



Parent Lesson + Resource Guide: *What is Consent?* (Start Strong Online)



This guide is intended to support parents in navigating conversations about consent and boundaries with their teens during the pandemic and beyond. Parents are encouraged to use this guide with our Start Strong video lesson, “What is Consent?.” The lesson is intended to provide information and skills to assess for consent, dispel common myths, and engage in healthy communication.

Lesson Review

[Click here for
video lesson](#)



What is Consent?

Consent is something we need to get before any kind of sexual activity.

It is an important tool because it helps us not only to prevent sexual violence, but also have the best sexual experiences possible.

The definition of consent is a:

Clear

Enthusiastic

YES!

Freely Given

Each and Every Time



Lesson Review Continued

Assessing for Consent

**One way to assess for consent is to ask yourself three questions.
For consent to be present, all three answers need to be YES!**

1. Is it legal? (Am I going to get in trouble for this?)
2. Is it ethical? (Is it right? Does it align with my values?)
3. Is it sexy? (Will we both enjoy it?)

Consent Myths

1. Myth: "She was asking for it because of what she was wearing."

FACT: No one is ever asking for their boundaries to be violated no matter what. AND, you actually can't tell at all if someone is consenting by what they're wearing.

2. Myth: You can "loosen someone up" with alcohol.

FACT: This is a common way people force others into sexual activity, AND you actually can't consent when under the influence of drugs/alcohol.

3. Myth: You can't change your mind about consent.

FACT: You can consent at one moment, then decide you don't want the sexual activity anymore, and your partner should respect that.

4. Myth: Consent is only something men need to get from women.

FACT: Anyone can initiate sex with anyone else, regardless of their gender, and that means no matter what, everyone involved has a responsibility to get consent from their sexual partners.



Lesson Review Continued

How to get help:

At the end of the day, everyone deserves to feel heard and respected when it comes to their desires and boundaries. There are plenty of people who are in positions to help you if you ever need to talk about sexual violence you've experienced or sexual violence you know happened to a friend or family member. You can talk to your parents, you can talk to your school staff, or you can talk to us. Feel free to use the numbers provided in this guide to get support.

Additional Resources for Parents + Caregivers

OCRCC 24/7 Helplines

Phone Helpline: (919) 967-7273

Text Helpline: (919) 504-5211

Online Chat Helpline: Click the button at the bottom of our website at ocrcc.org

To continue the conversation on sexual harassment, try some of these [conversation starters](#).

For more information specific to healthy online communication during COVID-19, view this 10-minute video entitled "[Youth and Online Relationships in the Time of COVID-19](#)".

CONTACT OCRCC



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What to Do if a Teen Discloses

If a young person discloses that they have experienced some form of sexual violence, abuse or bullying, online or in person, follow these steps to support them and help keep them safe:

1

Young people need to be supported and encouraged by your listening. Let them lead the way in talking about what happened- "I believe you and it's not your fault. Do you want to tell me more about how you're feeling?"

2

Respond calmly and with reassurance. "I am so glad you told me- it is not your fault. I am sorry this happened to you and I will do my best to help you and keep you safe."

3

Ensure their immediate safety. Depending on the nature of the incident, you may need to report it to your child's school, DSS, or law enforcement. You can contact OCRCC if you are unsure about your legal reporting requirements or if you need additional support. Our 24-Hour Phone Helpline is (919) 967-7273 or you can text us at (919) 504-5211.

4

Get help from people trained to support young people who have experienced sexual violence (school counselor, social worker, therapist). Respect their privacy around the details of the event and who is told.

5

Try to follow normal routines. This provides reassurance while they seek to reestablish a sense of control over their life.

6

Recognize your own feelings. It's ok to seek help for yourself while you are also helping others. Our trained advocates are just one phone call, text, or chat away to provide support to survivors and their loved ones.

If you would like support around talking to children in your life about body safety and sexual abuse, OCRCC's Phone, Text, and Online Chat Helplines are available in English and Spanish 24 hours a day, 7 days a week.