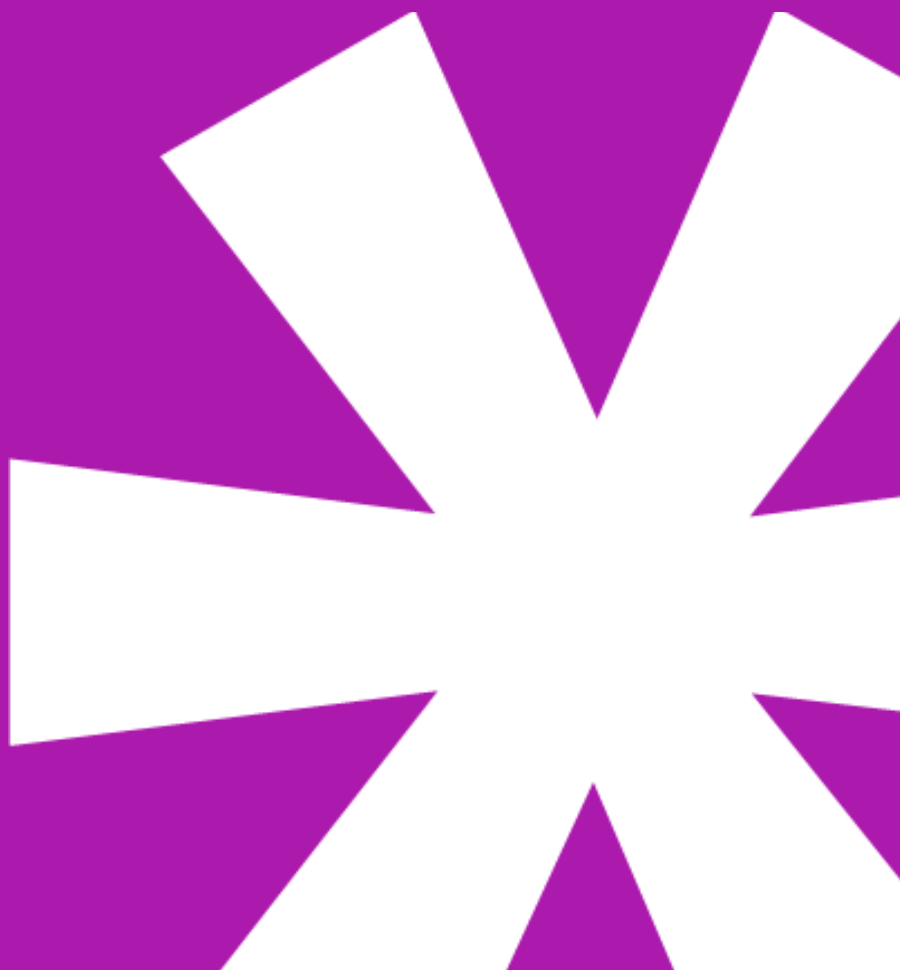


# ***ACTIVE\* CONSENT***

## ***RESOURCE LIST***

For Secondary Schools



# Foreword

Welcome to the NUI Galway's Active\* Consent Resource List for Secondary Schools.

Active\* Consent supports young people and those who are important to them (teachers, parents, peers and policy makers) in building their knowledge of consent as a key component of positive sexual health and well-being. We believe that effective consent education supports young people's sexual health and agency, and is taught through a sex-positive lens that empowers the reflection necessary to make informed choices about whether or not they ever choose to be intimate with another person.

We offer workshops, trainings and other creative tools that can be used to raise awareness and share skills on sexual consent communication and wellbeing; designed with and for secondary school staff, students and their parents. All our resources, as presented here have been piloted and evaluated with all stakeholders. The workshop, eLearning resources, and trainings were found to be not only effective in reaching their learning outcomes but also engaging, useful, relevant and easy to deliver in the format offered.

We hope you find the resources below helpful in promoting consent education and awareness in your school community. If you have any questions or comments, please contact us on our Consent Hub by [clicking here](#).

*Active\* Consent is  
supported by:*



NUI Galway  
OĒ Gaillimh



An Roinn Dlí agus Cirt  
agus Comhionannais  
Department of Justice  
and Equality



An Roinn Breisoideachais agus Ardoideachais,  
Taighde, Nuálaíochta agus Eolaíochta  
Department of Further and Higher Education,  
Research, Innovation and Science

# ***TABLE OF CONTENTS***

---

## **WORKSHOPS AND TRAININGS**

1. <u>About Active* Consent for School Communities</u>	1
2. <u>Active* Consent Workshop</u>	4
3. <u>Active* Consent Workshop Delivery Training for Teachers</u>	5
4. <u>Parents Seminars</u>	6

## **FURTHER TRAINING AND PROFESSIONAL DEVELOPMENT OPPORTUNITIES**

1. <u>Continuing Professional Development Module: Sexual Consent Promotion: Skills and Practice</u>	8
2. <u>First Point of Contact Training with Galway Rape Crisis Centre</u>	9

## **EDUCATIONAL RESOURCES AND CREATIVE TOOLS**

1. <u>Consent Hub</u>	11
2. <u>Sex On Our Screens eLearning Module</u>	12
3. <u>Active* Consent Live Play: "How I Learned About Consent"</u>	13
1. <u>Educators Consent Poster Pack</u>	15
2. <u>Active* Consent Social Media Library</u>	16

## ***About Active\* Consent for School Communities***

Active\* Consent for School Communities was launched in 2021 and is a sexual consent education programme for members of school communities; including young people, parents, teachers, and staff.

This programme was developed based on research with young people, and teachers in secondary schools across Ireland, and has four integrated components:

- Active Consent workshop
- 'Sex on Our Screens' sexual media eLearning resource for teenagers
- 'How I Learned About Consent' theatrical film, and live drama
- Awareness raising and training resources for parents, teachers and other professionals.

We aim to build consent competency in secondary schools, by working with teachers and parents to create sufficient scaffolding to support the our Active\* Consent Workshop being rolled out to 3rd year, Transition Year (TY), 5th and/or 6th year pupils, as well as the Sex on Our Screens eLearning resource for 2nd- 6th year pupils, as deemed appropriate in each school.



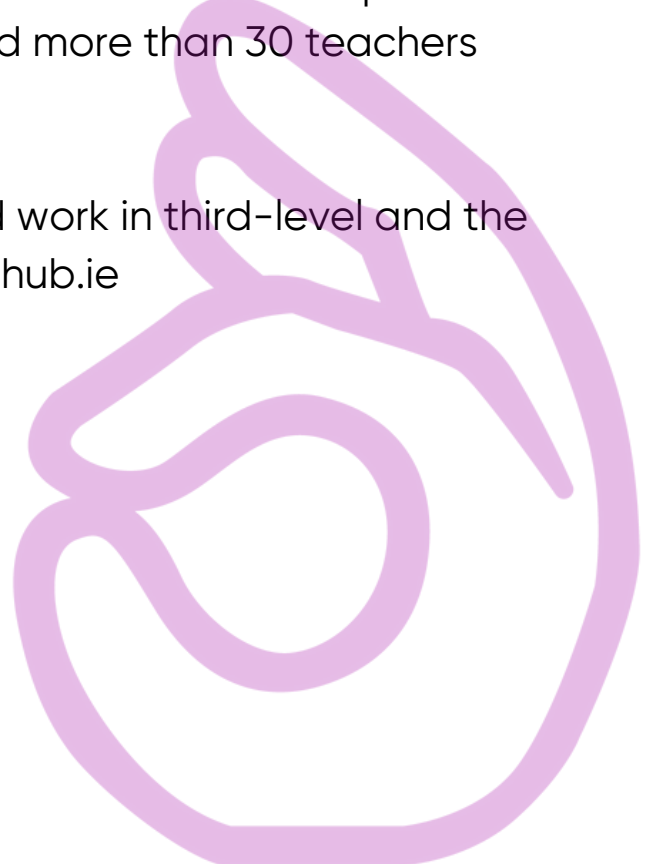
Teachers are provided with a toolkit and training by Active\* Consent prior to rolling out the resources, which you can find out more about on page 5 of this booklet.

Our teacher toolkit contains extra materials that support the roll out of the Sex on our Screens eLearning module in your classroom, as well as ideas on working with TY pupils to become peer educators for younger peers, and starting conversations on the importance of consent.

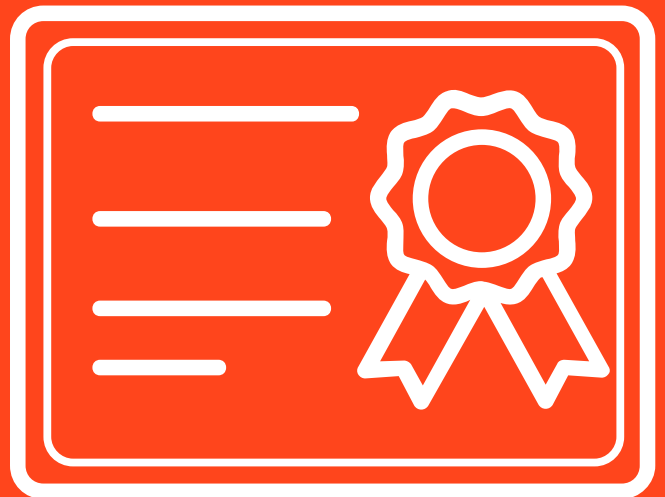
Active\* Consent for School Communities is informed by:

- A survey of over 600 school pupils across Ireland that piloted our Active\* Consent Secondary School Workshop
- A range of studies with 4,000 young adults and parents on critical thinking about pornography
- Youth panels and consultation with the Irish Second-Level Students' Union
- Surveys and focus groups drawn from over 3,000 young adults who had viewed our third level original play, The Kinds of Sex You Might Have in College
- Piloting and evaluating the schools consent workshop with 993 school pupils, 350 parents, and more than 30 teachers across 10 schools.

To learn more about our research and work in third-level and the further education sector, visit [consenthub.ie](https://consenthub.ie)



# *Workshops & trainings*







## ***Active\* Consent Workshop***

Our second-level consent workshop was designed to raise students' awareness of the importance of consent, and to share knowledge and skills to practice active consent communication with their peers and intimate partners.

The school workshop aims to empower students in their relationships and expand their understanding of the following topics:

- Consent is OMFG – ongoing, mutual and freely-given
- Sexual intimacy is not compulsory
- What non-consent looks like
- Relevant Irish laws on consent and sexual violence
- Saying "no" to an intimate act is not about rejecting people
- How gender roles and social norms impact our ability to consent
- Navigating internalised peer pressure

The school workshop takes approximately 2 classes (1 hour 20 minutes) and can be used as the basis for ongoing consent education activities.

If you are interested in facilitating the consent workshop at your school, please contact us to enroll in a teacher training opportunity by [clicking here](#).

## ***Active\* Consent Workshop Delivery Training for Teachers***

We host 3-hour training sessions for teachers and other staff who would like to facilitate the Active\* Consent workshop in their schools, and learn more about Active\* Consent resources.

All staff are welcome to attend in order to become better informed on the issues in the area of sexual consent. We want to support a whole school approach, by sharing knowledge and data with all staff within schools who wish to engage with us.

Our teacher training aims to provide participants with:

- Information on the aims, ethos, and actions of the Active\* Consent programme
- An understanding of the context within which school pupils may be starting to explore their sexuality
- Practical facilitation skills for consent education
- Knowledge on how to respond appropriately to disclosure, as well as help seeking options and supports
- An opportunity to participate in the workshop to better understand students' experiences as workshop attendees
- Information on how to engage with all of the Active\* Consent resources for second level
- The confidence to facilitate the school Active\* Consent workshop and use all of our resources effectively.

Following the training, participants will be sent the Active\* Consent Toolkit which includes:

- The Teachers' Manual and accompanying PowerPoint slides
- The Sex on Our Screens eLearning, online resource, with a teachers' manual
- Ideas on how to engage with TY pupils as peer educators.

To register for an upcoming teacher training, [click here.](#)



## ***Parent Seminars***

We host 1-hour evening Parent Seminars to ensure parents are aware of and support their child's school's involvement with Active\* Consent resources.

During our Parent Seminars, we also share a range of resources to support parents' conversations with their children about topics that can seem awkward, such as sexuality, consent, sexual media and intimate relationships.

Following the teacher training, each school sends out invitations to their pupil's parents to invite them to attend the online seminar via an Eventbrite link.

Our Parent Seminar aims to:

- Address parental anxieties about consent and talking to their children about sexuality and intimacy
- Realise the context within which adolescents may be starting to explore their sexuality, and the influences that may inform their decisions to do so
- Share some of the exercises in the workshop, so they are clear as to the content, language, tone and intended learning outcomes of their children's engagement with the workshop and the Sex on our Screens resource
- Promote conversations about consent and sexual media at home by sharing relevant resources to enable their children to safely navigate and explore their sexuality

*Further Training and  
Professional Development  
opportunities*



## ***Continuing Professional Development Module - Sexual Consent Promotion: Skills and Practice***

Active\* Consent partners with Galway Rape Crisis Centre and Rape Crisis Network Ireland to provide a professional development module accredited by NUI Galway. This 10 ECTs module is designed to bring together and share our learning and resources across further and higher education in particular, and to support capacity building in colleges in line with the Consent Framework.

It has a blended curriculum and adult learner approach, online interactive seminars on a fortnightly or weekly basis, supported by self-directed learning based on readings, videos, and other activities. This module has been completed by college and secondary school educators, community workers, and workers from different branches of the public sector.

The module is 27 hours long and taught over 9 sessions. The three main areas covered in the module are:

- Developing, delivering, and supporting education / training in consent, sexual violence and harassment.
- Supporting students and staff with disclosure skills and organisational change.
- Policy background and development relevant to consent, sexual violence and harassment.

To express interest in the module contact us by [clicking here](#).



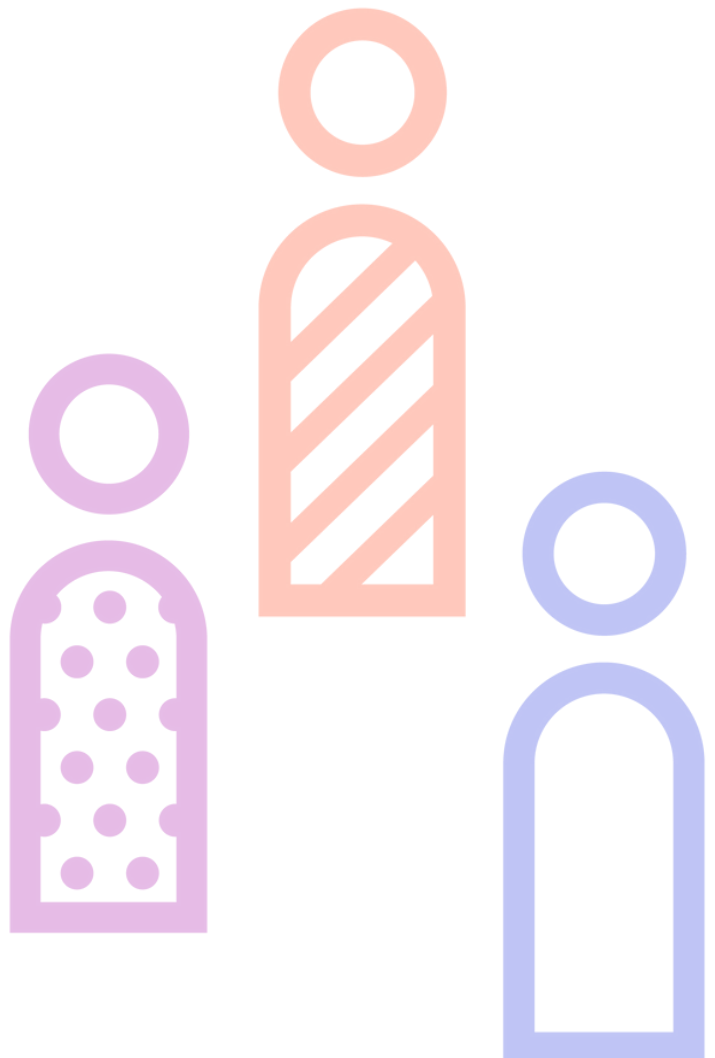
## ***First Point of Contact Training with Galway Rape Crisis Centre***

In partnership with the Galway Rape Crisis Centre, Active\* Consent offers a First Point of Contact Disclosure Training for staff and student leaders.

This training provides participants with the skills and knowledge to deal appropriately with a disclosure of sexual violence, and increases awareness of the causes and effects of sexual violence.

This training is 12 hours long and taught over 4 sessions.

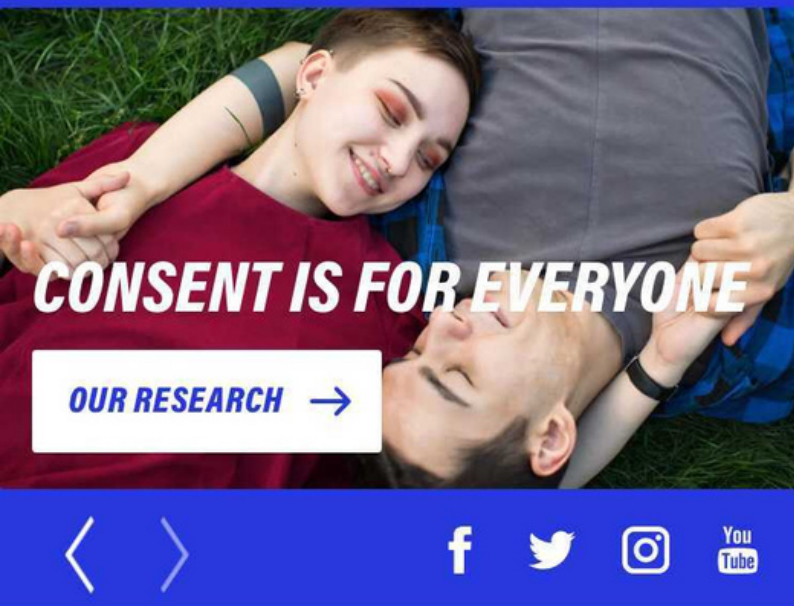
To express interest in First Point of Contact Training [click here](#).



*Educational  
resources &  
creative tools*







## WHAT IS CONSENT?

Consent is an ongoing, mutual and freely-given agreement to take part in sexual activity. It applies to all relationships, all genders, and all sexualities.

ABOUT CONSENT →

## CONSENTHUB.IE

The Consent Hub was launched in January 2022 and is the first-ever publicly available national resource on consent awareness and learning in Ireland. The hub was developed by Active\* Consent in partnership with the Department of Justice and the Department of Further and Higher Education, Research, Innovation & Science.

The hub hosts a variety of consent educational tools and awareness-raising resources, including:

- Consent in Irish law
- "Sexual Violence and Harassment: How to Support Yourself and Your Peers" eLearning module for HEI students
- Educational and creative videos
- Answers to frequently asked questions on consent
- Tips on how to handle a disclosure of sexual violence

The hub is continually updated with educational tools and resources for young people, educators and student leaders, and parents and caregivers.

[Click here](#) to visit the Consent Hub.

# ***Sex On Our Screens***

## ***eLearning Module***

'Sex on Our Screens' is a one-hour online self-guided programme for teenagers that tackles media messages about body image standards and sexual violence.

Young people look to sexual media in order to inform themselves about sex in the absence of good quality sex education in school and report using sexual media particularly to learn about sexual behaviour and genital image. Sexual media is largely unreliable when it comes to providing accurate information about sex. Therefore, this resource aims to fill that gap.

Sex on Our Screens has been developed based on up-to-date research evidence and provides behind the scenes insights about how sexual media is produced, helping teenagers to question the reality of the media messages they receive.

The resource consists of two core modules. The first discusses beauty and attractiveness standards set by the media and focuses particular attention on how unrealistic media messages makes young people feel ashamed and unhappy with their genitals. The second module focuses on challenging messages that normalise sexual violence.

For more information on how to bring Sex on Our Screens to your secondary school as a teacher, please contact us by [clicking here](#).

ACTIVE\*CONS



## ***Active\* Consent Live Play: How I Learned About Consent***

Performed by an energetic ensemble of actors who play multiple roles, "How I Learned About Consent" introduces audiences to Active\* Consent's core messages through a range of sketches that dramatise:

- What young people know about consent
- The mixed messages about sexuality, intimacy and consent
- What can change for people and their partners when they consciously engage in active consent communication.

The play includes experiences from across all genders, all relationships and all sexualities (or as many of them as we could fit into one hour).

Tackling the light and the dark, the play combines humour, satire and drama to share diverse experiences. It also pushes audience members to take mutual responsibility for our shared culture around consent and sexuality – whether or not we are sexually active ourselves.





This play equips people with a proactive understanding of consent to apply to future intimate encounters if people choose to have them.

The play and talkback with Active\* Consent run for approximately one hour fifteen minutes, and can be booked for one or multiple performances over one or several days.

Content advice: This performance contains language of a sexual nature and themes of sexual violence and harassment.

To make an enquiry about a booking and specifications for bringing the play to your secondary school, [click here.](#)

## Educators' Poster Pack

The Active\* Consent free poster pack amplifies key takeaway messages from our research and resources including:

- Consent as OMFG (ongoing, mutual and freely-given)
- Phrases for direct verbal consent communication
- Barriers to consent (alcohol, social norms, peer pressure, etc)

We welcome you to print these posters for use on your campus. To access the free posters [click here](#)

### ACTIVE\* CONSENT IS OMFG

**O** = ONGOING

**M** = MUTUAL

**F** = FREELY

**G** = GIVEN

JOIN THE CONVERSATION @ACTIVECONSENT



ACTIVE\*  
CONSENT



### NO MEANS NO, BUT SO DOES...

EH...

NOT RIGHT NOW

I DON'T KNOW

I'M NOT SURE

I'M REALLY TIRED

WAIT

CAN WE PAUSE?

I DON'T WANT TO

THAT HURTS

JOIN THE CONVERSATION @ACTIVECONSENT



ACTIVE\*  
CONSENT



### HOW DO WE COMMUNICATE CONSENT?

**ARE YOU INTO THIS?** DOES THAT FEEL GOOD?

DO YOU WANT ME TO GRAB A CONDOM?

**CAN I KISS YOU?** DOES THIS TURN YOU ON?

I'M REALLY INTO THIS! MAYBE LATER?

WANNA TRY THIS? **I LOVE IT WHEN YOU DO THAT!**

I THINK I NEED A BREAK. **YES! I DON'T THINK SO..**

IF YOU WANT TO STOP, WE CAN STOP WHENEVER.

**I DON'T THINK I'M READY YET.** NOT RIGHT NOW.

I'M NOT REALLY INTO THAT... **CAN WE PAUSE?**

HAVE YOU EVER TRIED THIS BEFORE? **STOP!**

THAT FEELS AMAZING! **I'M KIND OF TIRED...**

JOIN THE CONVERSATION @ACTIVECONSENT



ACTIVE\*  
CONSENT





# **Active\* Consent Social Media Library**

Our social media library of assets has been carefully curated from Active\* Consent programme data to be used in conjunction with your own social media campaigns.

These assets cover topics such as:

- Active\* Consent is OMFG – Ongoing, Mutual and Freely-Given
- The role of alcohol on consent and sexual violence
- Consent communication
- Legal definition of consent in Irish law
- Statistics from Active\* Consent research findings
- Start Here social media posts

To access the Social Media Library, email:

[alexandra.black@nuigalway.ie](mailto:alexandra.black@nuigalway.ie)

## **DID YOU KNOW?**

IF SOMEONE HAS DISCLOSED A NEGATIVE SEXUAL EXPERIENCE TO YOU AND YOU'RE STRUGGLING TO COPE, YOU CAN CONTACT YOUR LOCAL RAPE CRISIS CENTRE FOR SUPPORT.



[rapecrisishelp.ie/find-a-service/](http://rapecrisishelp.ie/find-a-service/)

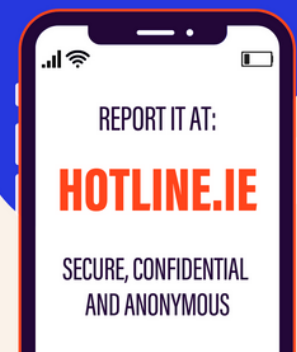
24hr National Rape Crisis Helpline: 1800 77 8888

## **REMINDER**

You need consent for ALL sexual activity, not just "full sex"

OK

## **HAVE YOU EXPERIENCED INTIMATE IMAGE ABUSE?**



## **FACT**

**CONSENT IS VITAL FOR OUR  
SEXUAL, EMOTIONAL AND  
MENTAL WELLBEING**



*Our mailing address is:*  
*Active\* Consent, School of Psychology*  
*NUI Galway*  
*University Road, Co. Galway*

