

A CONSENT REVIEW[©]

The Consent Chronicles

- Hiiiiiiiiiiiiiiii! You're gonna do great. Really. Deep breath, you got this!
- Read it beforehand and practice.
- Sometimes I put little reading notes so I know to say a line fast, slow, pause, or overemphasize.
- If they laugh, it's ok to pause before continuing.
- You're super duper cool because you're helping dismantle rape culture.
- Ok bye!!!

Before Reading:

- On the front side of your worksheet (Page 1), you will see some blank spaces. Please use that to doodle, write, or whatever you want to use that space for. It's yours. You'll also see a bank of feelings, emotions, reactions. This is another space that is yours to process your reactions.
- The material we are reviewing, though serious, is presented with humor. It's ok to laugh. Remember, we are here to be respectful of each other and what makes each of us unique. That means "don't yuck my yum!"
- We are going to debrief afterwards. No one will be forced to participate, but I strongly encourage you to take some time to process with the worksheet, our group discussion, or I'm available after if you want to chat.
- [You may also want to include something about a confidential resource if folks are triggered]

After Reading:

- Before we jump into discussion, let's take a few minutes to reflect. Flip over your worksheet to Page 2.
- Once you've taken a few minutes to reflect, we will open up class discussion to work through these questions, any outstanding questions or thoughts you have, and to wrap up.
- [Based on your audience, give 10-15 minutes to work through the questions]
- [Go through each question and debrief, remember to be non-judgemental and empathetic]
- Q1: What is your honest reaction? What surprised you? What is your takeaway?
- Q2: What are some things we should be talking to our partners about BEFORE engaging in any of the partnered activities?
- Q3: What do you wish was taught in schools about sexuality, relationships, health communication, or consent?
- Q4: How would life be different we regularly incorporated conversations about consent, healthy communication, and conflict resolution in our education?
- Q5: What is one thing you can commit to doing to make consent the norm? [remind them, it can be non-sexual things like asking before I borrow something, using consent in every day activities, etc]

I am feeling:



I'm good!
I feel confident,
excited, or curious



I'm so-so!
I feel tentative,
nervous, or skeptical



I'm not good.
I feel scared, anxious,
or insecure

Tip: Take a deep breath with a long exhale or think of an image (person, pet, place, thing) that makes you feel safe.

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Blank Space for you!
Take what you need!

With Feeling!
Feel free to circle, check off, cross out words that
you identify with!

THANKFUL
SAD INTERESTED INSPIRED SHOCKED FRUSTRATED
RESPECTED BORED EXPOSED AWFUL CONFIDENT LONELY
DISGUSTED LOVING NAUSEATED UNFOCUSED
JEALOUS MAD ANGRY REJECTED
CONFUSED VULNERABLE APATHETIC POWERFUL
WITHDRAWN INSECURE REPELLED
DISTANT PLAYFUL OVERWHELMED STARTLED
HORRIFIED PRESSURED FEARFUL TIRED DISMAYED TRUSTING
NERVOUS CONTENT
BITTER VICTIMIZED ASHAMED VIOLATED
OPTIMISTIC AMAZED PROUD BAD
ANXIOUS CRITICAL NUMB DEPRESSED FREE HUMILIATED
DISAPPROVING PEACEFUL HURT SCARED STRESSED
INADEQUATE HESITANT APPALLED CURIOUS FRAGILE
SURPRISED EXCLUDED HAPPY DISAPPOINTED
EMBARRASSED
ACCEPTED THREATENED JUDGEMENTAL WEAK HOPEFUL
GUILTY POWERLESS AGGRESSIVE DESPAIR
INDIFFERENT ANNOYED EXCITED ASTONISHED LET DOWN BUSY

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What surprised you?
What is your takeaway?

What do you wish was taught in schools about sexuality, relationships, health communication, or consent?

Q2: What are some things we should be talking to our partners about BEFORE engaging in any of the partnered activities?

How would life be different we regularly incorporated conversations about consent, healthy communication, and conflict resolution in our education?

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What is one thing you can commit to doing to make consent the norm?