SEXUAL CONSENT WORKSHOP
Participant Workbook
Welcome Week 2015

Developed by the University of Bristol
Bristol SU
Somerset & Avon Rape and Sexual Abuse Support (SARSAS)

Based on original material by Oxford University Students Union
1. **Introduction**

- The context – why are we talking about sexual consent?
- Safeguarding – think about whether this session will trigger anxiety in you.
- Complex and challenging scenarios – designed to make you think.
- Ground rules – to make discussion as safe as possible.

2. **Ground Rules**

**House Rules**

Your facilitator will explain the following standard rules for this workshop to you:

- a. The session should be a safe space for participants.
- b. People with opposing views to others should challenge ideas but not the individual.
- c. Not group therapy.
- d. The facilitator is not an expert.
- e. Timekeeping is essential.

**Additional Group Rules**

The facilitator will ask you to suggest some of your own. Write them on the post it notes provided and stick them on the wall.

3. **Five minute icebreaker**

- Your facilitator will ask you to introduce yourself to the group
4. Pub Quiz

Pub Quiz Introduction

- The next section is a quiz designed to highlight some statistics on sexual assault in the UK.
- Your facilitator will organize you into small teams.
- You have five minutes to answer the questions. When five minutes are up, your facilitator will go through the answers with you. Winning team wins!

Pub quiz questions

1. ___ of the UK adult population have been sexually abused at some point in their lives. Of the total number of individuals that have been sexually abused ____ are men.
   a) 15% total / 11% men  |  b) 2% total / 0.8% men  |  c) 22% total / 9% men  |  d) 10% total / 1% men

2. Around ____ women are sexually assaulted and ____ women are raped each year in the UK.
   a) 100,000 / 7,000  |  b) 400,000 / 80,000  |  c) 48,000 / 9,000  |  d) 75,000 / 18,000

3. ___ in ___ of the UK male population have experienced sexual violence.
   a) 3 in 10  |  b) 3 in 20  |  c) 3 in 30  |  d) 3 in 40

4. ___ in ____ university age women have experienced a serious physical or sexual assault during their time as a student.
   a) 1 in 7  |  b) 1 in 16  |  c) 1 in 24  |  d) 1 in 35

5. Occurrences of sexual assault against women in this age group most commonly occur ____.
   a) in a car  |  b) in a club  |  c) at home  |  d) outside

6. _____ of female university students have experienced some kind of verbal or non-verbal harassment in and around their institution. This includes groping, flashing, and unwanted sexual comments.
   a) 28%  |  b) 40%  |  c) 52%  |  d) 68%

7. _____ of 2058 university age women surveyed have experienced stalking.
   a) 3%  |  b) 12%  |  c) 5%  |  d) 15%
8. _____ of university age women have experienced unwanted kissing, touching, or molesting during their time as a student and usually these incidents took place in public.

   a) 16%  | b) 4%  | c) 20%  | d) 12%

9. One in _____ survivors of serious sexual assault were given alcohol or drugs against their will before the attack.

   a) 10  | b) 20  | c) 30  | d) 40

*All statistics are from Hidden Marks (NUS, 2010), Mankind, SurvivorsUK, and Rape Crisis England & Wales
5. Exploration

Scenarios Introduction

a) The facilitator will divide you into small groups.
b) Decide who in your group will take notes.
c) Take five minutes to work through each scenario in your group, thinking specifically about the following questions:

- Where is sexual consent given?
- Where is it not given?
- Refer to Appendix i – what myths might be challenged by this scenario?
- How do you think the individuals in the scenario felt?

d) Be prepared to discuss your answers with the group
Scenario 1:

My JCR had organised a night out in town. We had been drinking before we got there, but since I had a deadline that week, I was not drinking too much. Looking back at the night, I would say I was in full control. I remember the night and my actions perfectly.

We had been there for around two hours. I was slowly finishing off some bizarrely coloured cocktail when a friend from the flat next door came over and dragged me and a few of my friends onto the dance floor. That was fine. It was fun.

Then the guy I was dancing with began dancing really close. He spun around and looking me directly in the eye, grabbed my belt loops and gripped my crotch. I stepped back a bit and said something like “not tonight” and something along the lines of “I don’t know you.” He laughed, pulled me back to him, and said something about me being silly, and put his hand near my crotch and started trying to unzip my trousers.

I pulled his hand away and told him to stop. His brow furrowed, and he walked off towards our other friends.

No one really saw it, but I feel really embarrassed for some reason. Did he tell his friends? I didn’t do anything to him. I just didn’t want that to happen on a night out we didn’t really know each other.

a) Where is consent given?

b) Where is consent not given?

c) What myths might be challenged by this scenario?

a) How do you think the individuals in the scenario felt?
I've dated my boyfriend for almost two years. He was my first in a lot of respects. First gay relationship. First sexual experience.

About a year after we started dating, he asked me out on a date, like when we first got together. He planned a whole date night for us and had put a lot of work into it. I think he wanted to please me, make me happy, or something. It was romantic - or what the movies say is romantic. It felt so good to be with him.

Around 11pm we headed back to my room. We'd had sex before this point, I mean, everything but penetration. Everything we had done together before now we had talked about and agreed to. As our kissing and touching progressed to undressing and more touching, I asked about anal sex. As I asked him, I felt him sort of withdraw, and get tense. It was weird. We had done everything else before so I thought it was okay to take it to the next level. I started having sex with him, and I just kept going. It was great. It felt great.

I was pretty tired the next morning and all I wanted to do was stay in bed with him. Things felt weird though. I didn’t really know what was going on, and he was curled up, right on the edge of his side of the bed. I rolled over to him, whispered something and curled around him. He shrugged me away though and got up and went to the bathroom. I dozed off. A couple hours later I got out of bed and found him in the kitchen cooking breakfast. He looked sad.

I asked him what was wrong but he didn’t say anything. He just held my gaze for a little too long. We’re still together now, but I feel like something is different from before.

a) Where is consent given?

b) Where is consent not given?

c) What myths might be challenged by this scenario?

d) How do you think the individuals in the scenario felt?
**Scenario 3:**

It happened while I was at uni. I was 19. I didn’t want it. But my mum said that’s what I deserve for the life I lead, and the Police said it was sex regret.

I went out a lot, drank a lot. It was fun and I loved to feel men and women touch my body, caress my breasts. I love alcohol. I love sex. That’s me.

But one night, a group of people from my Hall of Residence were at a friend’s flat. I think we had plans to go out, but we began drinking and kept drinking there. One guy in my year that I knew sort of well was there and we were talking and flirting. It moved to touching and kissing and before we knew we found our way to a quiet part of the flat.

I was pretty drunk, and the groping and pressure of his body on mine felt amazing. We kept kissing and he pulled down my pants and was touching me. Details began getting fuzzy and I’m not sure what happened after that, I guess I must have fallen asleep. I do remember waking up at one point and he was on top of me. Then it went dark again, I woke up a few hours later to a quiet flat without my skirt or pants on. The guy wasn’t anywhere, but I was in a bed.

We had sex, I’m sure of it, but it wasn’t something I agreed to. Or did I? I was into it and active. Maybe my Mum and the Police are right.

a) Where is consent given?

b) Where is consent not given?

c) What myths might be challenged by this scenario?

d) How do you think the individuals in the scenario felt?
6. What is Sexual Consent?

**Group Exercise**

a) In your groups, take 5 minutes to discuss what you think sexual consent is
b) Nominate somebody in your group to write down your definition.
c) Be prepared to share your definition with the larger group.

Sexual Consent is…

__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

What does the law say?

- Your facilitator will read out what consent, rape, and sexual assault is, as defined by Law in the UK.
- You can learn more by visiting: www.pauseplaystop.org.uk/the-law
7. Evaluation

Thank you very much for taking part in this workshop.

Please take 5 minutes to fill out the evaluation form in appendix iii at the back of this workbook. Your views about the effectiveness of this workshop are vital and if you think there are ways that we can improve it, please tell us. Once you’re done tear the evaluation page off the back of your workbook and hand it to your facilitator before you go.
Appendix i - Myth Busting

1. **MYTH:** If you do not say anything, it means that you want it.

**BUSTED.** No means no, but silence also means no. Passivity does not equal consent. Many times people do not feel like they can say no due to power imbalances. People can also become unresponsive or not know what to say when they are in uncomfortable or frightening situations.

2. **MYTH:** Consent is generally not something you can communicate because of the nature of sex.

**BUSTED.** If both parties are confident about engaging in sexual activity, they can communicate their consent to each other. Consent can be spoken, but it can also be expressed in action. If in doubt, ask. Small ‘check ins’ are okay and reassuring. It will not ‘kill the mood’.

3. **MYTH:** Agreeing to do something sexual means you have agreed to do everything else as well.

**BUSTED.** Consent to do one things does not automatically imply you want things to go further. Consent with protection does not imply consent without protection. Some people are comfortable going so far at certain points of their relationship (i.e. kissing, touching). Even long-term partners might not want to do some things.

4. **MYTH:** Only men rape, and only women are victims of rape.

**BUSTED.** In UK law, rape is defined as penetration with a penis, so only men can rape. Penetration with objects, digits, and so forth is sexual assault and carries the same legal punishment as rape. Both women and men can sexual assault others. Rape and sexual assault are always about power and domination. The second part where only women are victims of rape is untrue as men can rape both women and other men.

5. **MYTH:** If you wear sexy clothing or are ‘that kind of person’ - walking alone at night, having multiple partners, drinking too much or going out too much - then you are asking for it.

**BUSTED.** This is victim blaming. No one dresses or leaves their house thinking, ‘I want to get raped in this skirt’ or ‘I want my vagina touched without my consent tonight’. Dress, drinking, and socialising behaviours do not influence the likelihood of being assaulted. Rape/sexual assault is always the fault of the attacker. It is also key to note here that alcohol and drugs play a huge role in rape and sexual assault.
6. **MYTH**: All rapists are men hiding in the bushes or in dark alleys waiting to attack beautiful or scantily clad women.

**BUSTED.** Only 12% of rape and sexual assaults are by strangers. 88% of rapes and sexual assaults are by people the survivor knew, from an acquaintance to a partner/ex-partner. Rape and sexual assault can happen to anyone no matter their age, class, culture, ability, sexuality, faith, race, or appearance. Rape and sexual assault can occur inside marriages and committed relationships, by trusted family or close family friends, or by community or religious leaders. There is not a stereotype for victims or perpetrators.

7. **MYTH**: People who rape or sexually assault are mentally ill or monsters.

**BUSTED.** Studies have indicated that as few as 5% of men are psychotic at the time of their crimes. Few convicted rapists are referred for psychiatric treatment.

8. **MYTH**: False accusations of rape and sexual assault are higher than other crimes.

**BUSTED.** According to the Crown Prosecution Service, less than 1% of reported rapes are false. The British Home Office puts it at 3%. That is no higher than any other crime. In reality, rape is underreported due to the stigma around sexual violence and feeling like people will not believe the survivor. Another study says that 40% of women do not tell anyone about their assault. Thinking that rape is higher reinforces the myth that people will not believe a survivor.

9. **MYTH**: Someone saying ‘no’ is playing hard to get. When someone says ‘no’ they really mean ‘yes’.

**BUSTED.** If someone says ‘no’ they mean ‘no’. You cannot read another’s mind, so you have to accept and respect what the other person has said. Consent is agreed. Playing hard to get is an immature excuse. Flirt, have fun, respect the verbal and non-verbal signals of the person you are pursuing.

10. **MYTH**: All women want to be raped as part of a sexual fantasy.

**BUSTED.** There are many types of fetishes and fantasies, but bondage, dominance/submission, and sadism/masochism are scenarios created as a part of a fictional game with safe words that will end the fantasy. Rape and sexual assault is being forced/coerced into sexual activity without consent. It is never wanted.
Appendix ii – Resources

Emergency Services (Police, Ambulance Service, Fire Service)
999

Police non-emergency number
101

The Bridge
Supporting women, men, children and young people in the Avon and Somerset area that have been affected by rape or sexual assault.
0117 342 6999
www.turntothebridge.org

Somerset and Avon Rape and Sexual Abuse Support (SARSAS)
Specialist support service for people in Bath and North East Somerset, Bristol, North Somerset, Somerset, or South Gloucestershire, who have experienced any form of sexual violence, at any point in their lives
0117 929 9556
www.sarsas.org.uk

Pause, Play, Stop (campaign organized by SARSAS)
www.pauseplaystop.org.uk

SurvivorsUK
For male survivors of sexual abuse.
0203598389
www.survivorsuk.org

Respect
Support for perpetrators and abusers.
0845 122 8609
www.respect.uk.net

University of Bristol Students’ Health Service
0117 330 2720
www.bristol.ac.uk/students

University of Bristol Student Counselling Service
0117 954 6655
www.bristol.ac.uk/student-counselling

Bristol SU Just Ask Advisory Service
0117 331 8634
www.bristolsu.org.uk/justask
Appendix iii - Evaluation Form

1. How helpful did you find the session?

Not at all helpful  Slightly helpful  Helpful  Very helpful

1.1. Why is this your answer?


2. How much do you agree with the following statements?

a) I felt comfortable engaging with the workshop.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

b) I felt the workshop was well facilitated.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

c) I feel confident in my handling of sexual relationships.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

d) I can explain the concept of sexual consent to a friend.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

e) I can explain why sexual consent matters to a friend.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

f) I feel comfortable socialising in my Residence.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE

g) Due to the nature of sexual acts, it will always be unclear whether consent has been given.

   COMPLETELY DISAGREE  1  2  3  4  5 COMPLETELY AGREE
h) People signal whether they want to have sex or not through their clothing and personality.

COMPLETELY DISAGREE  1  2  3  4  5  COMPLETELY AGREE

i) I don’t know anyone who has been badly affected by issues of sexual consent.

COMPLETELY DISAGREE  1  2  3  4  5  COMPLETELY AGREE

j) I feel it is important for people in my community to have a good understanding of sexual consent.

COMPLETELY DISAGREE  1  2  3  4  5  COMPLETELY AGREE

3. What does sexual consent mean to you?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

4. How could the workshop have worked better for you?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

5. Any other comments?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________