



What is consent and why is it so important?



Hannah went to a friend's sleepover. After staying up late and having fun, she fell asleep first. As Hannah slept, her friends decided to draw on her face with pens. The next day Hannah was furious. Not only could she not get the pen off, but she felt horrible and weird about her friends doing things to her while she was asleep.

Discuss: Why did this make Hannah feel so horrible?



What is consent? Explain in your own words using an example of someone giving consent.

Consent is.....
An example of this would be....

What is consent and why is it so important?



Learning outcomes:

Describe the 'cup of tea' analogy and how it can be used to explain consent accurately.

Explain whether consent has been given in particular situations and how you know this.



Consent – to give permission for something to happen.

Non-consensual – doing something without someone's permission.

Non-consensual sex – there isn't really such thing, it more of a polite way of saying the word rape.



There is a valid reason for Hannah being upset. Hannah was asleep when her friends drew on her face, therefore she could not say 'yes' or 'no' to the actions taken by her friends – she could NOT give consent. The idea that other people are touching you and changing your appearance whilst you sleep is rather scary too, as when you sleep you are helpless and unaware.

Fortunately, Hannah wasn't harmed, but we will now see why consent is so important – as well as ensuring people are in the right state of mind to give consent.



Did you know?

As a human, you have the final say over what happens to your body 100% of the time. This can only be taken away in medical emergencies or if a legal order is created for your own safety to protect you from harm.



<https://www.youtube.com/watch?v=u7Nii5w2Fal>

Watch the clip carefully and then complete the table:


Times people will drink tea.	Times people won't drink tea.



Answer in your booklets:

1. What is the clip trying to say? Is this point easy to understand?
2. Are there ever any cases where you should make an unconscious person drink tea, or a conscious person drink it against their will? What could potentially happen if you did?

Let's go through our answers together. For this clip, they are very straightforward but it is a quick and short clip so still be sure to correct any answers you missed.

Times people will drink tea.	Times people won't drink tea.
When they say yes, clearly, and are completely conscious and awake.	When they say no.
	When they are asleep or unconscious or cannot answer.
	When they have changed their minds about tea and no longer want it.

There are no circumstances where it is ever okay to force someone to do something without their consent.



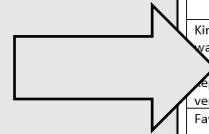
Now watch this clip carefully <https://www.youtube.com/watch?v=I7yQcyPWu8M>
DISCUSS: Is sexual consent just about the act of intercourse?



You will look at some examples of real-life situations where consent may or may not have been given for actions. You need to decide whether it was and explain why.

Discuss the situations carefully with your partner and be prepared to feedback to the class with your ideas.

We'll go through the answers together as a class afterwards.



Situation:	Has consent been given?	What should each person do next?
Tara and Dave went to a party together as boyfriend and girlfriend. Tara got very drunk. Dave wanted to have sex when they got home but wasn't sure if Tara did or not. She was kissing him at home on the bed but then fell asleep. He asked her if she wanted to have sex and she did respond, but he couldn't tell if she said yes or no. If he didn't keep talking to her and shaking her, she just fell back to sleep.	CLUE – If the sex happens, Tara should ring the police.	
Kim and Jamal had a romantic night in. Kim wanted to have sex with Jamal, but he said he was too tired. Kim followed him upstairs and kept pestering him. In the end Jamal said, I am very tired, but OK then.		CLUE – what did Jamal say?
Fayaz and Mimi were falling in love. They really wanted to have sex with each other. He asked her, she said yes. Fayaz is 17 and Mimi is 15.	CLUE – Mimi is only 15.	
John and Tom met at a bar. John was drunk and Tom was sober. John told Tom he wanted to take him home and have sex with him. Tom said he would have sex with John, but tomorrow when they were both sober, not tonight. However, Tom kept kissing him and telling John he was sexy that night.		CLUE – When did Tom say?



Situation:	How do you know consent is given or not in each situation?	What should each person do next? Why? Justify your reasoning.
<p>Tara and Dave went to a party together as boyfriend and girlfriend. Tara got very drunk. Dave wanted to have sex when they got home, but wasn't sure if Tara did or not. She was kissing him at home on the bed but then fell asleep. He asked her if she wanted to have sex and she did respond, but he couldn't tell if she said yes or no. If he didn't keep talking to her and shaking her she just fell back to sleep.</p>		
<p>Kim and Jamal had a romantic night in. Kim wanted to have sex with Jamal but he said he was too tired. Kim followed him upstairs and kept pestering him. In the end Jamal said, I am very tired, but OK then.</p>		
<p>Fayaz and Mimi were falling in love. They really wanted to have sex with each other. He asked her, she said yes. Fayaz is 17 and Mimi is 15.</p>		
<p>John and Tom met at a bar. John was drunk and Tom was sober. John told Tom he wanted to take him home and have sex with him. Tom said he would have sex with John, but tomorrow when they were both sober, not tonight. However, Tom kept kissing him and telling John he was sexy that night.</p>		
<p>Create your own to test another pair:</p>		

We will now go through the answers together – be sure to fill in any answers to questions that you missed.



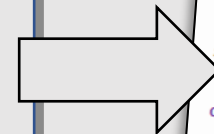
Situation:	Has consent been given?	What should each person do next?
<p>Tara and Dave went to a party together as boyfriend and girlfriend. Tara got very drunk. Dave wanted to have sex when they got home but wasn't sure if Tara did or not. She was kissing him at home on the bed but then fell asleep. He asked her if she wanted to have sex and she did respond, but he couldn't tell if she said yes or no. If he didn't keep talking to her and shaking her, she just fell back to sleep.</p>	<p>NO</p>	<p>If the sex happens, Tara should ring the police – she is too drunk to say 'yes' to sex and mean it. Dave needs to let Tara sleep. If he doesn't and he has sex with her, this will make him a rapist. If he leaves her alone, he still has a chance of maintaining a positive relationship in the morning.</p>
<p>Kim and Jamal had a romantic night in. Kim wanted to have sex with Jamal, but he said he was too tired. Kim followed him upstairs and kept pestering him. In the end Jamal said, I am very tired, but OK then.</p>	<p>YES</p>	<p>Jamal did say yes. There is nothing to suggest he wasn't in his right mind, just a bit tired.</p>
<p>Fayaz and Mimi were falling in love. They really wanted to have sex with each other. He asked her, she said yes. Fayaz is 17 and Mimi is 15.</p>	<p>NO</p>	<p>Mimi cannot give consent to sex as she is under 16, under the legal age of consent. If sex happens, this would legally be statutory rape, even if they both wanted to have sex.</p>
<p>John and Tom met at a bar. John was drunk and Tom was sober. John told Tom he wanted to take him home and have sex with him. Tom said he would have sex with John, but tomorrow when they were both sober, not tonight. However, Tom kept kissing him and telling John he was sexy that night.</p>	<p>NO</p>	<p>John needs to respect Tom's answer and back off. Although there is nothing to suggest here that Tom is putting John under pressure, the fact he's already said no means that John may still be trying his luck. John needs to realise that Tom has already said <u>ok</u> for tomorrow, and any added pressure may make Tom change his mind about that too.</p>

What is consent and why is it so important?



Read the newspaper article in your booklet called; “Men must prove a woman said, 'Yes' under tough new rape rules’.

Then answer the questions below the article in your booklets and be ready to feedback.



Men must prove a woman said 'Yes' under tough new rape rules

Men accused of date rape will need to convince police that a woman consented to sex as part of a major change in the way sex offences are investigated.

The Director of Public Prosecutions said it was time for the legal system to move beyond the concept of “no means no” to recognise situations where women may have been unable to give consent.

Alison Saunders said rape victims should no longer be “blamed” by society if they are too drunk to consent to sex, or if they simply freeze and say nothing because they are terrified of their attacker.

Instead, police and prosecutors must now put a greater onus on rape suspects to demonstrate how the complainant had consented “with full capacity and freedom to do so”.

Campaigners described the move as “a huge step forward” in ensuring fewer rapists escape justice.

Around 85,000 women per year are victims of rape in the UK, of whom 90 per cent know the perpetrator.

Source extract taken from larger article in The Telegraph



Complete the questions at your challenge level in your book:

What does the new rape law say men must do?
Who is the new law likely to help? In which situations?
Why did some rapes previously go unreported?

Why are some women unable to give consent?
How has the new law shifted the male/female power balance?
What is ‘date rape’? Why is it often hard to prove?

Is this law sexist?
Why are rape victims sometimes ‘blamed by society’?
Should a woman have to watch what she wears on a night out? Explain?

Use the scaffolding in PSHE sheet if you wish (see handout)





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1. What does the new rape law say men must do?
2. Who is the new law likely to help? In which situations?
3. Why did some rapes previously go unreported?
4. Why are some women unable to give consent?
5. How has the new law shifted the male/female power balance?
6. What is 'date rape'? Why is it often hard to prove?
7. Is this law sexist?
8. Why are rape victims sometimes 'blamed by society'?
9. Should a woman have to watch what she wears on a night out? Explain?

Year 8 RSE – Autumn 2: Entry & Exit Quiz

Instructions:

Rate your confidence for each statement on a scale of 1 to 5, where:

1 = Not confident at all | 5 = Very confident

1. On a scale of 1 to 5, how confident do you feel that you can explain what consent means and why it is important in all types of relationships?
2. On a scale of 1 to 5, how confident do you feel that you can describe situations where consent has or has not been clearly given?
3. On a scale of 1 to 5, how confident do you feel that you can identify the short- and long-term effects of alcohol on physical health and emotional wellbeing?
4. On a scale of 1 to 5, how confident do you feel that you can explain how alcohol misuse can damage relationships and impact decision-making?
5. On a scale of 1 to 5, how confident do you feel that you can describe what online trolling and cyberbullying are, and the harm they can cause?
6. On a scale of 1 to 5, how confident do you feel that you can identify safe actions to take if you or someone else is being bullied online?
7. On a scale of 1 to 5, how confident do you feel that you can define what it means to be tolerant and respectful of differences?
8. On a scale of 1 to 5, how confident do you feel that you can explain how intolerance and prejudice negatively impact individuals and communities?
9. On a scale of 1 to 5, how confident do you feel that you can discuss the importance of positive male role models and challenge harmful stereotypes?
10. On a scale of 1 to 5, how confident do you feel that you can identify where to go for help if you are worried about something related to relationships or online behaviour?



This is your Home Learning. It has been shared with you on Satchel. Please make sure it is completed by next week

How do you report something you are concerned about?

- It is important to us that all of you feel safe, happy and belong at Thornden.
- We also know that sometimes it is not as easy as simply telling a member of staff
- It could be:
 - A friend you are worried about
 - Someone being unkind to you
 - Something you have heard and think we should know



How can you report anything you are worried about?

- Speak to a member of staff or parent / carer
- Visit the Well Being Den or Head of Year area
- On Satchel each week you will be sent a link to a form to share any worries you have
- On our school website homepage there is a 'Report a Concern' link.
- In the Student Bulletin there is a 'Report a Concern' link
- On all school desktops there is a 'Report a Concern' logo to click and report anything

Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>

Kooth – <https://www.kooth.com>

Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.

Wellbeing Team and School Nurse

Report a Concern on Satchel

Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>

Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.

Headspace – Meditation and stress relief.

Clear Fear – Manage anxiety (designed for young people).

MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –

<https://www.beateatingdisorders.org.uk>

NHS Live Well – Eating Disorders –

<https://www.nhs.uk/mental-health/conditions/eating-disorders/>