

THE CONSENT CAFÉ



Creating a Culture of Consent through an Activity-based Consent, Communication and Sexualized Violence Prevention and Response Education Program.

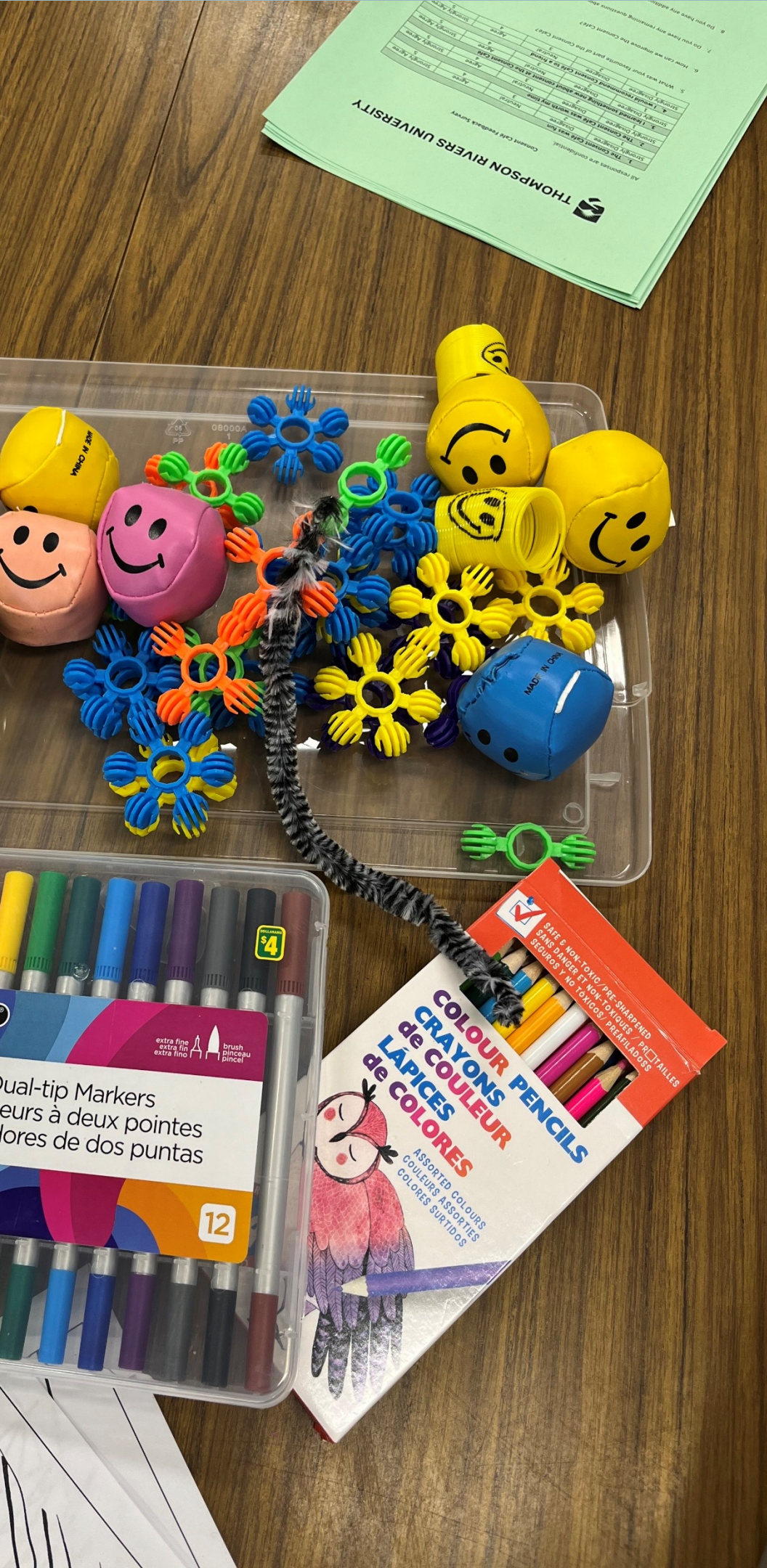


LAND ACKNOWLEDGMENT

AND WHY WE RELATE THIS TO CONSENT

As we learn about consent, we must recognize that the Canada we know was built on Indigenous lands without consent. Manipulation and violence have been, and continue to be, used to control Indigenous peoples' bodies and lands through colonialism.

Importantly, alongside every act of violence exists a parallel story of resistance to that violence. We recognize and honour Indigenous peoples' historical and ongoing resistance to colonial violence.



Welcome to the Consent Café

- The Consent Café is an activity-based consent, communication, and sexualized violence prevention & response program for youth and young adults.
- Our Goal
 - *To introduce and reinforce a rights-based consent literacy and sexualized violence prevention program early to ensure youth transitioning from high-school to post-secondary (TRU) or high school to the workforce are prepared.*

Our Pilot Team



Invested Partners





Why is Consent Education Critical?

The prevalence of violence and sexualized violence remains pervasive in society. What we are currently doing is not working.

- Sexualized violence and intimate partner violence is increasing across the country
- Police reported level 1 sexual assaults increased 19% from 2020 to 2021; among intimate partners, reported level 1 sexual assaults increased 22% from 2020 to 2021.
- 2021 was the seventh year in a row that police reported intimate partner violence incidents increased in Canada – 79% of survivors were women and girls, at a rate nearly four times that of men and boys

Why is Consent Education Critical?

The Big Picture - We know that protective factors may lessen the likelihood of sexual violence victimization or perpetration. These factors can exist at individual, relational, community, and societal levels.

- Families where caregivers work through conflicts peacefully
- Emotional health and connectedness
- Academic achievement
- Empathy and concern for how one's actions affect other



Consent Education Partners

Parents/
Caregivers

Peers

Educators

Community

Media

What informs the Consent Café



What informs the Consent Café



BcCampus' (Baylis, et.al, 2020) eight key principles of sexualized violence prevention and response work

How is the Consent Café Trauma Informed?





Why the Consent Café Works

- We meet participants “where they are at”, where they learn, and where they are navigating consent every day.
- We are current in our content
- We are reflexive - our curriculum is youth informed
- Consent Café Mentors help create a bridge between the curriculum and the real-life application of the content



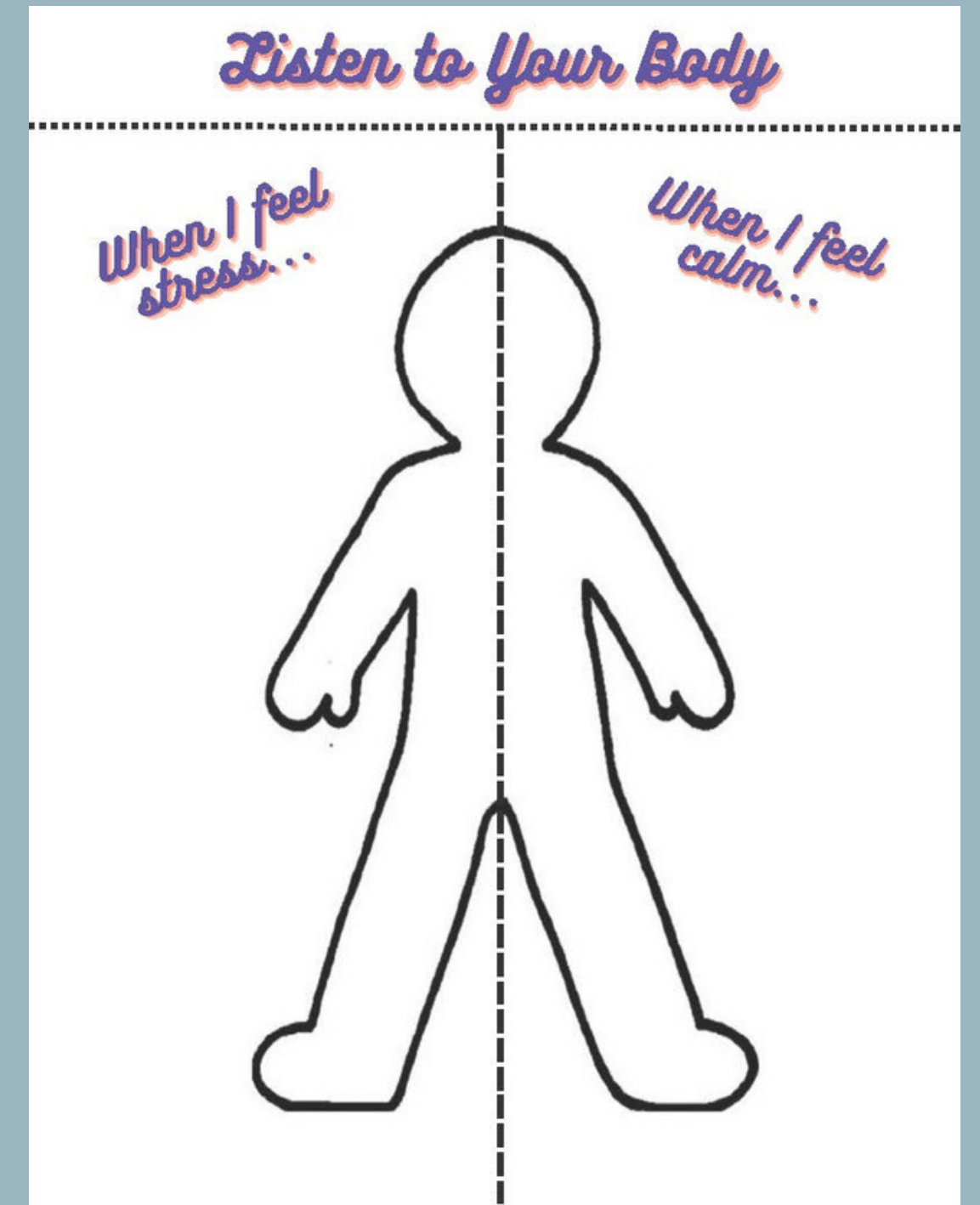
Role of Consent Café Mentors

- Establish and support respectful and courageous learning environments
- Model styles of participation and engagement
- Co-regulate
- Support comprehension and application of material
- Listen and observe within their small groups
- Provide immediacy and responsiveness
- Make Consent Cafés fun!

Consent Café Curriculum Lesson 1: Relationship, Emotional Regulation, and Resources

Learning objective: Participants will prepare for a responsive and supportive learning environment

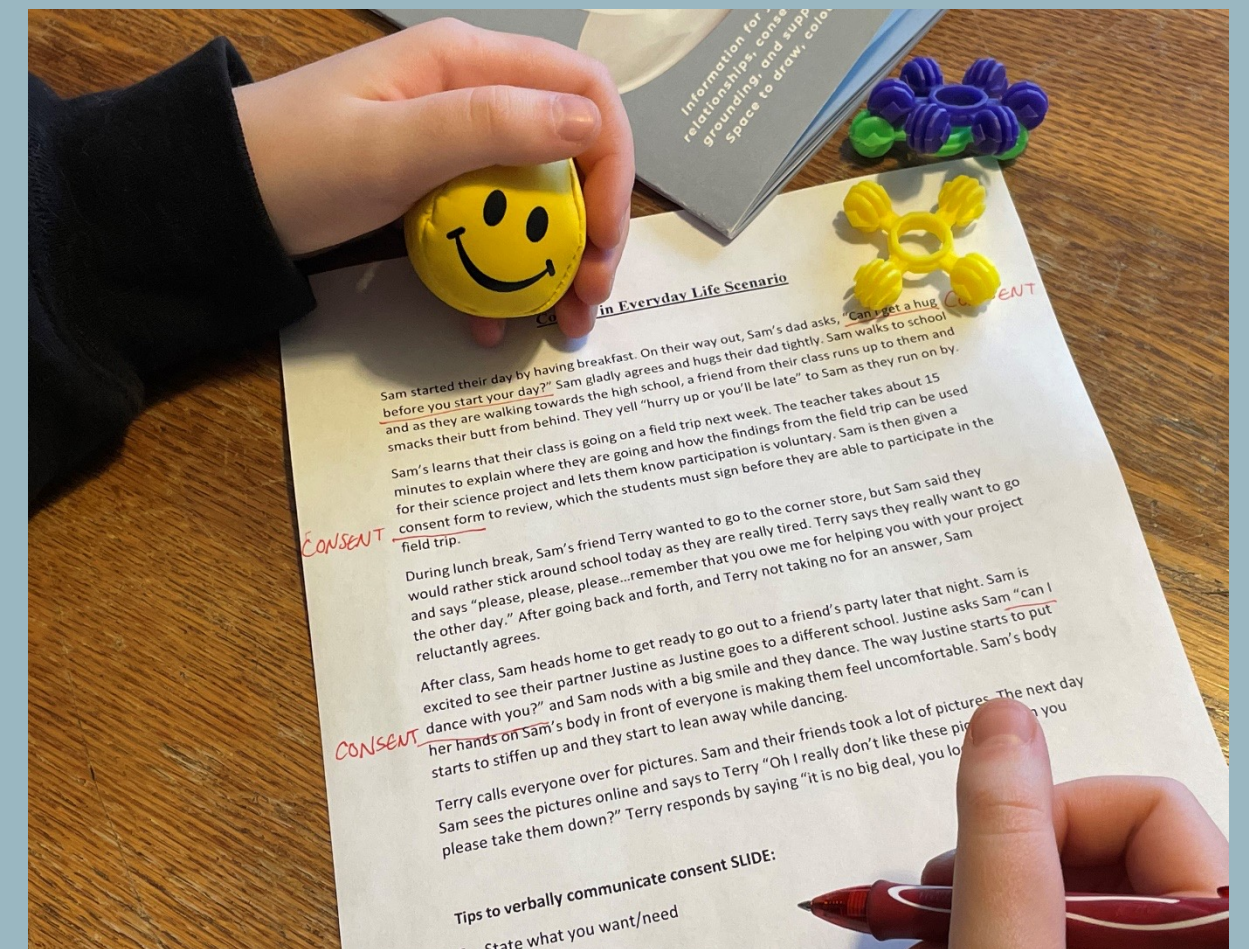
- Take away: Think about desired consent learning, grounding item
- Learning outcome: Participants will build connections, learn grounding strategies, and establish an understanding of the Consent Café



Consent Café Curriculum Lesson 2: Consent and Communication

Learning objective: Participants will develop a fulsome understanding of consent and the communication skills integral to accurately navigating consent

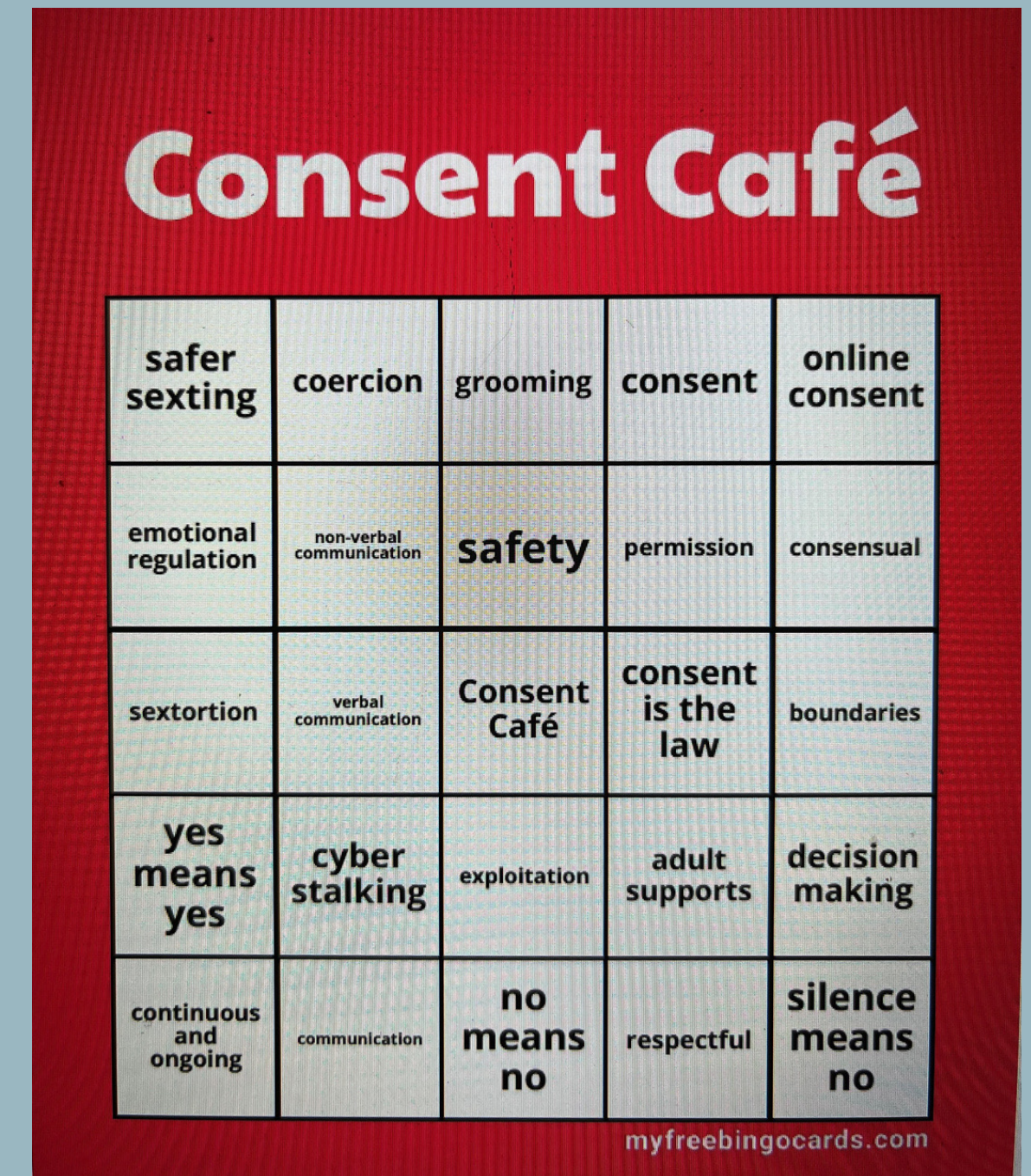
- Take away: Talk to parents/caregivers about how consent exists within the home
- Learning outcome: Participants will develop a fulsome understanding of consent and how it applies to all aspects of their lives



Consent Café Curriculum Lesson 3: Online Consent and Online Safety

Learning objective: Participants will develop an understanding of online consent, ways to engage online safely, and that adult supports are required if harm is present. In addition, empathy and compassion for victims/survivors of sextortion and sexploitation is emphasized.

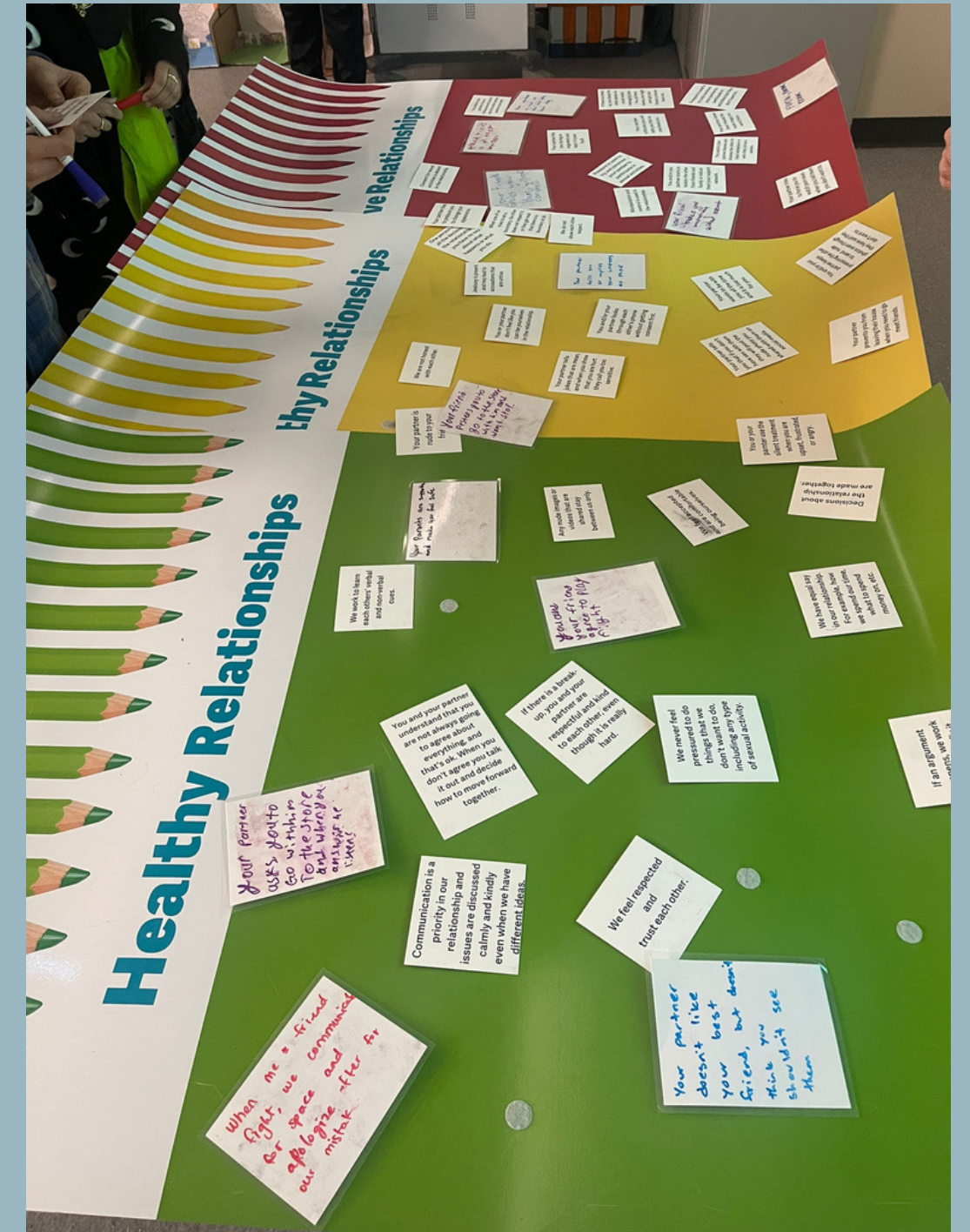
- Take away: Identify an adult to report to if experiencing extortion, exploitation, or other online or in-person harms
- Learning outcome: Participants will understand their online vulnerabilities, be able to identify a helpful adult, and the steps required to report harm



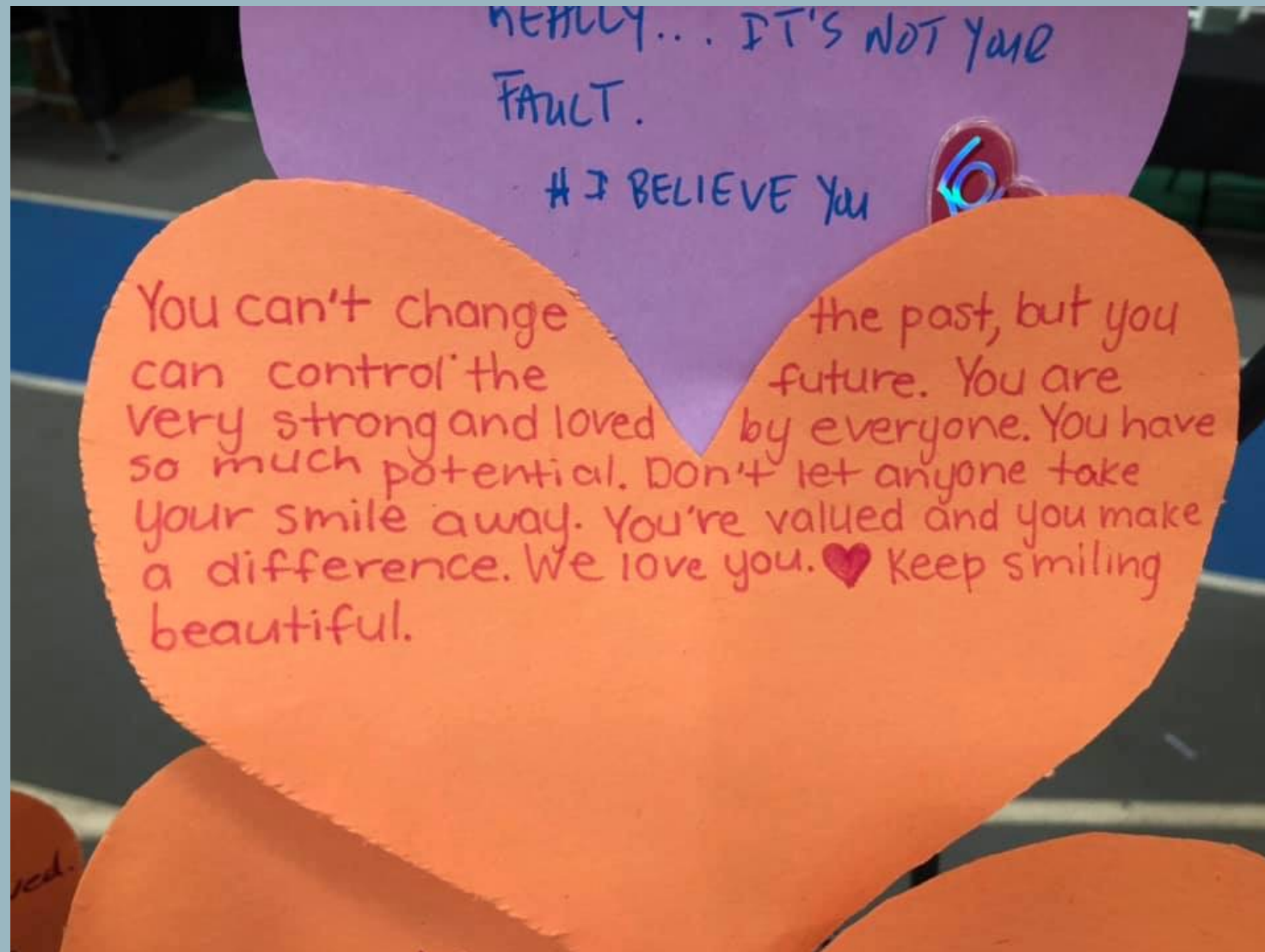
Consent Café Curriculum Lesson 4: Relationships, Violence Prevention and Communication

Learning objective: Participants will develop an understanding of relationships across a spectrum of healthy to abusive

- Take away: Identify an adult to report to if experiencing violence, violence is never the fault of the victim/survivor
- Learning outcome: Participants will be able to identify healthy, unhealthy, and abusive relationship communication patterns, and be able to identify a helpful adult if needed



How to Support Someone who has Experienced Violence



- **LISTEN**
- **BELIEVE**
- **EMPOWER**

Help connect to Adult Supports

Talking to Your Teens about Consent

- Listen
- Believe
- Empower

If you want your teen to disclose any type of online/in-person harm with you, working to build a safe, trusting relationship is the key

Work on building your own grounding strategies, so you have ways to calm and ground yourself in case they share hard to hear information with you

Openly talk about and model consent (i.e., don't force them to hug people they don't want, share with them how you are starting to use consent with people in your life)

Work to stay calm if they tell you about a mistake they made. If you feel activated, you can use a grounding strategy - because you have been practicing;)

Consent Café Journal

- Developed to increase and enhance student engagement
- Developed to increase and enhance students' comprehension and understanding of the Consent Café Curriculum and to encourage self-reflection and critical thinking
- Developed to share local and online resources
- A 2nd edition has been developed and is being used in our Grade 8 pilot
- It is copyrighted by Tanya Pawliuk and Chelsea Corsi as primary authors

Get 'The Tea' from the Consent Café...



What is consent?

Consent is a mutual agreement to partake in an activity.

Consent is continuous and ongoing. You can change your mind at any time.

Consent keeps all parties engaged and respected.

Consent is never implied or assumed

Communication is a very important part of giving and receiving consent.

Consent must be communicated clearly.

When we consider sex, getting consent is the law.

Partners need to consent before engaging in any type of sexual activity.



Without consent, sexual activity is **NOT SEX**
IT IS SEXUALIZED VIOLENCE



Use the URL Code to go to erase

erase | EXPECT RESPECT & A SAFE EDUCATION

you're not alone
- everyone needs to ask for help sometimes

Health Promotion and Education Campaign in BC School Districts

- Three pages from our Consent Café Journal have been adapted into posters for 3 different BC school districts
 - *What is consent?*
 - *What is violence?*
 - *There is no legal consent when...*

FYI - The ERASE Report it tool is an easy way to send a message to your school or school district's Safe Schools Coordinator, who will follow up with you privately if you choose provide your name. (You also don't have to give your name and it will be kept private.)

Sample of Participant Feedback

What was your favourite part of the Consent Café?

- *“The nice mentors and the colouring and fidgets.”*
- *“Probably the conversations...from the questions being asked [about] situations from [real] life.”*
- *“Getting to talk about our experiences and having that comfort feeling.”*
- *“The relationships.”*
- *“Communication and how welcoming the people are.”*
- *“I enjoyed learning how much consent affects our everyday lives.”*
- *“It was inclusive, as well as didn’t feel awkward and I looked forward to it. The ‘lessons’ were well spoken.”*
- *“The fun games like kahoots and bingos with the prizes and the daily question how we were feeling.”*
- *“My favourite part was the activities because it taught us while having fun.”*


Sample of Participant Feedback

How can we improve the Consent Café?

- *“Maybe go into more relationship stuff.”*
- *“More snacks.”*
- *“IDK.”*
- *“Hot chocolate.”*
- *“More activities.”*
- *“Go more in-depth on friendships and have more boundary setting and consent practices.”*
- *“More fidgets.”*
- *“More talk about sex.”*
- *“More physical activity.”*
- *“Maybe make it a longer experience.”*

Sample of Participant Feedback

Do you have any additional feedback?

- *“I could have used this info when I was younger. I think this should be in all high schools.”*
- *“It was really fun and [I] learned information that I didn’t realize fit under the context of consent”.*
- *“No, you guys are a perfect group ”*
- *“More snacks!!!”*
- *“I am very happy you were able to come to our school.”*
- *“I appreciate that this was well thought out and student’s opinions were taken into consideration.”*
- *“I think I learned a lot about this and I understand it more.”*

The Consent Café Empowers Youth

“I attended the Consent Café this spring. I feel like if we were all taught at a young age what consent is some situations could be prevented. I already had a general knowledge of consent, but I learned more about physical and sexual online consent at the Café. I had a little understanding of physical consent, but I didn't know how to use it, so the Consent Café was definitely an eye opener on how to use my consent properly. I never talked about sexual consent before, so it was hard to learn about, but I also didn't know how to say no without hurting feelings, so at the Consent Café I learned how to speak up for myself more. I felt safe and calm surrounded by comfort, and I like how they were really open, and they didn't like sugar-coat anything or hide anything, so it was just like a really empowering.”

- Consent Café participant, 2022

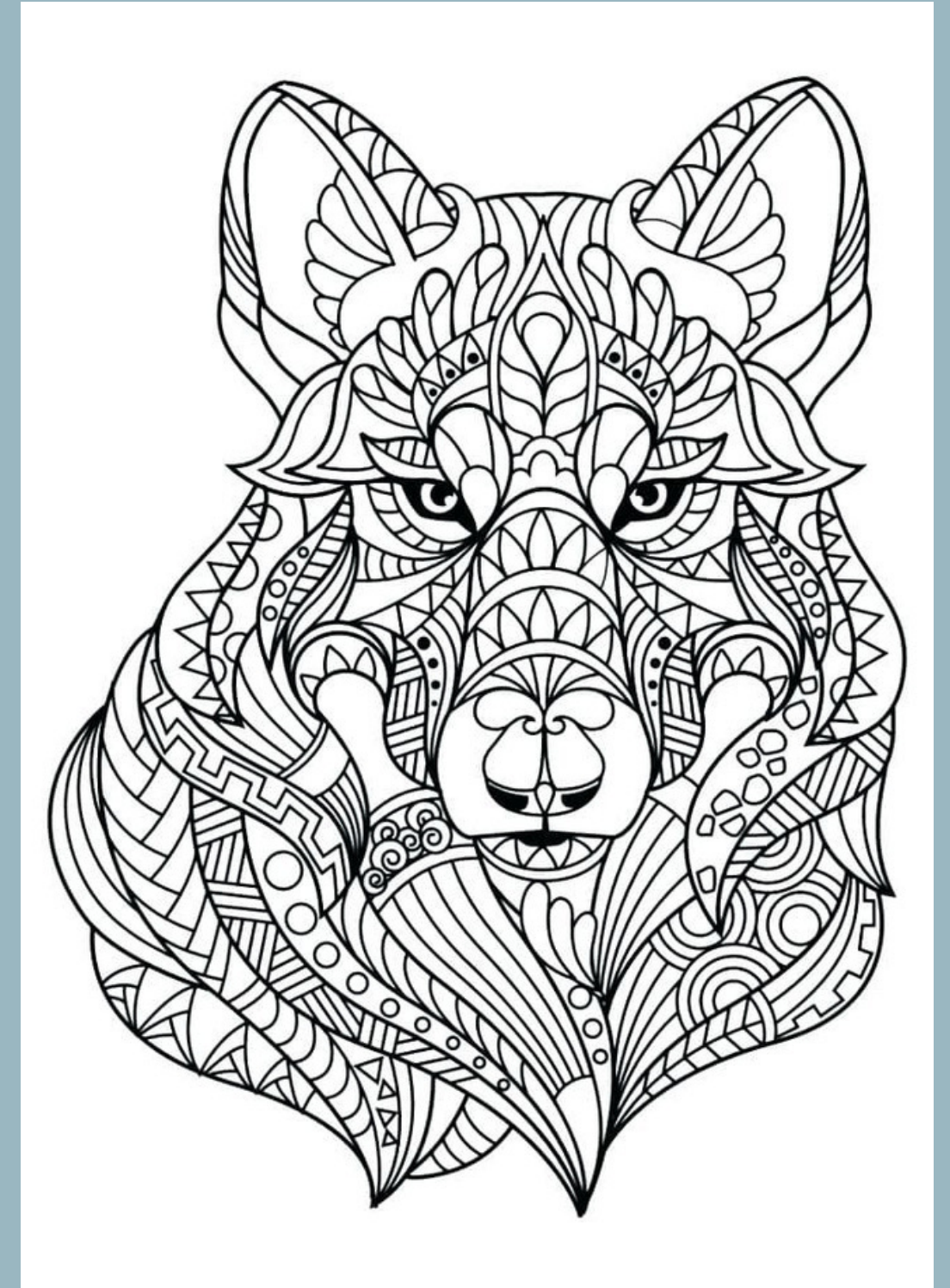
Educators are telling us the Consent Café Works

“I would like you all to know how grateful I am for the opportunity that you have given our students. Many of them have come and talked to me since, some sharing experience where their consent was not given, and some sharing how empowering they felt the workshop was. I would also like to give a special thanks to [the TRU Consent Mentor]. The kids she supported engaged more than they ever have at school. One of the young people rarely lifts their head off their desk in their classroom, and by the 3rd day, they spoke in the group!!! From an outsider, it might not have seemed like a lot, but in the last 2 yrs at our school, that is the most they have engaged in any subject matter!! This speaks to how very safe the space you all created was! Thank you all for your kindness, understanding and hard work! I look forward to perhaps hosting a larger, more diverse group again on the future in you are able! Thank you.”

- Educator from SD#73 Alternative Education Setting

Next Steps for the Consent Café

- We know the need for this education is great
- During the SD73 grade 8 pilot, we are formally evaluating the curriculum and journal, and will integrate the feedback
- We hope to use our findings to inform the development of a Consent Café Train-the Trainer program to increase sustainability and bring this initiative to the communities and school districts who are interested
- *Celebration of the Pilot - My Consenting Self Art Exhibit*



Please contact us for more
information at:

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