

Lessons on Healthy / Abusive Relationships / Consent for Y10 & Y11



Aims

- To understand the law on consent, rape and sexual assault
- To consider what we mean by respectful / disrespectful relationships
- To consider reasons why young people have sex
- To understand the emotional, legal and physical impact of failing to give and get consent

Ground Rules

It is important to agree a set of ground rules with the young people at the beginning of the sessions (e.g. no personal info; respect others' opinions; confidentiality; where to get support in and out of school etc.)

Our thanks to Keynsham Explorer Scout Unit for trialling and feeding back on the following sessions

1. Definition of Sexual Health

Ask the group to discuss (in twos or threes) what is meant by sexual health and briefly get feedback. Refer to WHO definition below:-

"A state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled."

World Health Organisation

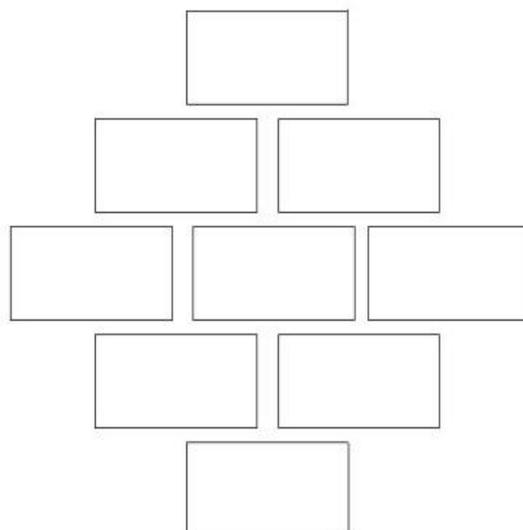


2. Diamond 9 -
Why do young
people have sex?



Divide the class into small groups of up to 6. Give out sets of the Diamond 9 cards. Either select 9 cards for the group or let them pick from the 15 cards (Appendix 1)

The groups rank the cards in order of importance - see template below - the most important first, then the next two etc.,



3. What is OK / not OK in a relationship?



(Also mention same sex relationships)

Place - OK / Not OK / Not Sure (Appendix 2) in a line for all to see. Individuals pick out a statement card (Appendix 3) and place along the OK / Not OK continuum, which will trigger discussion. Alternatively, the group or class can all move along the continuum.

Statement cards are as follows:

- Freedom to do your own thing
- Spending an equal amount of time with your friends as with your partner
- Having sex with your partner when they feel like it and you don't
- Having an opinion about your partner's appearance
- Being able to disagree with each other
- Having sex which causes concern or sex you feel uncomfortable with.

Presenter could be devil's advocate e.g. say things like:

"We should be considerate of our partner's needs - if s/he wanted to go for a walk and we didn't shouldn't we do it to please them - shouldn't it be the same with sex?"

4. Definitions of Rape/Consent etc



Put class into small groups.

Each group starts with a different heading:-

- Consent
- Rape
- Sexual Assault by Penetration
- Sexual Assault
- The Legal Age of Consent

Write the headings on to flip chart paper - the groups move around the flip charts, (spending 3 mins on each), writing what they know about each heading (see info below). After the carousel, discuss and add any missing information.

CONSENT

A person consents if s/he agrees by choice and has the freedom and capacity to make that choice. Consent is not simply agreement.

RAPE

1. A person (X) commits an offence if he intentionally
 - a) Penetrates the vagina , anus or mouth of another person (Y) with his penis
 - b) (Y) does not consent to the penetration
 - c) (X) does not reasonably believe that (Y) consented

SEXUAL ASSAULT BY PENETRATION

1. A person (X) commits an offence if :-
 - a) If there is intentional penetration of the vagina or anus of another person (Y) with a part of his body or anything else
 - b) the penetration is sexual
 - c) (Y) does not consent to the penetration, and
 - d) (X) does not reasonably believe that (Y) consents

SEXUAL ASSAULT

1. A person (X) commits an offence if :-
 - a) He intentionally touches another person (Y)
 - b) The touching is sexual
 - c) (Y) does not consent to the touching
 - d) (X) does not reasonably believe that (Y) consents

THE LEGAL AGE OF CONSENT

This is 16 for both men and women. This is the legal age regardless of the gender or sexual orientation of a person and whether the activity is between people of the same or different sex. This means that it is an offence for anyone to have any sexual activity with a person under the age of 16. It is important to note, however, that Home Office guidance is clear that there is no intention to prosecute teenagers under the age of 16 where they are of a similar age and there is mutual consent. It is also an offence for a person aged 18 or over to have any sexual contact with a person under the age of 16 if the older person holds a position of trust (e.g. teacher or key worker)

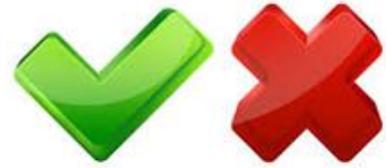
The Sexual Offences Act 2003 provides specific legal protection for children aged 12 and under, who are held as not having the capacity to legally consent to any form of sexual activity. As such, regardless of whether agreement is given, all sexual contact with a child 12 years or under is automatically non-consensual. This means that penile penetration of a child under the age of 12 and under is automatically rape.

See Sexual Offences Act 2003 :-

<http://www.legislation.gov.uk/ukpga/2003/42/contents>

5. True / False Rape Myth Quiz

Relating to the law and attitudes



(Appendix 4)

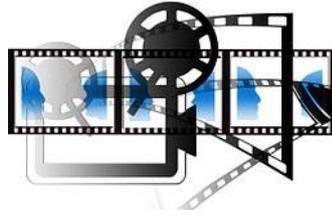
Quiz and Answers.

This can be done individually or in teams of pupils.

True or False cards can be used to hold up by the groups - generate discussion using answers.

Alternatively answers on quiz sheets see appendix 4

6. Film



Watch the short Home Office film link below. Discuss the content and:-

- Whether the class feels this is a fair portrayal of male/female behaviour
- What sorts of verbal and non-verbal signs do students notice / hear?
- How did the film make them feel?

Acknowledge that same sex relationships can be abusive and that (heterosexual) girls can also pressurise male partners.

Home Office: Would you stop yourself?

<https://www.youtube.com/watch?v=RzDr18UYO18>

7. What ways might there be of showing someone they do / don't want to have sex / do sexual things?



Ask participants in pairs to write down as many ways as possible. Discuss:-

DON'T

- Verbal (no, I don't know, not sure, not now, I feel worried, Stop , Get off, 'F.. off', don't do that ,Ouch , not again, Do I have to?)
- Signs (stillness, silence, frozen or frightened expression, no eye contact, flinching, rigid or tense body, shaking, confusion, resistance, passing out, sleeping)
- Drunk / high / drugged (slurred speech, incoherent talking)

DO



- Verbal (murmuring / voicing agreement, saying things like "your hands feel so soft etc.," or "that's nice" , saying "yes" when asked , giving permission)
- Signs (moving closer, eye contact, sighs of satisfaction, stroking and touching , smiling, reciprocating the action, taking clothes off voluntarily, moving partner's hand to where you want to be touched)

See also an American Teenage article

<http://www.teenvogue.com/story/consent-how-to>

8. Consequences :-

What might be the consequences if



In groups of 5/6 give each group a piece of paper with one of the consequence statements listed below (Appendix 5).

Discuss what they think the consequence might be if :-

- you had sex with someone who was drunk
- you were raped
- you had sex with someone aged 12 or under
- if you pressurise someone to have sex without a condom (heterosexual / gay couples)
- if you have pictures taken during sex
- you pressurise someone to watch porn

9. "Cup of Tea" film



The following excellent short film gives a helpful and humorous summary of CONSENT, using the metaphor of offering someone a cup of tea.

<https://www.youtube.com/watch?v=pZwvrxVavnQ>

Other Sources of Information

- Disrespect Nobody (PSHE Association / DfE / Home Office)

<https://www.disrespectnobody.co.uk/>

- Give and Get Consent (South London Rape Crisis Centre)

<http://www.rasasc.org.uk/wp/wp-content/uploads/2013/11/Give-n-Get-Consent-A-resource-for-teaching-sexual-consent-to-key-stages-3-and-4.pdf>

- This is Abuse (Home Office)

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/506536/Discussion_Guide_-_This_is_Abuse_update_July15_v2_Final.pdf



PLEASURE	POWER
TO HAVE CHILDREN	TO IMPRESS THEIR FRIENDS
CURIOSITY	TO EXPRESS LOVE
TO FEEL LOVED	PEER PRESSURE



<p>WANT TO PLEASE A PARTNER</p>	<p>BECAUSE THEY THINK THEY ARE IN LOVE</p>
<p>EXPERIMENTING</p>	<p>TO SHOCK</p>
<p>REVENGE</p>	<p>THINK THAT THE TIME IS RIGHT</p>
<p>BECAUSE THEY ARE DRUNK / UNDER THE INFLUENCE OF DRUGS</p>	

O

K

NOT OK

NOT SURE

Freedom to do your own thing

Spending an equal amount of time with your friends as with your partner

Having sex with your partner when they feel like it but you don't

Having an opinion about your partner's appearance

Being able to disagree with each other

Sex which causes concern/
Sex you feel uncomfortable with

Rape Myths: Quiz

Read the statements below and tick whether you think it is true or false.	FALSE	TRUE
Men aren't able to stop once they reach a certain point during sex.		
Rape only happens to certain women because of the way they dress, how much they drink and how they act.		
Only gay men are raped.		
Being raped by someone you know is not as bad as being raped by a total stranger.		
Women cannot legally rape men.		
You can't be raped by someone you are in a relationship with.		
You can change your mind and stop at any time during sex and say you don't want to continue.		
Women say they have been raped when they have not, because they want sympathy or revenge.		
Someone can always give their consent to sex, no matter how drunk they are.		
If someone didn't want to have sex they can always just say no		

Rape Myths: Answers and Ways to Challenge

ANSWER

Men/boys aren't able to stop once they reach a certain point during sex.

FALSE

How to challenge:

This myth wrongly implies that men/boys are incapable of controlling themselves and suggests that rape is about someone 'losing' control.

Ask group: a man is having sex and someone walks into the room, do you think he would be able to stop?! Definitely! Both men and women are able to stop a sexual encounter regardless of the 'stage' they have reached. It is insulting to men/boys to say that they are unable to stop and incapable of controlling themselves.

Also important at this point to reiterate what was learned in Lesson One, i.e. how rape and sex are two very different things and rape is not about sex or relationships. Rape is not about a loss of control, it is very much about being in total control and wanting to feel dominant by asserting their power.

Rape only happens to certain women/girls because of the way they dress, how much they drink and how they act.

FALSE

How to challenge:

This myth wrongly implies that women/girls who are raped 'provoke' or 'ask for it' in some way by what they are wearing, how they are acting and/or that they had been drinking. This myth wrongly suggests that women/girls are responsible in some way for being raped. This myth also ties in with the myth that men/boys can't control themselves and that rape is about sexual desire. These are all excuses for rape. The majority of men/boys would not rape a woman/girl regardless of what she is wearing or how she is behaving. This myth silences survivors of rape by wrongly blaming them for what someone else chose to do.

It is also a myth that is often perpetuated in relation to women and girls specifically, i.e. policing what women/girls 'should' and 'shouldn't' wear, how girls 'should' and 'shouldn't' behave and is an example of gender double standards that will be explored in future lessons.

It is important to emphasise that no one, whether male or female, ever asks for or deserves to be raped – it is never that person's fault. The choice to rape and the responsibility for rape always lies with the perpetrator.

Only gay men are raped.

FALSE

How to challenge:

Rape is not about sex or sexual desire; it is about power and control and has nothing to do with sexuality and consequently men who rape other men often identify as heterosexual. Rape is used to assert power and for some rapists the most power they can feel is to control someone they see as having power – other men.

This myth is harmful and silences male survivors who might face additional barriers around speaking out due to fears over homophobia and gendered social expectations around masculinity.

Being raped by someone you know is not as bad as being raped by a total stranger.

FALSE

How to challenge:

There is no hierarchy of sexual violence which makes some rapes 'less' scary or harmful. Rape is harmful whether it is committed by a total stranger or by someone we know and any rape can have devastating effects on someone's life. There is no one-size fits all response to rape. Everyone is different and you cannot judge how someone 'should' be responding. For someone who is raped by someone that they once trusted, they can also experience the loss of trust and betrayal of that person.

Ask students if they think someone is most likely to be raped by a stranger or someone they know? Answer is someone they know - 92% of rapists are known to the person they rape. They can be friends, relatives, boyfriends, ex-husbands, neighbours, work colleagues, fellow students, or the 'nice guy' you met in a club or bar.

Women cannot legally rape men.

TRUE

How to challenge:

Refer back to legal definition of rape students learned last week reiterating that both men and women can experience rape, yet rape is a specific crime which in UK law only men can commit. This is because it involves penetration with a penis.

Emphasise there are a number of other crimes under UK law for other types of sexual offences, for example both men and women can commit sexual assault and sexual assault by penetration with an object. An 'object' in this case can include fingers.

At this point students may feel this is still unfair (particularly boys) and often believe that sexual assault is not as serious as rape – important to reiterate that there is no hierarchy of sexual offences and any sexual offence committed by men or women against both men and women is serious and can have a devastating effect on someone's life. In UK law they are taken as seriously and the sentencing guidelines for sexual assault and rape are the same.

Students may still challenge at this point and it can be helpful to ask them if they think the statistics on how many men/women commit sexual offences against other men/women would be different if women could rape men under law? Usually they say no at this point and it can be useful to explore how acts of sexual violence are defined as a **gendered** crime because it is a crime that significantly affects more women/girls in our society and across the world in comparison to men, with the majority of perpetrators of this crime being male. Recent statistics suggest that 86,000 women and around 10,000 men reported their rape in 2012, and around 400,000 women reported experiencing sexual assault.

You can't be raped by someone you are in a relationship with.

FALSE

How to challenge:

This myth wrongly suggests that if you are in a relationship and/or married to someone that you have automatically given your consent to sexual activity with that person forever. Refer back to the legal definition of consent from lesson one and emphasise how consent is not ongoing – consent has to be sought every time someone wants to initiate sex. Being in a relationship with someone does not change that we all have the right and freedom to choose who and when we have sex. No one has the right to access to your body without your permission and we don't have the right to another person's body without their permission.

You can change your mind and stop at any time during a sex and say you don't want to continue.	TRUE
<p>How to challenge: Everyone has the right to change their mind at any time and it is important that this choice is respected. If someone changes their mind during sex or any sexual activity and the other person ignores this and continues – this is no longer consensual sex as consent has been withdrawn.</p>	
Women say they have been raped when they have not, because they want sympathy or revenge.	FALSE
<p>How to challenge: Hierarchy of sexual offences and any sexual offence committed by men or women against both men and women is serious and can have a devastating effect on someone's life. In UK law they are taken as seriously and the sentencing guidelines for sexual assault and rape are the same. Students may still challenge at this point and it can be helpful to ask them if they think the statistics on how many men/women commit sexual offences against other men/women would be different if women could rape men under law? Usually they say no at this point and it can be useful to explore how acts of sexual violence are defined as a gendered crime because it is a crime that significantly affects more women/girls in our society and across the world in comparison to men, with the majority of perpetrators of this crime being male. Recent statistics suggest that 86,000 women and around 10,000 men reported their rape in 2012, and around 400,000 women reported experiencing sexual assault.</p>	
Someone can always give their consent to sex, no matter how drunk they are.	FALSE
<p>How to challenge: Ask students to consider 'drink driving' and what the law says about it. Use yourself as an example. If I get drunk, am I allowed to drive? No. But might I still be physically capable of driving? Yes. It can be helpful to think about capacity to consent in the same way – the law states that there is a point where a person is drunk or on drugs and therefore does not have the capacity to consent to having sex or any sexual activity. This doesn't mean that someone has to be completely passed out and it is important for students to understand that it is not ethically or legally acceptable to see someone who is drunk or on drugs and take advantage of them, or to purposefully get someone drunk or high on drugs to then take advantage of them. This is a serious crime and has serious consequences for everyone involved. Students may ask at this point, what if the person who committed rape was drunk or on drugs. Important for students to understand that if a person commits any crime whilst under the influence of drugs or alcohol, they are still legally responsible for their actions. Committing rape is no different in this case and it is not an excuse for rape, for the perpetrator to say they were drunk or on drugs.</p>	

If someone didn't want to have sex they can always just say no

FALSE

How to challenge:

This myth implies that in all situations someone could easily say no to sex and that will prevent them from being raped.

It is important for students to understand that there are situations where someone is not free or able to choose what they really want and in these situations someone may not always feel able or free to verbally say no. Let students know that we will be exploring these situations through future lessons.

This myth also wrongly suggests that someone has to verbally say no and make it clear that they don't want to have sex.

Refer back to the legal definitions of rape and consent in Lesson One reiterating that the law on rape requires everyone to show how they sought consent, not on how someone refused consent. This means the onus is on the getting of consent – not on the giving. It is also insulting to suggest that someone doesn't understand if a person is consenting or not – from the examples the students gave about giving and getting consent in everyday life it is clear we do know and understand when someone is or isn't consenting and understanding sexual consent is no different to these situations.

It may also be useful to highlight that this is also a myth that is often perpetuated in relation to women and girls specifically, i.e. placing girls in the position of gatekeepers to sex and is an example of gender double standards that will be explored in future lessons.

TRUE

FALSE

- you had sex with someone who was drunk

- you were raped

- you had sex with someone aged 12 or under

- if you pressurise someone to have sex without a condom (heterosexual / gay couples)

- if you have pictures taken during sex

- you pressurise someone to watch porn