

Creating a Culture of Consent: Student Session

By Beth Wynkoop, MSW, MSSP



Speaker Information

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Prevention and Education Policy Advocate

- Silver Spring Resident
- Lover of animals (this one's Kelpie), music, and reading
- Preventionist-experience with campuses across the country, government agencies, workplaces , and the DoD



About MCASA

The Maryland Coalition Against Sexual Assault

MCASA works to help prevent sexual assault and advocates for accessible, compassionate care for survivors of sexual violence

The Sexual Assault Legal Institute

SALI provides comprehensive legal services to survivors of sexual violence statewide, as well as training and technical assistance for professionals working with survivors.

We're here to talk about:

- ☐ Consent and Healthy Relationships
- ☐ Sexual Assault
- ☐ Bystander Intervention
- ☐ Supporting a Friend
- ☐ Contributing to Safer Spaces

You can use this information for your own life or to influence your peers.

Self-Care Station

We'll be talking about consent and sexual violence. Please take care of yourself as needed throughout the presentation.

VASAP:

301 Piccard Drive Suite 4100, Rockville, MD 20850

Crisis Line: 240-777-HELP (4357)

TAKE CARE



OF YOURSELF

Consent

Building healthy relationships for life.

Poll #1: Consent

How well do you understand the concept of consent?

1. I think I understand consent very well.
2. I get the basic concept, but there are some things that confuse me.
3. I am very confused or uncertain about what consent is.

Consent and Healthy Relationships

- Consent means to actively agree to something.
- People consent to things based on their “boundaries.”
- Understanding consent is an important part of socializing and being in a healthy relationship. Learning early can prepare you for the future.
- One of the major ways we talk about consent is in terms of sexual activity.
- All consent should be “affirmative”-active agreement instead of lack of “no.” **What does active agreement look like?**

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

-Consent does not come from begging, guilt, convincing, threats, or coercion.

-Consent can be withdrawn at any time, even if they initially agreed or they'd done it before.

-Consent means everyone knows all the facts.

-Consent means everyone participating is happy or excited to participate.

-Consent applies to specific actions and doesn't imply consent for other actions.

On the next slide, we'll be giving some scenarios that involve consent and lack of consent.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

“There are laws about who’s able to consent. If the person you’re with is...

- Drunk or high
- Asleep or passed out
- Below the legal age of consent or much younger than you
- Disabled in a way that affects their ability to understand you

...then they can’t consent, and it’s not okay for you to do anything sexual with them.”

Add it up: Consent in Action

- Consent is an ongoing process throughout any sexual encounter.
 - Each partner is responsible for regularly checking in with their partner for consent. Look for cues of their agreement and interest and remember FRIES: freely given, reversible, informed, enthusiastic, and specific. You also need to consider capacity.
 - Non-verbal cues can be confusing or misinterpreted. It's easy to check-in verbally to be sure that everyone is on the same page.

Consent in Action

- When in doubt, ask!
 - Can I kiss you?
 - Is this okay?
 - Do you want to...?
 - Do you like this?
 - Do you want to keep going?
 - Should we slow down?

If you're still not sure, you don't have affirmative consent.



Knowledge Check (Poll #2)

1. Maya wants to have sex with her partner, Taylor, but Taylor is initially not interested. Maya gets frustrated and, after asking multiple times, eventually tells Taylor that if they don't have sex soon, she'll break up with them. Taylor is scared of losing her and finally agrees.
2. Keith and Aalia meet at a party and hit it off. They start kissing and he asks her to go somewhere more private, and she agrees. However, when they're alone, she begins to feel nervous, and asks him to slow down. Keith pauses and asks her if she's ok and if she wants to go back to the party.
3. Kristen and Jake meet on Tinder and agree to hang out. Kristen is nervous and drinks several beers. She starts slurring her words and feeling fuzzy. When Jake starts kissing her, she goes along with it.

Which of these scenarios is a good example of consent?

Understanding Sexual Assault

Knowledge is power

Understanding sexual assault

- Sexual activity without consent is sexual assault.
 - Anyone can potentially experience an assault, and it is never the fault of the victim.
 - We know that many young people, teens and young adults, experience sexual violence. We also know that even one assault is too many.
- When we talk about sexual assault and preventing harm, we talk a lot about consent. But remember; misunderstandings around consent are not the root cause of sexual violence.
- Sexual assault is an act of power and control.

Sexual Assault Prevention

- We're going to focus today on **prevention**, interrupting an act of sexual assault or stopping it before it ever starts.
- **Your small actions can play a big role in keeping your friends and community safe.**
 - *You can take action when you see concerning situations.*
 - *You can contribute to safer spaces.*

Prevention

You can make an impact.

Bystander Intervention

- Recognize Warning Signs
- Consider Barriers
- Take action using the 3Ds

Recognizing Warning Signs

Warning Signs

- Touch that seems unwanted
- Facial expressions
- Body language
- Trying to get someone alone
- Testing boundaries
- Pushing drinks
- A friend focusing on someone who seems uninterested.
- Pushing or shoving
- Aggressive language
- Talking about plans to hook up with someone
- Talking about getting someone drunk.
- Making sexist or inappropriate jokes.

Poll #3: Warning Signs

Have you ever noticed any of these warning signs?

1. Yes
2. No
3. I'm not sure
4. No, but I've noticed other things that made me concerned.

Barriers

Barriers to intervening are completely normal. Intervening is hard!

- You may experience barriers like:
 - Being shy or introverted;
 - Worry that you'll get teased or be embarrassed;
 - Feeling like its none of your business;
 - Not wanting to be a snitch;
 - Not wanting to make things worse;
 - Being unsure of what you're seeing;
 - Thinking someone else will do something;
 - Your identities make it difficult to step in;
 - Worry that you might get hurt or experience retaliation.

The 3Ds

Direct	Delegate	Distract
Intervene directly with the person doing the harm or the person being targeted.	Bring in another person or people to check-in or follow up.	Do anything to disrupt or interrupt a situation to keep it from escalating.

Poll #4: Scenario 1

You are at the park with your sibling and you see a young couple sitting together on a picnic blanket. You see him leaning close to her and putting his arm around her waist, but you see her looking away and her body language is very tense. What would you be most likely to do?

1. Direct-Go up to the couple and ask her if she's ok or tell him to back off.
2. Delegate-Ask your sibling if the situation seems weird, and see if they can speak up.
3. Distract-Go sit on a nearby bench to add a little awkwardness to the situation.
4. Distract-Walk nearby and pretend you know her. "Hey, weren't you in my chem class last year?"

Poll #5: Scenario 2

You are in group text with a bunch of friends. You've noticed one girl you don't know super well only texts in response to one of the boys in the group. She is super flirtatious, and her comments sometimes make you uncomfortable. What would you be most likely to do?

- Direct-Make a joking comment addressing her comments.
- Distract-Change the subject quickly in the chat every time she starts making comments.
- Delegate-Send a private message to a few other people in the group chat and ask if you all can address it next time it happens.
- Direct-Send him a message asking if her texts make him uncomfortable and if he wants you to say something.

Actually, the 5D's...

- When you're talking about harassment, you can also:
 - Document-Keep a safe distance, record, take notes, detail the date, time, location-but don't post without consent!
 - Delay-Check in after an incident of harassment, sit with a person, ask how you can support, share resources.

Helping a friend

Your support matters.

Helping a friend

- Be supportive
 - Thank them.
 - Listen, but don't push.
 - Believe and accept.
- Be flexible
 - Ask how you can help and follow-through.
- Be present
 - Healing can be a long process. Make it clear you're there for them.
- Care for yourself.

Create Safer Spaces

Up your impact.

Share Your Values

- You can help normalize looking out for your peers and speaking out against assault.
 - Normalize talking about consent.
 - Talk about times you saw someone stepping in to help someone at risk.
 - Recommend books and movies that model consent or address victim blaming.
 - Wear clothing, accessories, post photos that show your commitment to ending violence.
 - Speak out on social media.



Advocate for Change

- Your voice and the voice of your peers is powerful!
- Consider: What would it look like to have a school or community free of violence? What actions would need to happen to get you to that point?
- Organize: Find other like-minded individuals and listen and incorporate their concerns.
- Mobilize: Get your voice out there! Go to virtual meetings, post on social media, sign petitions.
- Repeat: Change is an ongoing process, and you can play a major role.

Local Resources

VASAP

301 Piccard Drive Suite 4100, Rockville, MD 20850

Crisis Line: 240-777-HELP (4357)

Montgomery County Family Justice Center

600 Jefferson Plaza, Suite 500, Rockville, MD
20852

Phone: 240-773-0444

Email: safe@montgomerycountymd.gov

Montgomerycountymd.gov/fjc

JCADA

Phone: 1-877-88-JCADA

Maryland Schools Safe Tip Line

1-833-MD-B-SAFE

MCPS Student Welfare and Compliance

COS-TitleIX@mcpsmd.org

CONTACT INFO

Maryland Coalition Against Sexual Assault & Sexual Assault Legal Institute

MCASA

(301) 328-7023

SALI

(301) 565-2277

Website

mcasa.org

Evaluation: <https://forms.gle/EBdMYJvhGoHyxfiM6>

Contact Info

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Articulate Training: Prevention at a Distance

<https://rise.articulate.com/share/48NorPeVirWiJ0l-ceifghap5ipZbUyD>