



# **Ask. Listen. Respect.**

## **A Lesson About Consent**

Adapted with Permission from [TeachConsent.org](https://TeachConsent.org)

# Learning Objectives

After completing this lesson, students will be able to:

1. Describe 3 facts about consent
2. Demonstrate communication skills to avoid causing harm to another person
3. Demonstrate communication skills that foster healthy relationships

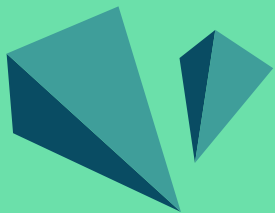
# Reflection Questions

(Discuss in Groups)

**WHAT DO YOU  
THINK ABOUT  
WHEN YOU  
HEAR THE  
WORD  
CONSENT?**

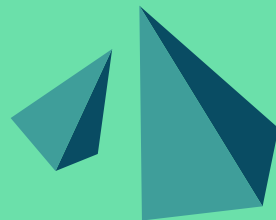


**HOW WOULD  
YOU EXPLAIN  
CONSENT TO  
SOMEONE WHO  
DOESN'T KNOW  
WHAT IT IS?**

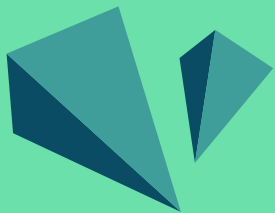


# What is consent?

**Consent is agreement to do something.**







# Practicing Consent

**1. Ask a question**

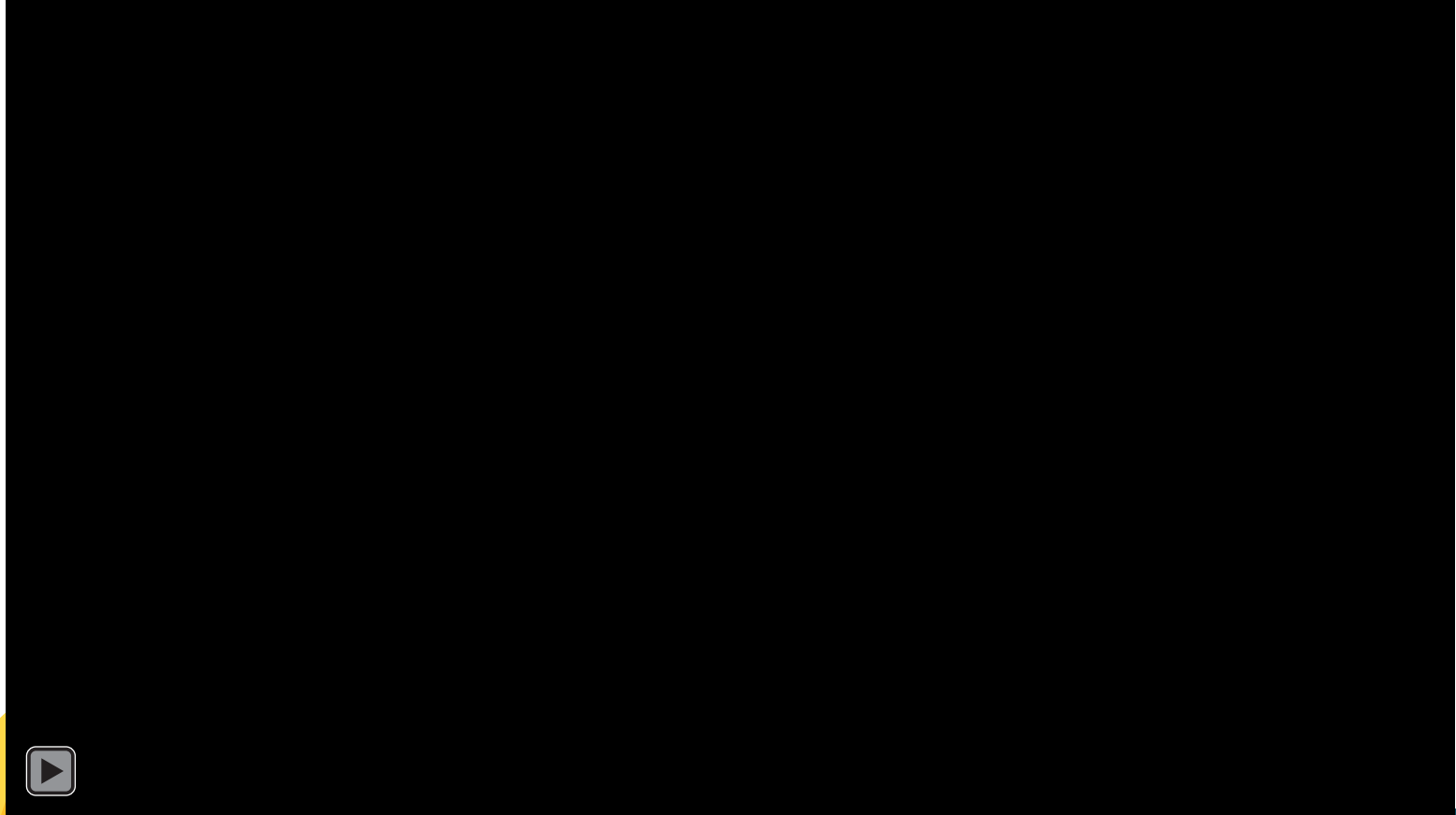
**2. Listen or  
watch for their  
answer**

**3. Respect their  
answer**





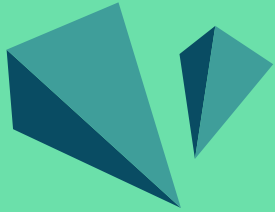
# Video: Ask, Listen, Respect



Video Link: <https://youtu.be/n6X5I7xoxEY>

The video showed 5 examples of how to ask for consent. How many did you see?





# No Pressure!

**A person can give their free and informed consent when they:**

- **Are able to choose whether or not to do something**
- **Are not coerced (pressured or forced)**
- **Can make the decision with a clear head**
- **Do not have an unfair power difference with the other person**
- **Know exactly what they are agreeing to**
- **Can change their mind**



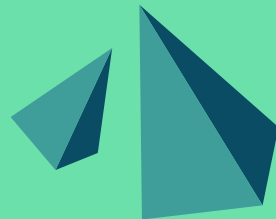


# More on Consent

A “yes” or a  
“no” is okay

A “maybe” is  
not a “yes”

Silence is not a  
“yes”

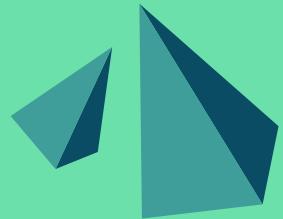




# Got Consent?

**Respect, equity, and communication  
are the building blocks of healthy  
relationships.**

**Consent is about all of these!**



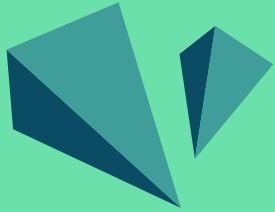


# Pair & Share

**What messages do we get from the media about consent or non-consent?**

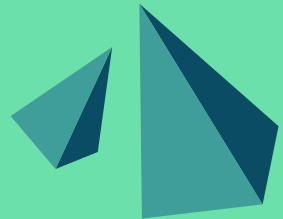






# Sexual Assault – A Resource for Young People

Share out interesting fact or something you learned



## National Resources

Get help, support and information



### Love is Respect Teen Dating Violence Hotline

Call: 866.331.9474

Text: loveis to 22522

Chat: [www.loveisrespect.org](http://www.loveisrespect.org)



### Trevor Project Hotline

Call: 866.488.7386 (24 hours a day)

Text: Trevor to 202.304.1200

(Mon-Fri 3pm-10pm ET / noon-7pm PT)

Chat: [www.thetrevorproject.org](http://www.thetrevorproject.org)

(Everyday 3pm-10pm ET / noon-7pm PT)

## Local Resource

Supporting people who have experienced sexual assault & other traumatic events

### Harborview Abuse & Trauma Center



Seattle, Bellevue & Shoreline



206-744-1600



[www.uwhatc.org](http://www.uwhatc.org)

# Exit Ticket

1. Why is it important for a person to respect when their partner or friend says no?
2. How do you ask for consent with your friends?
3. What are 3 ways that a person could show respect when someone tells them “no?”



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