

WELCOME TO CONSENT

SECONDARY YEARS 7-10

About the event

Consent underpins all types of relationships, from friendship to collegial, platonic to romantic. It is an important topic for everyone to consider, raising questions like: when can I say no? How do I know when to say yes? How do I talk about consent?

Luckily, you're not alone in figuring out the answers. *Welcome to Consent* authors **Dr Melissa Kang** and **Yumi Stynes** will guide you through the issues so that when the time comes, you'll know what to say and how to say it.

*NB. In responding to the following prompts, students are not expected to share anything they are uncomfortable discussing or writing about.

Class discussion

There's a bit of a sense that 'you should just know' what people want. Or that 'you'll figure it out' when you're trying to understand the boundaries of someone you care about. The problem with this is that when you guess, you sometimes guess wrong. P.10, Welcome to Consent

What do you think 'enthusiastic consent' means? Give an example of a time where you have given 'enthusiastic consent'. Write about one example. This could be going to see a movie or lending someone your favourite book.

Your opinion

If someone is shy or afraid in a situation, they might still say they are fine to keep going. It could actually be the opposite of what they want deep down. This is where observing body language is super important to help you figure out whether someone's 'yes' really is enthusiastic and freely given. P. 11, Welcome to Consent

How do you read someone's body language? How might someone's body language reveal distress or discomfort? How might it show enthusiastic consent?



Dr Melissa Kang and
Yumi Stynes



KEY CURRICULUM AREAS

Learning areas: English, civics and citizenship, health and physical education

Capabilities: ethical understanding, intercultural understanding, personal and social

Writing prompt

Have you ever noticed that people are often reluctant to say the word 'no'? A lot of us are conditioned to be 'nice'. We try to be polite, accommodating, to avoid saying no. We may want to please others. We think saying no will hurt someone's feelings. But actually, honesty is better for us, and for them. P. 16, Welcome to Consent

Can you think of a time you wanted to say 'no' but you chose to say 'yes'? For example, a friend invites you to their house, and you agree to go, even though you don't want to. Write about it.

Read and respond

At any time, consent is reversible—whether you're with someone face to face, or talking to them online. P. 20, Welcome to Consent

In your view, is it ever too late to change your mind? Discuss.

About the authors

Most people know **Dr Melissa Kang** as the longest-serving expert behind the iconic Dolly Doctor column, but she's also a writer, practising adolescent health doctor and honorary associate professor. Kang has co-written, with Yumi Stynes, *Welcome to Consent* and *Welcome to Your Period*.

Yumi Stynes is a writer, broadcaster, television presenter, food fanatic, fitness enthusiast and mother-of-four—including two teenage girls. Stynes' latest books, co-written with Dr Melissa Kang, are *Welcome to Consent* and *Welcome To Your Period*.