

Healthy Relationships: Consent & Sexual Harassment



Group Norms

As a class, we agree to...

- 1. Choose to be present & learn**
- 2. Listen with respect**
- 3. Not put one another down**
- 4. Raise your hand, wait to share, let others share**
- 5. Welcome differing opinions**
- 6. What is said here stays here**

A healthy relationship is when two people develop a connection based on:

- Mutual respect.
- Trust.
- Honesty.
- Support.
- Equality
- Separate identities.
- Good communication.



Healthy Friendships have: Unhealthy Friendships are:

<ul style="list-style-type: none">● Connection● Kindness● Acceptance● Fun & uplifting● Allow you to be yourself● Good company● Caring● Supportive● Loving● Sympathy● Empathy● Respect● Trust● Honesty● Loyalty	<ul style="list-style-type: none">● Jealous● Insecure● Possessive● Judgmental● Full of excessive arguments● Embrace "drama"● Create misunderstandings often● Full of repeated "break ups"● Possessive● Dismissive● Include peer pressure● Manipulative● Pressure to be physical● Disrespectful● Disregard for personal space
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Healthy friends encourage you to be yourself, lift you up and accept you just as you are. You can be yourself and feel honored and respected!

Thinking/Feeling activity:

1. Think of a time when you said “Please stop” to a friend and they did not respect what you wanted and did not stop what they were doing?

Think about it...

What did it feel like?

2. Think of a time when you said “Please stop” to a friend and they respected what you wanted and stopped whatever they were doing?

Think about it...

What did it feel like?

What is Consent? Consent Video

- Consent means Explicitly Agreeing to engage in physical contact or a sexual activity... even hugging or kissing.
- Consent is about communication and is important in establishing boundaries. The message should be clear and there should be no doubt.



What is Consent?



Mutual

You both need to agree, every single time.



Freely given

A choice you make without pressure, guilt or threats.



Informed

You understand what's about to happen.



Certain & Clear

It's a YES, not a 'maybe' or 'I think so' or 'I guess so'.



Enthusiastic

You're excited and WANT to do the sexual activity.



Reversible

You can stop or change your mind at any time.



Specific

Saying yes to one thing doesn't mean yes to everything.



Ongoing

You need it before and during the activity, as well as next time!

What is Sexual Harassment?

Sexual Harassment is...

- Any **unwanted** & **sexual** behavior.
- **Teasing, bothering or annoying** someone in a sexual way.
- The unwanted sexual behavior can be **verbal**, **visual** (**written**), **non verbal (gesture)** or **physical**.



Sexual Harassment
is NOT a joke.
It is NOT funny.
It is NEVER funny.

Verbal Sexual Harassment

- Comments or questions about the **private parts of the body**.
- **Repeated, unwanted Sexual rumors** about who likes who or who is going out with who, especially, when someone has been asked to stop.
- **Sexual requests** where someone has said “stop!” and you continue. Examples: asking someone repeatedly for a hug, telling someone what you would like to do with them physically, or telling someone you like them over and over.
- Making fun of a person’s **sexual orientation, gender identity** or the way that they **express** their gender. Gender is a spectrum and people have the right to express who they are without being put down, teased or harassed.

Examples?



Visual or Written Sexual Harassment

- Sexual **social media** comments or posts (Snapchat, Instagram posts, Tweets, TikTok... etc.
- Sexual **text messages, DMs, comments etc.**
- Repeatedly and obsessively telling someone that you like them **via notes or texts**
- Sexual **graffiti** – writing sexual words or drawings on walls, desks, social media sites
- Sexting: Asking for inappropriate pictures to be sent to you or sending unwanted pictures to another
- Note: It is **illegal** to request or send inappropriate pictures electronically.



Physical Sexual Harassment

- Cornering someone or **blocking** them from walking down the hall
- **Pulling someone's clothes** up/down, pantsing
- **Sexual gestures** – any sexual motion made with the hands, mouth, or body
- **Sexual staring** at private parts of the body
- **Touching or grabbing** private parts
- **Rubbing** up against someone
- **Unwanted** hugs/kisses

[Video summary of Sexual Harassment](#)



Flirting vs Sexual Harassment (Video [click here](#))



Flirting

- Is **WANTED**
- Is sincere & complimentary
- Is mutual
- Is not threatening.
- Makes both people feel good and confident
- Feels equal
- Makes both feel happy and interested
- Includes things like: chatting, finding time to hang out together and laughing at each other's jokes.

Sexual Harassment



- Is **UNWANTED.**
- Feels bad
- Feels insincere or embarrassing
- Is inconsiderate
- Is one-sided
- Can be demanding or insulting
- Can feel threatening
- Might make one person feel good while the other person feels worse about themselves
- Gives one person power over another

Can Sexual Harrassment be a crime?

When Sexual Harassment becomes **Sexual Assault or Sexual Abuse**, it crosses over into being a **crime**. Sexual Assault is when a person forces another person to do something sexual that they don't want to do. It hurts someone physically and emotionally. When a person repeatedly assaults someone, it is considered Sexual Abuse. Both should be reported to safe adults and authorities for intervention.



Ways to get help and stay safe

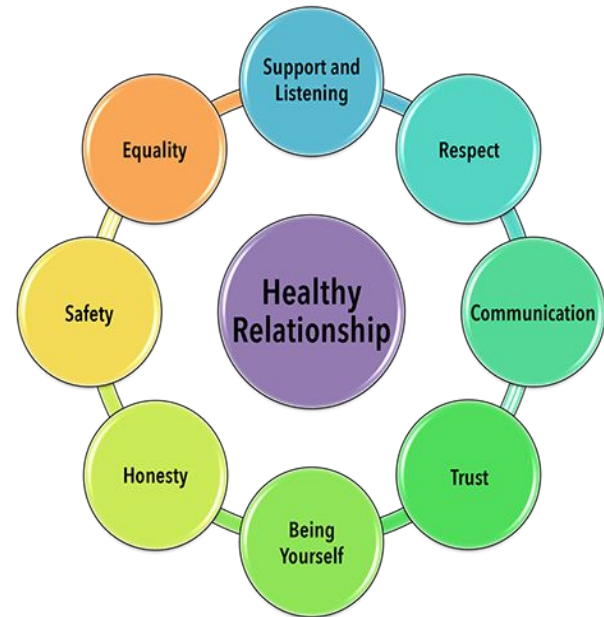
1. Tell the person to stop.
2. Leave the situation - there are lots of ways to leave...have a prepared excuse to leave, have a “code text” you use to have a friend or parent call you (My mom is calling....)
3. Tell them that if they do not stop, you will talk to a trusted adult.
4. Who are your trusted adults? Parent/guardian, friend’s parent, relative, older sibling, coach, teacher, administrator, school counselor...
5. If it happens again, tell again. At school students receive warnings and progressive consequences. If it is illegal, the police will be involved.

What is Human Trafficking?



Remember the parts of a Healthy Relationship and seek out friends that will lift you up and show you respect

- Mutual respect.
- Trust.
- Honesty.
- Support.
- Equality
- Separate identities.
- Good communication.



Discussion:

- What is consent?
- Why is consent important?
- What is Sexual Harassment?
- What types of Sexual harassment are there?
Verbal...
- What is an example of Sexual Harassment?
- What are some attributes of a healthy friendship?
- What are some acceptable ways to flirt with someone?
- In all of these instances, who can you turn to for help?



These are complicated topics

Please talk to your parents and trusted adults about this curriculum.
Feel free to reach out to your Stanley School Counselors in room 207.
We are able to answer questions and offer support.

Ms. Montague A - Ha, Ms. Nolan Hb - P, Ms. Sullivan Q - Z

Please don't hesitate to come by Room 207, fill out a green counseling request form or email us for a confidential appointment!

