

Consent or Not? Sexual Health & Consent Education



Instruction page

1

Activity Type

Age: 13-18+

Theme:
Consent, self-awareness, wellbeing.

Challenge Level
EASY - MODERATE

Participation Style:
Interactive group activity
1-1 activity

Resource Format:
Interactive activity:
Conversation cues
PDF interactive print and cut

2

General Activity Info

This activity aims to foster a deeper understanding of consent by engaging participants in discussion, debate, and reflection. Participants will evaluate various scenarios to determine whether consent was achieved, referencing UK laws to support their perspectives. Through these exercises, participants will challenge assumptions and misconceptions surrounding consent, promoting respectful and informed behavior.

3

Materials Needed

- Print and cut-outs of scenario cards and definitions for each team.

4

Step by Step Instructions

- Divide participants into teams and assign each team one or more scenarios.
- Teams should debate their assigned scenarios, referencing UK consent laws to support their arguments and place the scenarios into the pile of consent achieved or consent not achieved.
- Encourage respectful discussions and different viewpoints.
- Bring all participants together for a group discussion. Explore the following reflection prompts:
 - "What misconceptions about consent came up during the discussions?"*
 - "How do assumptions about consent influence behavior?"*
 - "What did you learn about how UK law defines and protects consent?"*
- Highlight the importance of clear, ongoing, and mutual consent.

Top tip: This can also be played with flash cards. You will read the scenarios out and have your participants hold up their cards to answer.



1

Sharing Intimate Images

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A teenager shares an explicit photo with their partner during their relationship. After they break up, the partner posts the photo on social media without consent.



2

Intoxicated Consent

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At a party, someone drinks heavily and hooks up with someone who later claims they didn't give full consent because they were too drunk to make a clear decision.

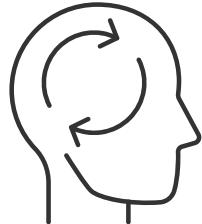


3

Age of Consent

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A 20-year-old university student starts dating a 15-year-old. They claim their relationship is consensual, and the younger person agrees they are in love.



4

Withdrawal of Consent

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A couple is engaging in consensual sexual activity. During the act, one partner changes their mind and asks to stop. The other partner ignores the request and continues.



5

Medical Procedures

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A patient agrees to a surgery but later discovers the surgeon performed an additional, non-life-threatening procedure they hadn't agreed to during the operation.

6

Coercion in Relationships

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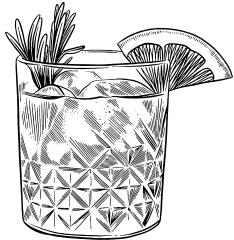
Someone feels pressured by their partner to engage in sexual activity because their partner says, "If you really loved me, you would." They give in reluctantly to avoid conflict.

7

Silence as Consent

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A person goes on a date and doesn't verbally say "no" when things turn physical, but their body language shows discomfort (e.g., pulling away, tense posture). The other person continues.

8

Spiking and Consent

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Someone has their drink spiked at a nightclub and is later found with someone claiming they had consensual sexual activity.

9

Sextortion

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A couple is engaging in consensual sexual activity. During the act, one partner changes their mind and asks to stop. The other partner ignores the request and continues.

10

Sexual Activity While Unconscious

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A person is asleep, and their partner initiates sexual activity without waking them up to ask for consent.

Answers

Number	Name	Was this consent ?	Explanation
1	Sharing Intimate Images	No	Under the Criminal Justice and Courts Act 2015 , sharing intimate images without the subject's consent is a criminal offence in the UK (commonly called "revenge porn").
2	Was this consent?	No	Under UK law, consent must be freely given and informed . If someone is too intoxicated to understand what's happening, they cannot legally give consent.
3	Was this consent?	No	Under the Sexual Offences Act 2003 , the age of consent in the UK is 16. Any sexual activity involving someone under 16 is illegal, even if they "agree" to it.
4	Was this consent?	No	Under UK law, medical professionals must obtain informed consent for any procedure. Performing an unapproved procedure, except in emergencies, may be considered assault.
5	Was this consent?	No	Under UK law, medical professionals must obtain informed consent for any procedure. Performing an unapproved procedure, except in emergencies, may be considered assault.
6	Was this consent?	No	Consent obtained through coercion, manipulation, or emotional pressure is not freely given and is therefore invalid under UK law.
7	Was this consent?	No	Under the Sexual Offences Act 2003 , consent must be an active agreement , not implied by silence or lack of resistance. Non-verbal cues indicating discomfort signal a lack of consent.
8	Was this consent?	No	Spiking someone's drink renders them incapable of giving informed consent. This would be classified as rape or sexual assault under UK law.

Answers

Number	Name	Was this consent ?	Explanation
9	Was this consent?	No	Sending images under threat or blackmail is not consensual. Additionally, threatening to share images is a criminal offence under the Malicious Communications Act 1988 and the Sexual Offences Act 2003 .
10	Was this consent?	No	Consent must be given at the time of the act. If someone is asleep or unconscious, they cannot give consent, making the act sexual assault under UK law.

Discussion:

Have participants work in groups to review various scenarios and determine whether consent was present. Encourage them to justify their reasoning and place the scenarios into categorized groups based on their conclusions.

Reflection:

Facilitate a group conversation on how assumptions or misconceptions about consent can contribute to harmful behaviours. Conclude by reviewing the formal definitions of consent to clarify any misunderstandings.

Rape

Definition: According to UK law, rape is defined as:

- Penetration of the vagina, anus, or mouth of another person with a penis, tongue, finger, or object without that person's consent.
- Consent is defined as a person agreeing by choice to sexual activity with freedom and capacity to make that choice.

Sources:

- Sexual Offences Act 2003: The primary legislation that defines and criminalizes rape in the UK.

Crown Prosecution Service (CPS): Provides guidance on prosecuting rape cases, including the legal definition of consent.

Sexual Harassment

Definition: Under UK law, sexual harassment is defined as:

- Unwanted behaviour of a sexual nature that has the purpose or effect of violating another person's dignity or creating an intimidating, hostile, degrading, humiliating, or offensive environment. This can include physical, verbal, or non-verbal behaviour.
- **Examples:** *Inappropriate sexual jokes, comments about someone's appearance, sending sexual messages, or unwelcome advances.*

Sources:

- Equality Act 2010: The legislation that prohibits sexual harassment in the workplace and other public spaces.
- Acas: Provides guidance on preventing and dealing with sexual harassment in the workplace.

Sexual Assault

Definition:

- Involves physical, non-consensual sexual acts or contact, such as groping, unwanted touching, or rape.
- Legal Aspect: Classified as a criminal offense under the Sexual Offences Act 2003 in the UK.

Examples: *Forced kissing, sexual contact without consent, or sexual acts involving coercion.*

Source:

- Crown Prosecution Service (CPS)
- Sexual Offences Act 2003 (UK legislation)

Other Sexual Offenses

UK law also criminalizes a range of other sexual offences, including:

- **Causing a person to engage in sexual activity without consent:** Forcing someone to perform a sexual act.
- **Voyeurism:** Watching someone who is naked or engaged in a private act without their consent.
- **Indecent exposure:** Exposing one's genitals in public in a way that is likely to cause alarm or distress.

Consent Achieved



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Consent NOT Achieved



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Unsure



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Created Example:

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