



Life-skills, Leadership and Limitless Potential (LLLP)

Worksheet

Consent



Programme designed by Abi Billingham

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Worksheet

Consent

Aim

- To increase understanding about consent
- To think about definitions of consent
- To understand some of the things that might stop people being able to give consent

Resources

- Consent scenarios

Worksheet

Consent

Process

Questions that will be explored in this exercise:

1. What is consent?
2. What is the meaning of 'freedom' and 'capacity' in the definition?
3. In what ways might young people's freedom and capacity be restricted?

Begin by exploring Question 1: What is consent?

What do the group think consent is?

For example: parental consent to go on a trip, teacher allowing you to go to the toilet.

What are other examples of situations where young people give consent? For example: borrowing money or clothes. Make sure you cover consenting to sex, if this is not mentioned by the group.

Share the definition of consent:

'A person consents if he/she agrees by choice and has the freedom and capacity to make that choice' (Sexual Offences Act 2003)

Explore question 2 and 3:

- What is the meaning of 'freedom' and 'capacity' in the definition?
- In what ways might young people's freedom and capacity be restricted?

For example: being drunk, using drugs, having communication difficulties or additional needs, not having all the information, lack of confidence, pressure from peers/others, fear, intimidation, cultural pressures.

Share out consent scenarios:

Read them out and ask the group if consent has been given. Listen to all views and challenge any victim blaming and stereotyping that you notice.

- In each scenario how has the young person's freedom and/or capacity been restricted?

Reflect on session:

Have the young people learnt anything new?
Is it important to talk about this subject?
Is there anything missing that they wanted to cover?



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