

# ***ACTIVE\* CONSENT***

## *RESOURCE LIST*

For Higher Education  
Institutions



# *Foreword*

Welcome to the University of Galway's Active\* Consent Resource List for Higher Education Institutes.

We offer workshops and trainings for both students and staff, other resources that can be embedded into courses or orientations, as well as social media campaigns and creative arts tools for your staff and students.

Materials may be offered only as outlined below and cannot be individually tailored to institutions or individuals. If you have any questions or comments, please contact us on our Consent Hub by [clicking here](#).

*Active\* Consent is  
supported by:*



**RETHINK  
IRELAND**



OLLSCOIL NA  
GAILLIMHE  
UNIVERSITY  
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**Rialtas na hÉireann**  
Government of Ireland

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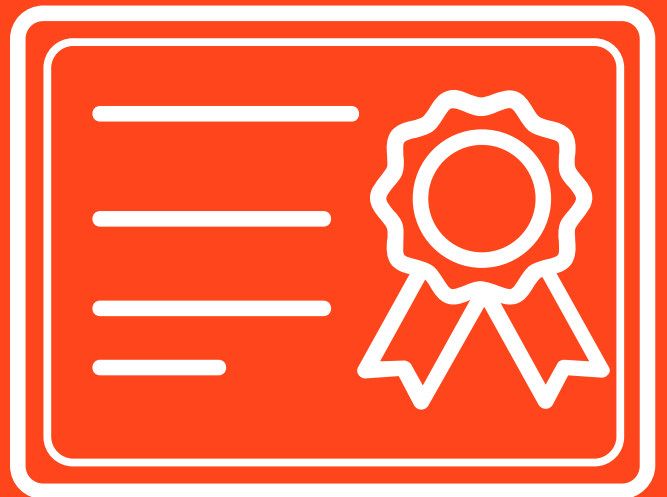
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# *Workshops & trainings*



**A person consents to a sexual act  
if they freely and voluntarily  
agree to engage in that act.**



**BUT WHAT BARRIERS GET IN THE  
WAY OF *ACTIVE\* CONSENT*  
BETWEEN PARTNERS?**



INEXPERIENCE NOT KNOWING THEM THAT WELL  
GENDER STEREOTYPES  
SELF-CONCIOUSNESS MISUNDERSTANDING  
RAPE MYTHS  
DIFFERENT AND/OR EXCESSIVE LEVELS OF INTOXICATION

## ***30 minute Active\* Consent Workshop***

The 30 minute Active\* Consent Workshop is designed for third-level students, primarily to be embedded into orientation programmes. Since 2020, over 30,000 students across Ireland and Northern Ireland have engaged with this workshop.

The Active\* Consent workshop provides a sex-positive space to explore the nuances of sexual consent, including:

- What consent and non-consent look like
- Relevant laws on consent and sexual violence
- Irish data on young people's views on consent, social norms, etc.
- Skills for mutually consensual, mutually enjoyable and safe sexual experiences for them and their partner, if and when they ever choose to become intimate with someone else.

At no point during the workshop is anyone asked to share personal experiences.

To be trained to facilitate this workshop, please see Page 4.



## ***1.5 hour Active\* Consent Workshop***

The 1.5 hour Active\* Consent Workshop provides a sex-positive space for third-level students to explore the nuances of sexual consent. In this workshop, students will learn more about:

- What consent and non-consent look like
- Relevant laws on consent and sexual violence
- Image-based sexual abuse
- The views of their peers on social norms
- How to communicate about consent

This is an interactive workshop with individual and small group discussions exploring consent through real-life stories, and discussing the nuances of sexual consent. At no point is anyone asked to share personal experiences. This workshop was evaluated in a Randomised Control Trial and is continually updated based on participant feedback to ensure it remains relevant, engaging, useful and reflects legal and societal changes in the area of sexual consent and sexual violence.

To be trained to facilitate this workshop, please see Page 4.



## ***Active\* Consent Workshop Delivery Training for Educators & Student Leaders***

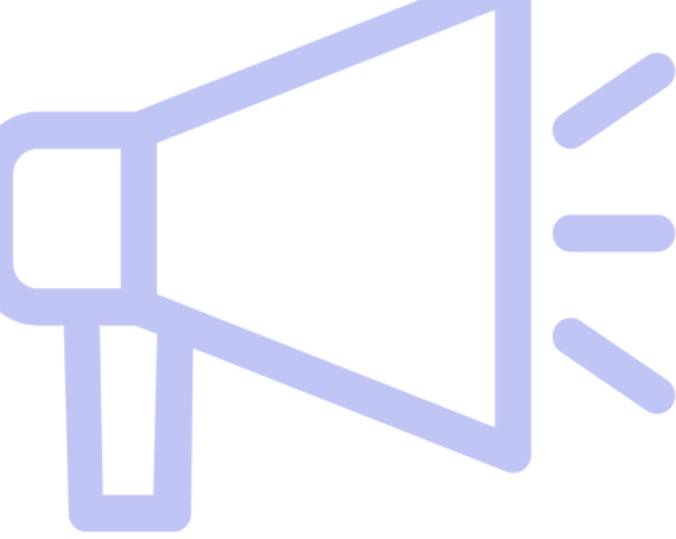
Active\* Consent offers training to staff and student leaders to give them the information, skills and support they will need to facilitate the online and/or the in-person workshop on their campus.

The training aims to give participants confidence and competence to roll-out workshops by: sharing insights into the context in which students are exploring and expressing their sexuality; participate in the workshop to gain an insight into what it involves for students; discussion of any challenges or worries they may have; as well as technological and facilitation skills required for the workshop.

This training is approximately 3 hours and can be facilitated by the Active\* Consent team online or in-person.

To book this training, [click here](#).





## ***Consent Ambassador Training for Educators and Student Leaders***

The Consent Ambassador Training aims to build confidence and competence to roll-out sexual consent-related interventions and campaigns on campus. This interactive and informative session will provide the skills and knowledge to become a consent ambassador for your institution.

The training includes:

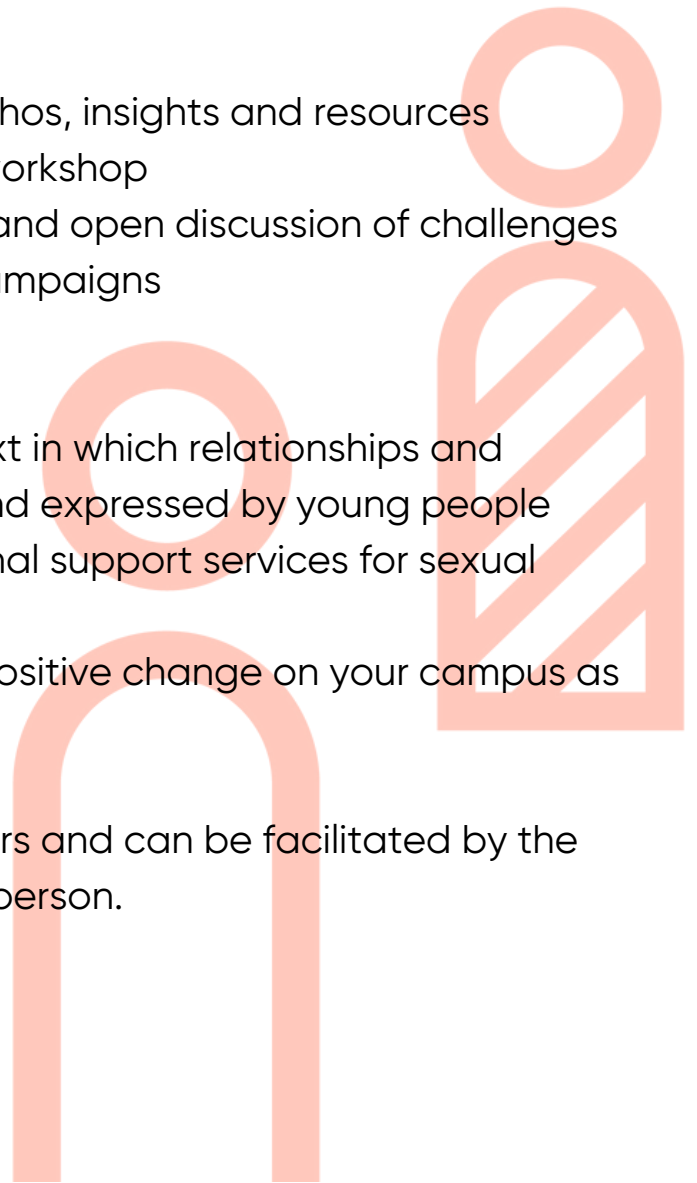
- Overview of Active\* Consent ethos, insights and resources
- Participation in the in-person workshop
- Exploration of facilitation skills and open discussion of challenges to rolling out workshops and campaigns

Participants will gain:

- An understanding of the context in which relationships and sexuality are being explored and expressed by young people
- How to access local and national support services for sexual violence and harassment
- How to become an agent for positive change on your campus as a consent ambassador.

The training is approximately 5 hours and can be facilitated by the Active\* Consent team online or in-person.

To book this training, [click here.](#)





*Further Training and  
Professional Development  
opportunities for  
Educators and Student  
Leaders*



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

Active\* Consent partners with Galway Rape Crisis Centre to provide a professional development module accredited by the University of 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 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 [click here.](#)



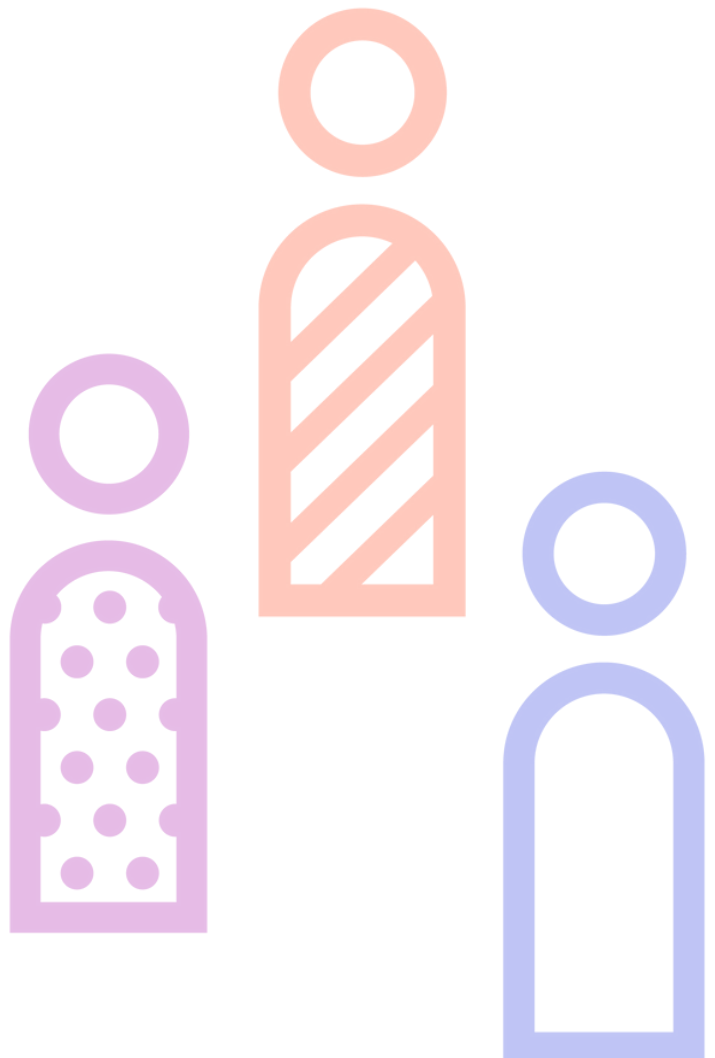
## ***First Point of Contact Training with Galway Rape Crisis Centre***

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.

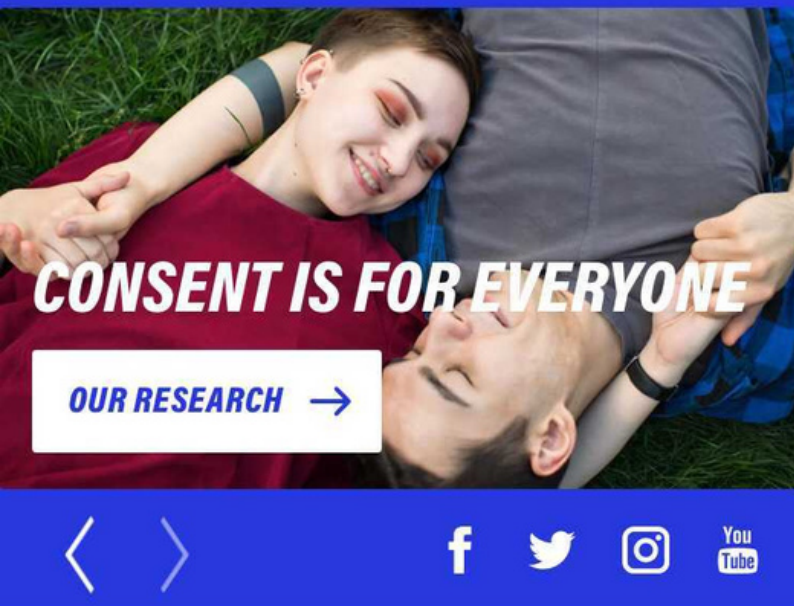
This training is 12 hours long over 4 sessions.

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.



# ***CONSENT IS FOR EVERYONE.***

Dive in.

[consenthub.ie](https://consenthub.ie)

## ***"Consent is for Everyone" online campaign***

"Consent is for Everyone" is our online campaign running this Autumn. This campaign was created to raise young people's awareness of consent, what it is (and what it isn't) through Active\* Consent's new website [consenthub.ie](https://consenthub.ie) which was launched in partnership with the Government of Ireland earlier this year.

The campaign tagline "Consent is for everyone – consent is for everything" aims to show young people that consent is necessary for all types of intimate relationships; from long-term relationships, to situationships and casual hook-ups.

This campaign also aims to broaden the discussion around consent to include all types of intimacy and sexual activity, not just "full sex" – such as sexting and the exchanging of intimate images.

To access our "Consent is for Everyone" campaign pack, including:

- "Consent is for Everyone" videos for Instagram, TikTok/IG Reels, Twitter
- Captions & posting guidelines
- "Consent is for Everyone" Posters for your campus

Email [alexandra.black@universityofgalway.ie](mailto:alexandra.black@universityofgalway.ie)



# ***Sexual Violence and Harassment: How to Support Yourself and Your Peers eLearning Module***

The eLearning module builds on topics explored in the Active\* Consent online and in-person workshops and introduces a deeper understanding of sexual violence and harassment.

The creation of this module was directly informed by research findings from Active\* Consent and the Union of Students Ireland's 2020 Sexual Experiences Survey (SES), completed by over 6,000 undergraduate and postgraduate students attending Irish Higher Education Institutions. This module aims to address gaps in knowledge reported by students in that survey on issues related to consent, sexual violence and harassment.

This is a self-guided eLearning module, and it brings users on a gamified journey to increase knowledge, build confidence and ability to navigate the complexities of consent and sexual violence and harassment on campuses. The module provides users with practical and introductory skills in supporting friends who disclose negative sexual experiences and how to safely intervene when faced with a developing negative situation amongst their peer groups and communities.

By empowering participants with this knowledge, Active\* Consent believes that together we can reduce sexual violence and harassment on our campuses.

We invite you to host this eLearning module on your campus by incorporating it into a course or lecture, staff or student training, or orientation requirements.

For free access to the eLearning module, [click here.](#)

ACTIVE\*CONS



## ***Active\* Consent Live Play: The Kinds of Sex You Might Have At College (1.25 hours)***

"The Kinds of Sex You Might Have At College" is a play about what you want, how you want it, if you want it and what happens when you don't.

Performed by an energetic ensemble of actors who play multiple roles, the play introduces audiences to Active\* Consent's core messages through a range of sketches that dramatises:

- 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 Kinds of Sex You Might Have At College" 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 will equip you with a more proactive understanding of consent to apply to your future intimate encounters if you choose to have them.

The play and talkback with Active\* Consent runs approximately one hour fifteen minutes. The play 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.

Available for booking between 5 September and 18 November 2022 for daytime or evening performances.

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

## Staff Awareness-Raising Video

The Active\* Consent Staff Awareness Video is a great starting place for all staff working in Irish higher education institutions. The 20-minute video introduces staff to:

- Key findings from Active\* Consent's research over 10 years with students on consent, sexual violence and harassment to raise awareness of these issues
- Basic definitions of consent, sexual violence and harassment
- Quick tips for supporting a student or colleague if they disclose a negative sexual experience to you
- Where to go to get more information and support on consent and sexual violence

For free access to the Staff Awareness Video [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 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 [click here](#).

### **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/](https://rapecrisishelp.ie/find-a-service/)

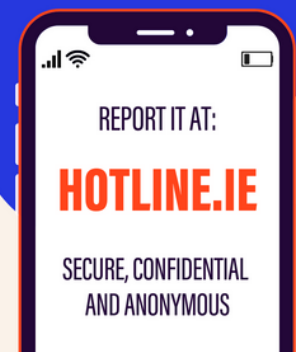
24hr National Rape Crisis Helpline: 1800 77 8888

### **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



ACTIVE\*CONSENT



## ***#StarHere Social Media Campaign***

Start Here is a social media campaign, created in partnership with Galway Rape Crisis Centre and the Union of Students in Ireland (USI) that is designed to empower college students and staff with basic information on how best to respond to disclosures of sexual violence and harassment from a friend, peer or colleague.

Active\* Consent and USI's 2020 national Sexual Experiences Survey (SES) revealed that 79% of college students who disclose sexual misconduct (rape, sexual assault, sexual harassment) only ever told a close friend.

Originally launched in 2021, this campaign can be easily be launched on your own campus with resources available on [consenthub.ie](https://consenthub.ie) including:

- Basic dos and don'ts of receiving a disclosure
- Key information on what support services exist and how to access them nationally
- Media pack for educators including posters, Start Here cards and social media assets

For more information about the Start Here Campaign, [click here.](#)

To request Start Here cards & posters customized to include your localised support services, please contact:  
[rebecca.connolly@universityofgalway.ie](mailto:rebecca.connolly@universityofgalway.ie)



# ***Green\* Light Podcast***

Green\* Light podcast is a collaboration between Glow West Podcast and Active\* Consent. Both Active\* Consent and Glow West are working to build a consent culture in Ireland through the use of podcasts, workshops, dramas and e-learning modules.

Green\* Light podcast explores how consent, sexual violence, and relationships are depicted in and shaped by pop culture, from Hollywood to TV shows.

Hosts Dr Caroline West, Dr Charlotte McIvor, and Alex Black will be joined by some very special guests to dissect these topics and look at how we can create a better world for everyone to explore consent and positive sexual experiences.

Green\* Light is kindly hosted by Tortoiseshack Media. To listen to the podcast, [click here](#).

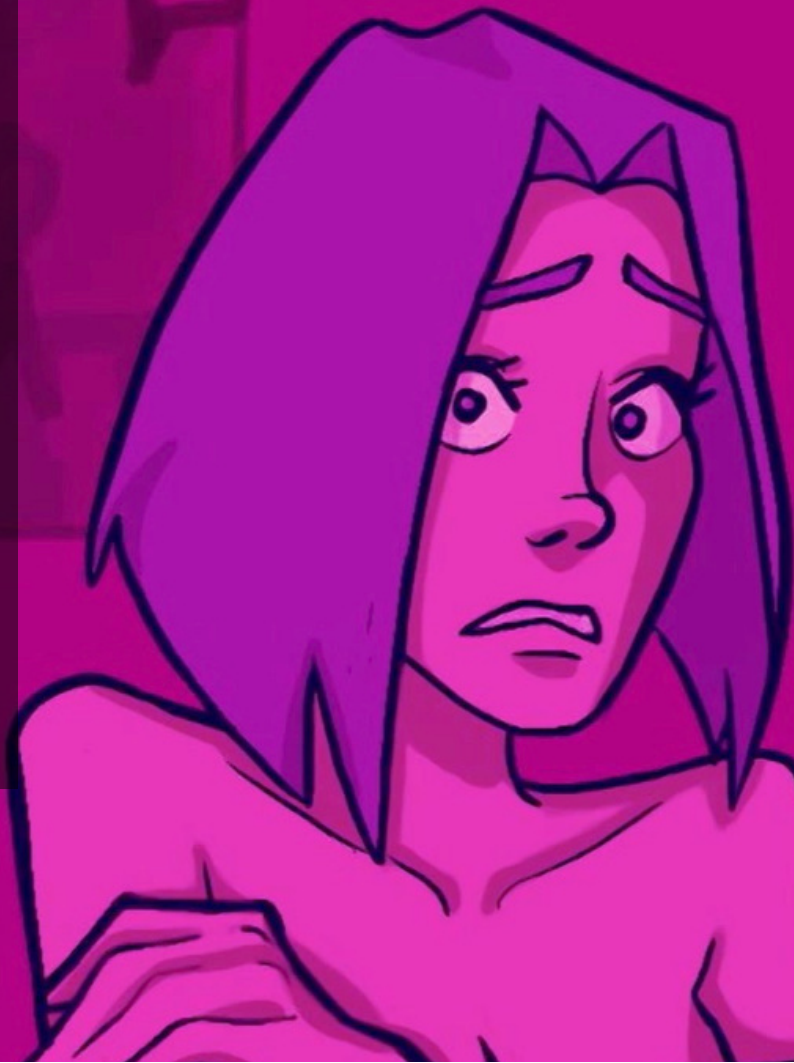


## ***Moving Parts educational videos***

Moving Parts is a student led animation project, which draws attention to sexual consent, bystander intervention, and image-based sexual abuse from the perspective of third-level students.

This series of several powerful animations, in English and Irish, was developed to raise awareness of these critical issues, as part of a collaboration between students and staff at IADT, Active\* Consent, and UCC Bystander Intervention. The project was funded by the Higher Education Authority.

To access the free animations, [click here](#).



*Our mailing address is:*  
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