

Targeted session: TACSA – Giving and receiving permission (consent)

Session overview

This session will explore the issue of young people giving and receiving permission and empowering them to find ways to do only what they feel comfortable with.

Information for practitioner



You must make it clear that they will not be expecting them to share any personal experiences or information. However, it is important to be aware that they may choose to share their own experience which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.

This session gives a broad overview of permission/consent. For a more detailed look at consent, including references to sexual activity, it may be appropriate to assess the suitability of the 13-16 year old session on consent for the child or young person.



Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any potential impact this might have. The young person may not feel comfortable to take control of the session and stop if they need to.



Practitioner must be aware and be prepared to take a time out or stop totally before any distress is caused. Utilise the looking after yourself exercises to support the young person if the session is stopped.

Resources needed for this session

- What you might hear and say / do cards
- Scenario cards

Pre-session action

Select a *"Looking after yourself"* exercise in advance for the close of the session.

Session

Check in with the young person as to how they are since your last session together. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?

Inform the young person what we are going to do in this session, sharing the overview.

Activity - discussion

- **When might we need to give, or need to get permission?**



Practitioner are to partake in this exercise giving their own examples

Examples here might include permission for school trips, asking if a friend can come over to your house, permission for your personal information on apps, borrowing something from a friend, asking if you can give someone a hug, taking a photo of someone, accepting cookies on websites, sharing a picture.

- **Can you think of any times when we give permission to something without using words?**

Putting your arm out to the nurse giving you an injection, jumping up and posing ready for the photo to be taken, feeling relaxed and enjoying yourself, nodding, smiling for the camera, wanting to join in.

- **How do we know if someone isn't giving their permission whether that's with or without words?**

Having to be pushed along to join in/pose for the picture, changing the subject, feeling uncomfortable and being able to see that in your body, not being excited or happy to join in, not being able to look at the person, going quiet, grumpy, leaving.



Reflection of discussion

When you agree or give permission – verbally or in other ways – and when you are fully aware of what you are agreeing to this is called consent.



What you
might hear and
say / do cards





Activity

Using the “what you might hear” cards, the young person and practitioner look at things that might be said to someone to try and get them to do something.

Then, using the “what might you say” cards, think about the different ways someone might respond so they don't have to do what the other person wants.



Scenario cards

-  Give the young person the opportunity to add their own thoughts for how they might respond. Be aware that they may also add phrases to the “what you might hear” cards.
-  Use the scenario cards to consider and discuss situations that young people may face, encouraging them to add their own scenarios.
-  By the end of this exercise the aim is for the young person to have more options on how they might respond and more awareness around giving and asking for consent to a wide variety of situations.
-  Practitioner to be aware that as you discuss scenarios and phrases it might be useful to consider some of the following questions, exploring and opening up discussion from the responses the young person gives.

- **What if you do whatever is asked of you but you don't feel comfortable?**
- **How does it feel to be able to say what you want?**
- **How does it feel to say what you don't want?**
- **How does it feel when you are ignored and they keep asking you to do something?**



Reflection on this session

There are times when we believe we have given permission, but we haven't really done what we wanted or what makes us feel comfortable and happy. Sometimes we feel like we are being made to do something we didn't want to, like there was no choice because we are told something bad might happen if we don't. When this happens, we are not giving real permission.

It is important to know that we are allowed to be firm when expressing what we want or don't want.



Closing activity

Looking after yourself exercise to close

SCENARIO

Being asked to share
a picture

SCENARIO

To dress up for
someone online

SCENARIO

To show their body

SCENARIO

Being told to lie

SCENARIO

SCENARIO

SCENARIO












SCENARIO

SCENARIO
















What you might hear cards

 <p>No one will find out</p>	 <p>You've done it before</p>	 <p>It'll be funny</p>
 <p>If you don't I'll tell everybody</p>	 <p>It would be really cool</p>	 <p>Everyone is doing it</p>
 <p>It's no big deal</p>	 <p>It's normal</p>	 <p>Why not?</p>
 <p>It's special for us</p>	 <p>I did it for you</p>	 <p>I'll ask someone else who will</p>
 <p>Just this once</p>	 <p>If you want to be my friend, you need to</p>	

What you might hear cards

 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>
 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>
 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>
 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>
 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>	 <p>WHAT YOU MIGHT HEAR</p>

What you might say or do cards

Unfriend them online 	Switch off / shut down 	I don't want to 
Tell a trusted adult 	Sending emoji/GIF 	Saying how you feel 
I've got to go 	No thanks 	Parents check my phone 
I'm not doing that 	I don't know you 	I already told you no 
Change the subject 	Don't rush me 	

What you might say or do cards

 <p>WHAT YOU MIGHT SAY OR DO</p>	 <p>WHAT YOU MIGHT SAY OR DO</p>	 <p>WHAT YOU MIGHT SAY OR DO</p>
 <p>WHAT YOU MIGHT SAY OR DO</p>	 <p>WHAT YOU MIGHT SAY OR DO</p>	 <p>WHAT YOU MIGHT SAY OR DO</p>
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