Building a Culture of Consent

PART 1: INTRODUCTION TO CONSENT
01 WHAT IS CONSENT? The components of consent and special considerations

02 WHY IS IT IMPORTANT Consent in our daily lives and the intersection of consent and identity

03 BOUNDARIES What are boundaries and how do we frame them?

04 MODELS FOR CONSENT Goal-Oriented Model (Baseball Model) vs Pleasure-Centered Model (Pizza Model)

05 CONSENT LANGUAGE The best language practices when having a conversation about consent
OUR TEAM

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She/Her/Hers

SHARE: Ed Team Student Staff
What is consent?
Stanford Policy

“Affirmative consent: affirmative, conscious, and voluntary agreement to engage in sexual activity. It is the responsibility of each person involved in the sexual activity to ensure that the person has the Affirmative Consent of the other or others to engage in the sexual activity. Lack of protest or resistance does not mean Affirmative Consent, nor does silence mean Affirmative Consent.”

Stanford Administrative Guide 1.7.1.2b
What consent is...

- Affirmative
- Verbally given, with non-verbal cues
- Informed and understood by all parties
- Freely and enthusiastically given
- Based on conditions
- Ongoing throughout the interaction
What consent is not...

- Not coerced
- Not silent
- Not assumed as a given just because of a past or existing relationship
- Not a box to check

- Not transferable between acts
- Not permanent or a blanket agreement
- Cannot be legitimately given if one or more of the parties is incapacitated
consent is not "one size fits all"
Consent depends on:

- The people involved
- Their respective experiences
- The context they live in
- The nature of their relationship
- The situation as a whole
Why is it important?
Pleasure is Personal

We all do different things for pleasure that don’t involve sex.

- Friendships
- Taking time for yourself
- Being with family

Consent can apply to a lot of these situations, activities, and interactions.
The intersection of consent and identity

Consent is often ignored with minoritized community members in everyday situations based on how people react to their identities.
We have to challenge ourselves to act against societal norms and oppression not only on the social or political landscape, but also in our close and intimate relationships.
Remember:

Building a Culture of Consent means prioritizing consent both on a **personal level** and a **community level**.
03 Boundaries
What are boundaries?

- Boundaries are limits and rules that are set to define the bounds of personal and community interactions.
- Boundaries can change across time & space and can differ across individuals, cultures, and communities.
- When boundaries are defined, we are living in the space of choice, instead of obligation.
Be mindful of:

- Power dynamics
- Verbals and nonverbals
- Intent vs impact
Be mindful of:

❖ Power dynamics
❖ Verbals and nonverbals
❖ Intent vs impact

Boundary type examples:

❖ Material
❖ Physical
❖ Mental
❖ Emotional
❖ Sexual
❖ Spiritual
Be mindful of:

❖ Power dynamics
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❖ Spiritual

If we are more honest about what our needs and wants are, we encourage others to honor them and in turn, honestly express their own.
“Sex Needs a New Metaphor”
The Baseball Model or the Goal-Oriented Model
Think about some baseball terms that are commonly used in sex and relationships
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- The Bases
- Scoring
- Batting for the other team
- Batting for both teams
- Pitcher or a Catcher
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❖ The Bases
❖ Scoring
❖ Batting for the other team
❖ Batting for both teams
❖ Pitcher or a Catcher

These euphemisms are flawed and they make interactions between people goal-oriented
The problem is...

- The goal is to win; run the bases as fast as you can and score as many runs as you can
- The rules are predetermined
- In baseball your desires and needs don’t really matter; when you agree to play, you agree to everything happening in the game.
Implications

You and your partner are on opposing sides
Implications

Agreement to participate means agreement to any and all terms.
Implications

There doesn't need to be a lot of discussion because there is already a predetermined structure for the interaction.
Implications

The goal isn't personal pleasure or partner satisfaction; it’s about finishing the game according to the rules that were laid out.
The Pizza Model
or the Pleasure-Centered Model
Think about what you do when you decide to order pizza with someone
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You Talk!

- Are you hungry?
- Preferred toppings
- Allergies
- Dislikes
- How many pizzas
- New flavors?
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Notably:
You have to figure out all of this before you order the pizza
The goal is mutual satisfaction!
Consent is not universal and just because you consent to one thing you like doesn’t mean you’re consenting to everything.
Implications

Consent requires discussion and agreement
Implications

Consent can be revoked
Implications

Your own personal pleasure and the pleasure of your partner are the most important factors to consider.
05 Consent Language
Ask questions:
- I like this, what do you think?
- I’ve never tried this, but can I try it with you?
- I don’t like this, but I’d be open to x, what about you?
- Would you feel comfortable doing x, y, or z?
Language Structure

- Yes
- Yes, and
- Yes, but
- No
- No, and
- No, but
Saying no and hearing no can be difficult
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BUT

The more comfortable you are with saying no, the more comfortable you are with hearing no and vice versa.
Remember that the Confidential Support Team (CST) is available to help you navigate resources no matter where you are or what your living situation is. Find CST at vaden.stanford.edu/cst