is not an act of impulse or uncontrollable passion. It is an intentional act of violence.

MYTH

A victim must have "asked for it" by being seductive, drunk, careless, high, etc.²⁰

In Canada, it is unlawful to perform any sexual act on or around another individual without consent.⁵ This law pertains to any individual of any race, colour, ancestry, place of origin, religion, family status, marital status, physical disability, mental disability, sex, age, sexual orientation, political belief, or conviction of a criminal offense.¹ To perform a sexual act against anyone against their will is a direct violation of human rights.



Canadian Federal Law
states: ⁶

**A person can not
give consent for
someone else,⁶**

**Consent can not be
attained if a person
is abusing power,
trust or a position
of authority.⁶**

**A person has the
right to withdraw
consent, even after
a sexual activity has
begun with consent.⁶**

**A person can not
give consent if they
are unconcious,⁶**

**A person has not
given consent if
their body language
or verbal language
shows that they do
not want to engage
in the sexual
activity.⁶**

Canadian Federal Law states an assault has occurred when:⁵

An individual becomes forceful, directly or indirectly at a person without their consent.⁵

An individual threatens or attempts to hurt another person by act or gesture.⁵

An individual uses a weapon to intimidate, hurt, or coerce another person.⁵

It is important to note that a person who has been sexually assaulted may not have physically fought the person attacking them. This has led to the belief that rape doesn't happen unless the person who was sexually assaulted fought back violently. This leads to two different classifications of sexual assault. These are:

"Sexual assault occurs if a person is touched in any way that interferes with their sexual integrity: this includes kissing, touching, intercourse and any other sexual activity without his/her consent."¹⁹

Sexual Assault under Canadian Law¹⁹

"Aggravated sexual assault occurs if the person assaulted is wounded, maimed, disfigured, beaten or in danger of losing her/his life while being sexually assaulted."¹⁹

Aggravated Sexual Assault Under Canadian Law¹⁹

A person can also be assaulted with a weapon, threats of a weapon, threats of causing harm to someone else, or threats of harming the individual.¹⁹

Surviving a sexual assault is traumatic. Whether or not you fought or froze, the pain and fear which a survivor feels is very real and it can be very difficult to move forward.

There are lots of options for survivors and first and foremost, the survivor needs to know that nothing they did, no decision they made, no clothing they wore, or location they visited merited a sexual assault. Nothing that happened is their fault.

Nothing that happened is your fault.

It is important to recognize there cannot be a discussion surrounding consent without including sexual assault. People must be taught how to protect themselves, but more importantly, not to harm someone else.

Of course, these things happen. We wouldn't be here if it were not the case and so what can we do if we've been sexually assaulted? What do we do if someone we know has been sexually assaulted? What are the options? Where can we go?

WHO CAN YOU
REPORT TO?

Where can you go after you or another person has experienced a sexual assault?

Hospital⁹



Police⁹



Women's Shelter⁹



Counsellors⁹



Trusted Friend or Adult⁹



WHAT CAN YOU EXPECT FROM THE POLICE?

If you decide to go to the police, these are the things you can expect will happen.

They will ask you what happened, who was involved, when it happened, and where it happened.⁹

They may record your statement, either video or audio.⁹

Clarify details through interview questions.⁹

They may ask you to provide evidence⁹

The police will ask you to stay in touch with them. If you remember something else which might help the investigation, they will want to hear about it.⁹

Collecting evidence is very important after a sexual assault. However, the process is uncomfortable and can be traumatizing after having survived something already traumatizing. This page will help to explain and prepare either yourself or someone else for a sexual assault kit to be done.

Important Notes

➤ Police recommend that you don't shower, brush your hair or wash your clothes, but go right to the police or a hospital and have a sexual assault kit done.

➤ Sexual Assault kits are recommended to be completed within 72 hours, but they have been able to collect evidence within a 12 day time period. Even if the survivor has showered or washed their clothes, there is still a chance of pulling evidence from the body and those items.

➤ In Canada, a sexual assault survivor can complete a sexual assault kit without reporting the assault to the police. This allows for evidence to be collected and gives time to the survivor to determine how they would like to proceed.¹⁸

WHAT CAN YOU EXPECT FROM A SEXUAL ASSAULT KIT

A survivor's body is the best source of evidence.

Swabs

Vagina

Anal Cavity

Fingernails

Anywhere the offender may have touched.

Drug Screening

If there are signs the survivor was drugged, a toxicology test will be taken.

Evidence Collection

Clothing and undergarments may be collected as evidence as well.¹⁸

Helpline for Children: 310-1234
(No area code needed)

Kids Help Phone Call: 1-800-668-6868
Kids Help Phone Text: 686868

VictimLink BC Call or Text: 1-800-563-0808

QChat – Support for 2SLGBTQ+ youth

Seniors Abuse & Information Line: 1-866-437-1940



Consent

Freely Given
Informed
Understood
Ongoing
Positive¹⁷

Non-Consent

Absence of "no"
Assent
Fraud in the factum
Fraud in the inducement
Rape by acquiescence¹⁷

Culture

Asking for consent
Change rape culture
Tackling stereotypes
Your body, your decision
It's ok to say "No".

Law

Any unwanted sexual
activity is illegal.
Everyone is protected
under this law.⁵

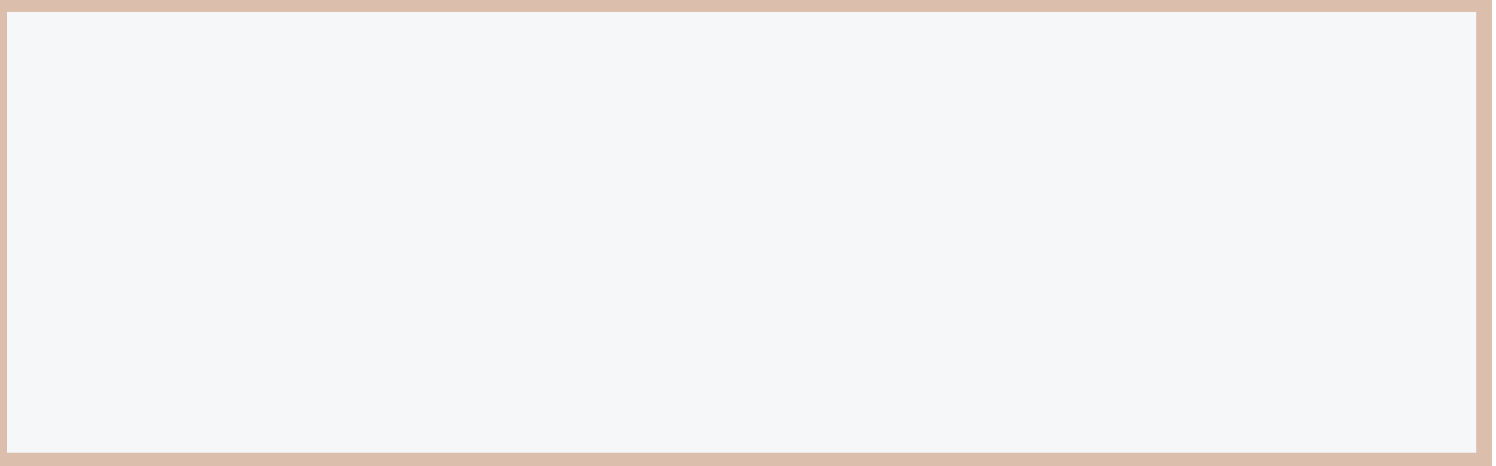
Reporting

Where:	Evidence:	Support:
The Police	Sexual Assault kits	Victim Services
The Hospital	Don't shower or wash ¹⁸	Counselling
Women's Shelters ⁹	your clothes.	Women's Shelters

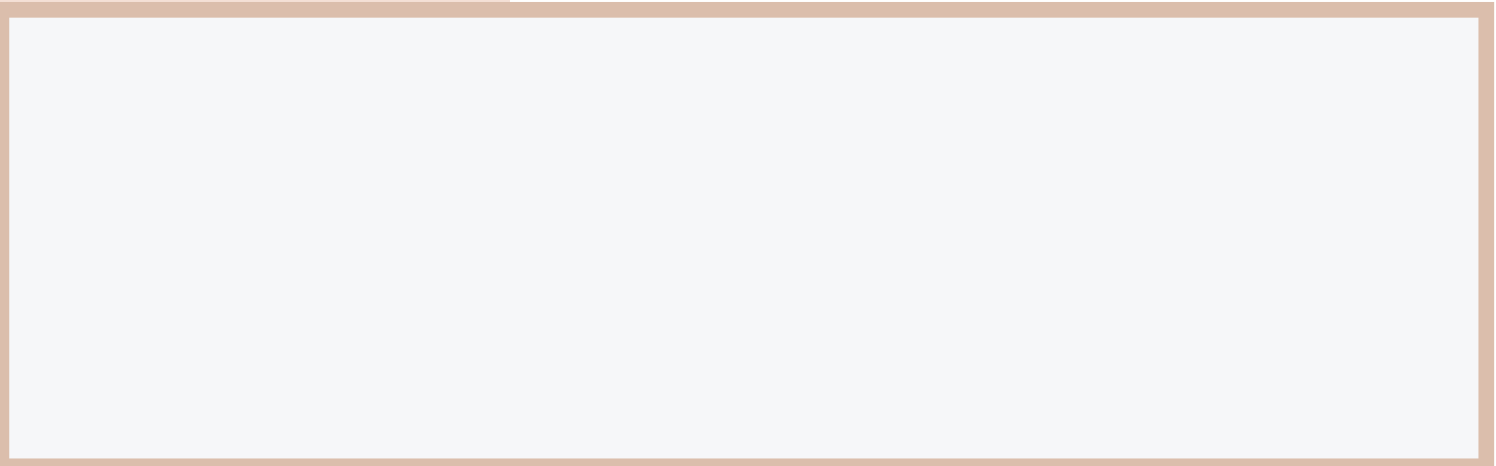
REFLECTION QUESTIONS

Take some time to write your thoughts in the space below

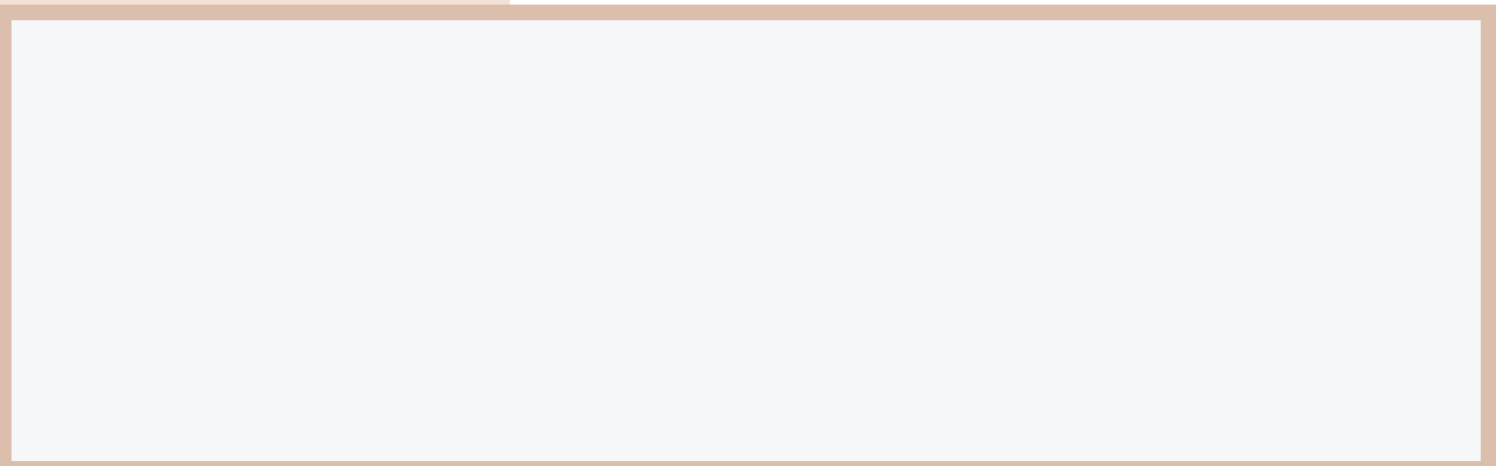
You get to control what happens with your body. Have you ever heard otherwise? Either from someone you know or what you've seen in the media?



How can you say "no" respectfully and firmly when someone is asking for consent?



How is it you know when someone is consenting?

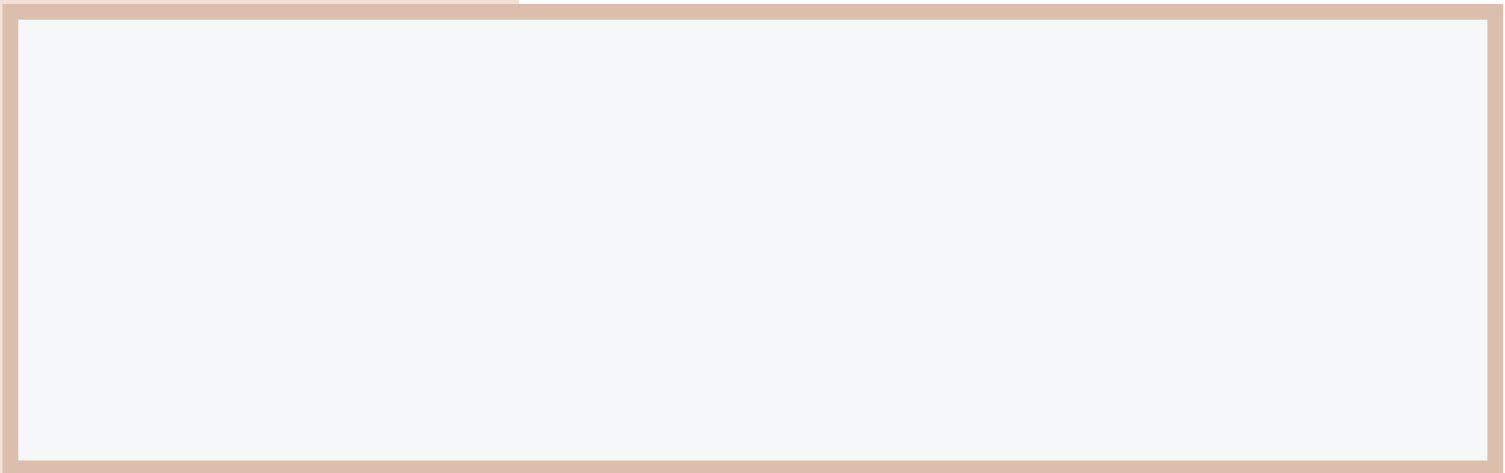


REFLECTION QUESTIONS

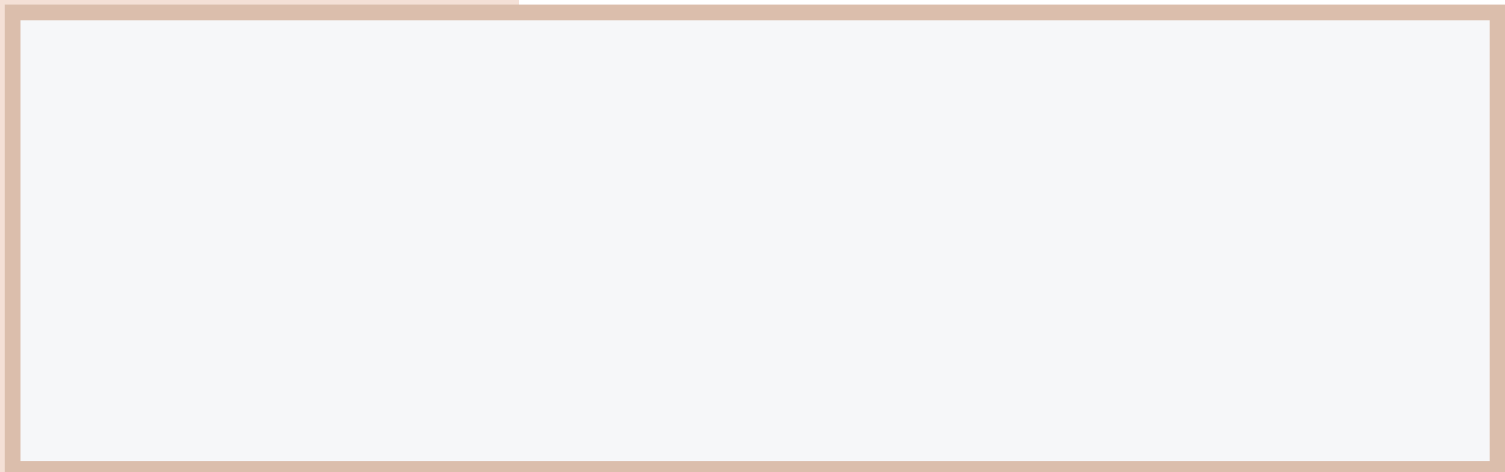
How can you tell if someone wants to kiss or touch?



What are your personal boundaries?



What are some ways you can ask for consent without feeling awkward?

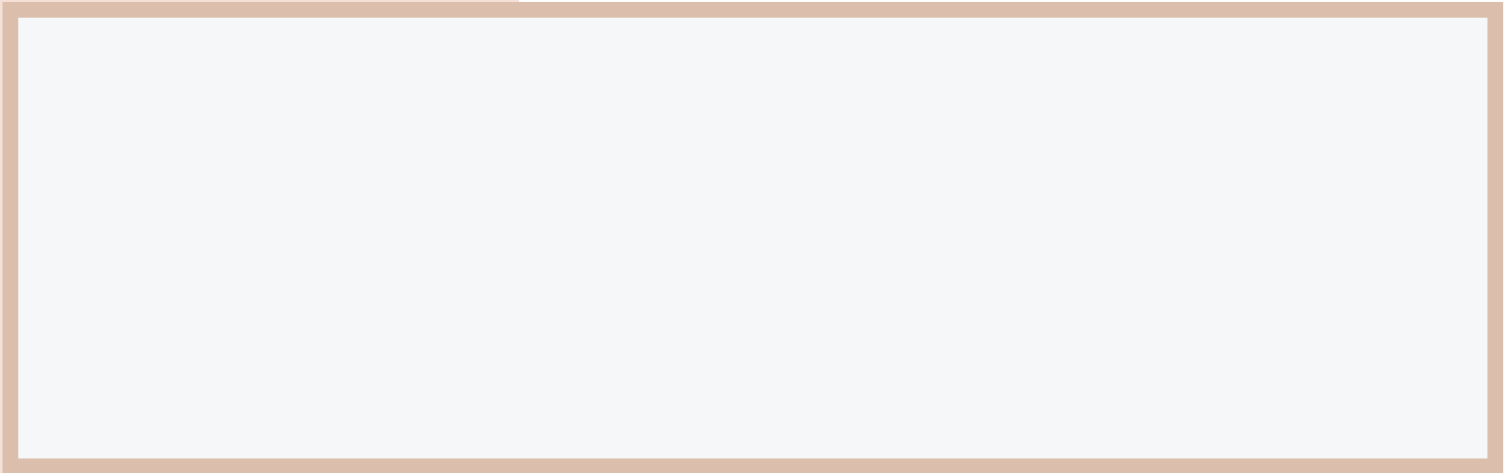


REFLECTION QUESTIONS

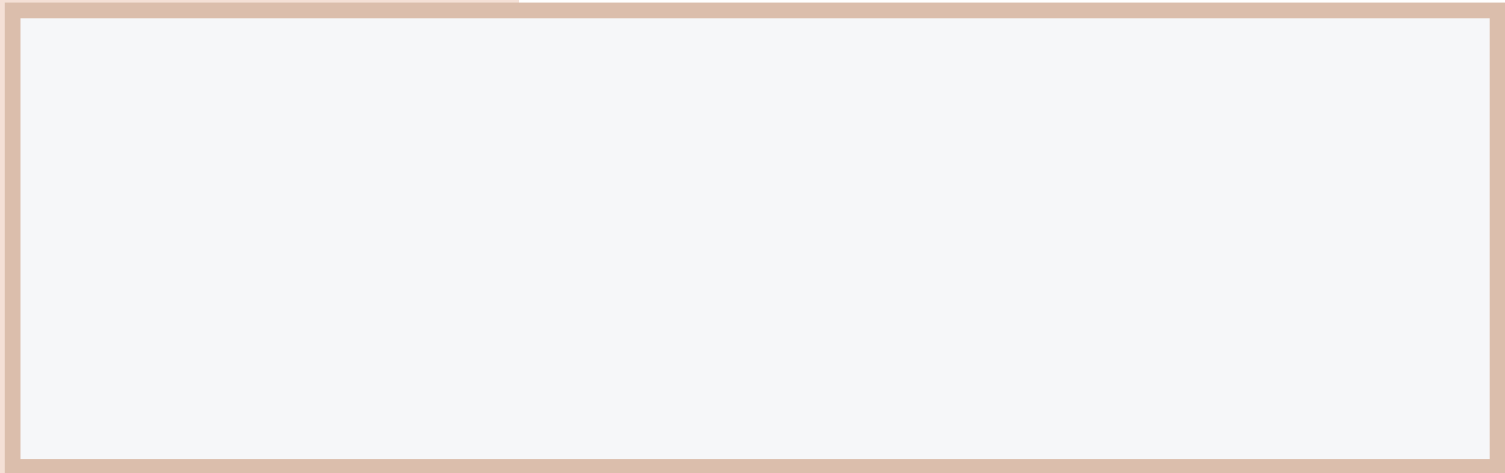
Are there any situations that you can think of where it might be difficult to give clear consent?



What does consent mean to you?

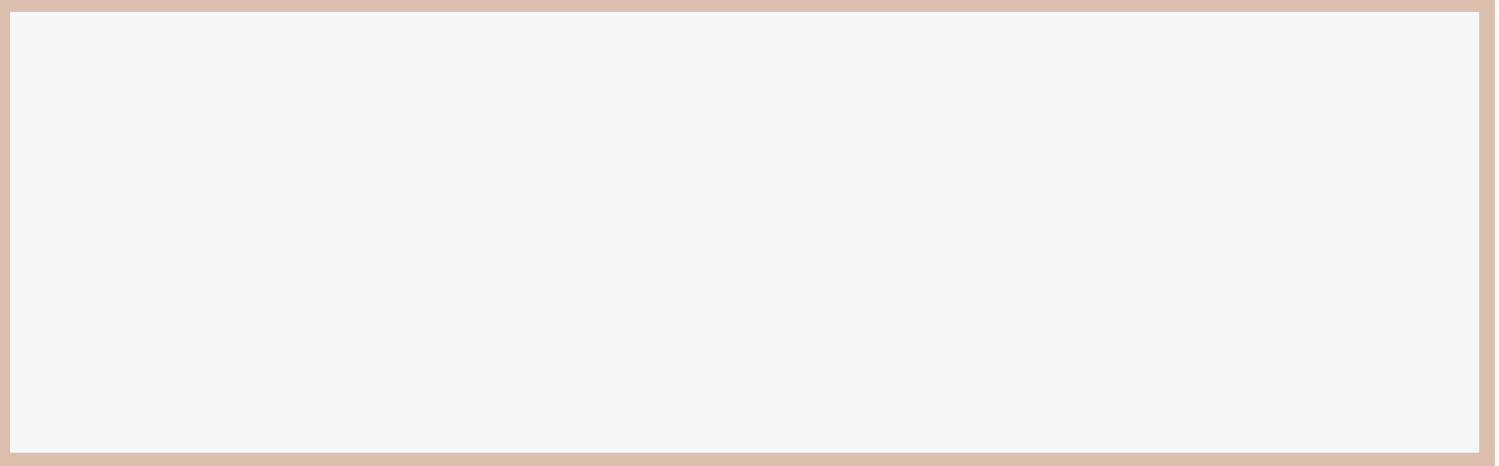


Why is consent important?

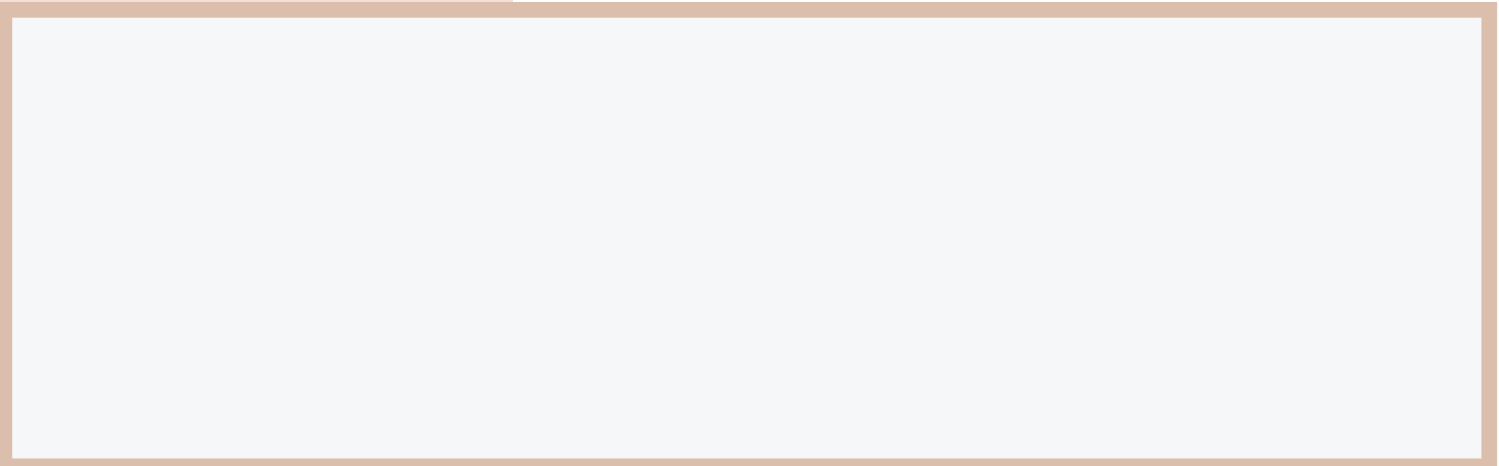


REFLECTION QUESTIONS

What are the top 3 things you will take away from these lessons?



Is your understanding of consent different now from when the lesson started? How so?



What are some different ways you can respect someone if they do not give you consent when you want it?



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