

Consent and Communication: What Does it Mean for Me?

disability and consent film worksheet

CONSENT (DEFINITION):

“*Voluntary* agreement to [...] what another proposes or desires” – Oxford English Dictionary (2022)

Consent is something that is important to all of us in our day to day lives. While consent is often referred to specifically in relation to sexual or intimate situations, it can and does extend into other areas. Consider a variety of situations and relationships (friendships, etc.), to answer the questions in Part One in ways that feel honest and comfortable to you.

Complete the questions in Part Two after watching the film.

Part One: Pre-Watching Questions

1. What situations have you heard the word consent used in?

2. When should you ask for consent? Who do you ask for consent from?

3. How do you know if consent has been given? Be specific!

4. How do you communicate when you consent to something?

5. What situations or communication methods make you feel safe to give/receive consent?

Part Two: Post-Watching Questions:

1. What situations does consent apply to?

2. When should you ask for consent? Who do you ask for consent from?

3. How do you know if consent has been given? Be specific!

4. How do you communicate when you consent to something?

5. Bonus: Who gets access to consent? Do you think it's easier for some people to say yes or no to things than others?

Reflect (Choose one or more of the following to reflect on (verbally, mentally, or on paper))

- Did your answers change at all after watching the film? If so, how?
- Are there any things that are not part of your physical body that you consider consent to extend to (i.e., mobility aids, clothing, etc.)?
- What forms of consent (communication type) have you given or received before? Were you aware that it was a form of consent?