



Network

# It's your choice!

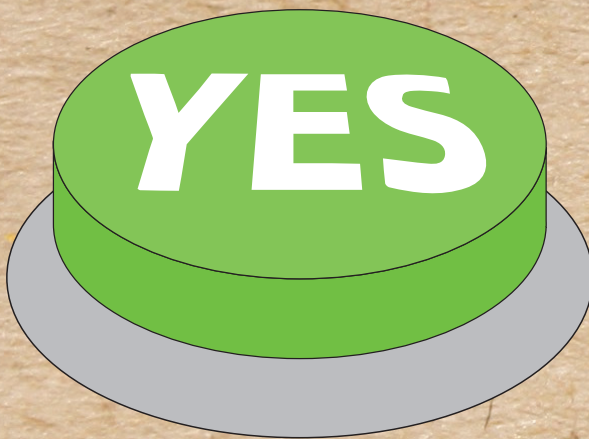
Stage

6

45 mins



Skills builder



## Aim of activity

'Yes' and 'no' are very powerful words. This activity is all about giving, withholding and withdrawing consent.

## What you'll get out of it

- Explore consent and who can give it.
- Explore ways of giving consent.
- Explore withdrawing consent.

## What you'll need

- Pens
- Paper



WE DISCOVER, WE GROW

**Girlguiding**





# Network

## Stay safe



Only talk about experiences in general, and don't reveal personal details about anyone you know. You can step out of the activity at any time. If anything makes you uncomfortable, speak to an adult you trust.

## Note to leader

If anyone makes any disclosures or you have a concern for anyone's welfare, follow the *A Safe Space* guidance. If there's an immediate risk of harm call the out-of-hours Safeguarding team on 07508 032997.

## What to do

**1** As a group, talk about what sort of things you say 'yes' or 'no' to. Do you have complete control over your decisions or are you influenced? It probably depends on the decision!

Consent is where you give permission for something to happen, or agree to do something. Your consent is important in many situations. People can give medical or sexual consent. There's also consenting to having a photo taken, or to someone borrowing something from you.

**2** As a group, think of times when someone can't legally give consent even if they say 'yes'?

Consent must be given free from pressure. The person must be old enough to give their consent, medically able to do so, and fully aware of what's going on. Consent can also be withdrawn at any time.

**3** It's possible to give consent without using words. For example, you might hold out your arm for a blood test, or nod your head in response to a request. As a group, think of some other examples.

If you don't give consent, or stop giving consent, your decision should always be respected immediately, whatever the situation.

**4** As a group, play a game to explore this. One person starts as the decider and stands at one end of the space. The decider has to use words or body language to show consent – like nodding their head, beckoning people forward, telling them to move towards them and so on. Everyone else, respond to the decider. When the decider withdraws their consent – for example by saying 'no' or shaking their head – everyone retreat to the other end of the space. The last person to react becomes the decider.

## Top tip

Think of ways to check the decider is still giving their consent.

**5** Finally, get into small groups and come up with three top tips for staying safe and giving consent. Decide on a way to present your tips – it could be as a slogan or a badge, perhaps.