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
- Confidentiality, and Zoom limitations
- Sharing (Headlines not details)
- Chat privately for specific needs
Community Ground Rules

● Vegas Rule - What is shared or said in the group, stays in the group
● Be respectful of others and what they are sharing in group
● Don’t assume someone wants feedback or advice on what they share, ask before you offer that input
● Trigger Warnings
Intentions for today’s Group:

- What does Consent Look Like?
Introductions:
Share your name, year @ CSUEB, major & favorite animal
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*
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