

15 minutes

Consent Mini-Lesson

For Young Adults Aged 18–26

Lesson Objectives

- Create a personal definition of consent with the people close to you (partner/s, friends, teammates, etc.)
- Discuss scenarios in which consent can or cannot be given, considering capacity to consent and power dynamics

Agenda

Introduction – Have you heard of consent before?

Discussion – What is your personal definition of consent?

Practice – In what scenarios can you give/not give consent?

Conclusion – Follow-up resources and time for questions

Introduction

Think about where you have heard the word consent before in your life. Have you heard the word consent before? Where did you discuss consent if you have discussed it?

- If you have heard about consent before, discuss in what contexts you have discussed it. Was it in school, in the doctor’s office, on social media?
- If you haven’t heard of the word consent before, [go to this resource and read about it.](#)

Discussion – Building a definition

Using the ideas you discussed in the intro, brainstorm your own group definition of consent. Consider whether you want to focus on sexual consent, or consent more broadly.

- Does this personal definition of consent include any caveats for pressure, or threats of force?
- Does this personal definition of consent consider whether or not someone is drunk?
- Does this personal definition of consent differ for long-term relationships vs. hookups?

Practice – Can you give consent?

Work through the following scenarios and consider whether or not the person involved is actually able to give consent to sex – feel free to brainstorm a few of your own as well.

- **Scenario 1:** Partner A is being asked repeatedly by Partner B to have sex, even though Partner A has already said they don't want to tonight. Partner B states, "if you really loved me, you would".
 - Answer: No, in this situation someone is under pressure, which means that they are not authentically consenting to the situation.
- **Scenario 2:** Partner A has had a couple of glasses of wine, and is asking Partner B if they would like to have sex with them. Partner B doesn't think they seem drunk, but isn't sure.
 - Answer: Maybe, it depends on whether or not this person is incapacitated by alcohol in this moment or not. Learn what makes someone incapacitated and what your own limits are around alcohol and other substances.

Conclusion

Wrap up the discussion by summarizing the points you have discussed – what your definition of consent is, and some of the scenarios where consent can't be given. Figure out if there are any lingering questions, and turn to some of these resources for more information.

Follow-up resources:

[RAINN](#)

[Planned Parenthood](#)

[Love is respect](#)