Presented by Student Health & Counseling Services
Week 3 - Consent
Let’s Stretch . . .
A Few Group Guidelines

- Please mute your audio and type any questions into the chat box
- Your video can be off or on, whatever makes you most comfortable
- Chat privately for specific needs
Group Agreements

● Confidentiality
● Trigger Warning (Let Folx Know)
● Respect Each other
● Ask permission before giving advice

Group Values

● Compassion
● Empathy
● Be open minded
● Communicate your Needs
● Be your own Boo/Take Care of Your Needs (Restroom, drinks, snacks, etc.)
Intentions for today’s Group:

- Consent Video
- What does Consent Mean
- Factors that Influence Ability to Consent
- Other contexts where consent in important
Introductions:
Share your name, year @ CSUEB, major & favorite animal
Let's Watch a Consent Video
Check your knowledge

Permission Given

Is this a Yes?
Noticing Signs of Consent

Red Light: Signs You Should Stop

- You or a partner are too intoxicated to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner will say nothing and go with the flow.
- You intend to have sex by any means necessary.

Yellow Light: Signs You Should Pause and Talk

- You are not sure what the other person wants.
- You feel like you are getting mixed signals.
- You have not talked about what you want to do.
- You assume that you will do the same thing as before.
- Your partner stops or is not responsive.

Green Light: Go, but Keep Communicating

- Partners come to a mutual decision about how far they want to go.
- Partners clearly express their comfort with the situation.
- You feel comfortable and safe stopping at any time.
- Partners are excited!
What does consent mean?

“Consent is the ability to choose, based on your own internal experience, what you want physically, emotionally, mentally, spiritually, sexually, and then to communicate those wants.”

- Staci Haines, Survivor’s Guide to Sex

Consent is…

- Competent
- Informed
- Unpressured
- Specific
- Ongoing
- Affirmative
What are some factors that can influence a person's ability to consent?
Is sex the only context where consent is important?
Take Care and Stay Safe!

- Thank you for joining us today!
- Check-Out Reflection:
  - What is one thing you are taking from the group this week?
- Please use the same link to return next week
thank you