

WELCOME to SPLASH! 2020

PLEASURE is proud to present:

COMMUNICATION + CONSENT

Your co-facilitators today: Val (she/her), Mariela (she/her), and Mat (he/him)

What is this you ask?

This will serve as a community document to share ideas and a “take home” summary of our discussions today. Feel free to interact with this space during the presentation and revisit our shared learning following the workshop.

Large-Group non-verbal Check-In

One-word or phrase: How are you feeling at this moment?

- tired
- Content
- happy!
- excited!
- Plz write here!
- Pleasant, good tired
- Excited and happy!
- uncertain in general; good at the moment
- vaguely overwhelmed
- Or here!
- glad about being
- Ooo fun colors
- Tired but doing well
-
- Maybe you prefer it down here?
- happy
- happy
- OR make your own bullets ↓↓

What are we doing today?

So much has changed this year. For many of us, there have been major shifts in how we interact with those we care about and build our relationships. Essential to any relationship (friends, family, romantic, professional) is respecting boundaries, honest communication and seeking consent, whether together physically or virtually!

Today we will discuss boundaries, promoting healthy communication for yourself and those around you, as well as how consent fits into these topics!

Rough Agenda:

1. Introductions + Communication Norms
2. Small group check-in
3. What are boundaries?
4. How do we communicate what we want and don't want?
5. What is consent?
6. Pleasure educators share their consent tips
7. Takeaways and Q+A

Communication norms + Zoom Etiquette

- Respect all identities and questions
- Be present
- Listen to understand, not to respond -- ****active**** listening
- Assume good intentions
- One Diva, One Mic
- Take space, make space

- Keep video on if able and comfortable
- Mute when not speaking and unmute to share
- Use the chat and “raise hand” function as well to answer questions!

Zoom Functions

Resources

National Domestic Violence Hotline: 24/7, call or chat on phone and online
800-799-7233, <https://www.thehotline.org/>

Love Is Respect: teen resources, 24/7 hotline
866-331-9474, <https://www.loveisrespect.org/>

Small group check-in

Please share the following in your small group!

- Name
- Pronouns (if comfortable)
- School
- Something I look for in a friend
- If you have time, why did you decide to attend this session?

BOUNDARIES

Brainstorming

What are examples of boundaries?

- Just anything that allows people to maintain comfort while around others. (Boundaries change depending on the relationships between the groups)
- Not talking about political issues
- physical boundaries -- touch, where or where not
- Saying what topics are sensitive to you or to others
- Avoid certain talking points/jokes
- Avoiding certain foods due to medical conditions or allergies
- Understanding what other people are comfortable with and respecting their opinions
- Not saying or doing certain things so that both people in a relationship can stay comfortable when they interact.
- Maybe preferred pronouns?
- Something you don't want people to talk about
- How comfortable you are with touch
- Establishing what casual conversation will look like (if poking fun is encouraged/shunned for example)
- Boundaries in the sense of what topics can be spoken about in certain locations

- triggers which should not be brought up when talking/showing media
- Privacy
-
- OR make your own bullets ↓↓
- Time I am able to give to others (especially during school times!) ++1
- From chat: emotional work put in to make people happy and comfortable, in addition to keeping a relationship healthy, even, balanced, and open. honesty is the best policy, and you can't be with another person if you're not sharing your feelings.
- example of boundary: telling someone no, how to communicate them: start with "I" statements and a consequence if not respected,
- I think boundaries vary greatly depending on amount of contact and degree of contact. Like how you have different expectation of friends respecting your boundaries then someone you pass once in your life

How do you communicate those boundaries?

- Telling someone what makes you comfortable/uncomfortable
- explicitly stating what the boundary is
- Verbal communication is key. Non-verbal behaviors are important as well but the ability to notice them changes between people. This means the best way to have the boundary kept is if you clearly say what it is.
- Unspoken rule mostly, with some communication
- Noticing behaviors of others
- Saying "stop"
-
-
- Telling people what makes you comfortable and uncomfortable. Noticing the body language and behavior of other people when you reach certain topics.
- Talking about them, making sure to reestablish them if boundaries shift
-
- Just bring it up with the other people/person that this is something that you care about establishing so that everyone can feel safe and comfortable
-

-
-
-
-
- OR make your own bullets ↓↓

How do you communicate after someone crosses them (or if you've crossed someone's)?

- Let them know where they crossed the line and how it can be avoided
-
- Letting them know in a clear way (generally verbally) so they can acknowledge what happened and work to prevent it in the future.
- telling the person, "hey, _____ made me uncomfortable, please don't _____"
- Backtracking and verbally or physically telling them that you aren't comfortable with what they did or said
- Telling someone what the certain trigger is helps avoid it overall
-
- Let the person know what the problem is and that you're fine so long as they learn what not to do, but be firm about it and make sure it's acknowledged as a real issue
-
-
-
- if I've crossed someone else's: apologise and ask what I should do differently
-
-
- apologize, acknowledge what you did wrong and not do it again
- everybody needs different types of apologies. some people tend to need remorse, while others need correction, and some need to ignore it and move on. it depends on the person. everyone's language is different.
-
-
-
- OR make your own bullets ↓↓

Debrief questions

- Are there any categories or commonalities in boundaries represented?
- Are there differences in how we communicate before a boundary is crossed vs after?
- Did you notice any new or interesting ways to communicate boundaries?

What are words you associate with consent?

Breakout Rooms: Yes/No/Maybe

What are examples of words or phrases that fit into these categories?

Mariela's Group

Yes

- I understand....
- Absolutely!
- Yes
- I would like to ...
- Go ahead
- I agree to ...
- I would be comfortable if....
- I am willing...

- Sounds great!
- Yes, i agree!
-
-
- Keep going
-
- Sounds good
-
-
-
- OR make your own bullets ↓↓

No

- Anything that is not an explicit yes, or I agree, or I want to
- Stop
- I'm not sure
- This makes me uncomfortable
-
- No
- I don't like it when ...
- Yes or maybe, while under the influence
- Please don't
- No thank you
- That hurts
-
- A yes, after saying no repeatedly and continuing to be asked
- It bothers me
- Not right now
-
- No
- I would prefer not to ...
- OR make your own bullets ↓↓

Maybe

- Sure, but tomorrow
- Maybe another time?
- Eh, i don't know

Val's Group

Yes

- Yes
- Of course
- Absolutely
- I want to
- I would love to
- HECK YEA!
- Definitely
- For sure
- 100%
- are you sure, is this okay, can I —?
- OR make your own bullets ↓↓

No

- Anything else
- I guess
- Maybe
- Do i have to?
- If you want
- Ok
- Sure
- Umm
- If it'll make you happy
- I don't know
- (unenthusiastic) yea..
- I'm not in the mood
- No thanks
- I appreciate the offer but no
- Not right now
- I don't think so
- OR make your own bullets ↓↓

Maybe

- OR make your own bullets ↓↓

Only clear enthusiastic yes is consent

Maybes become nos

Building up relationships, getting to know communication styles - especially with nonverbal communication

Mat's Group

Yes

- Yes
- Ok!
- I agree
- Continue
- Sure!
-
- It's fine by me
- Keep going!
-
-
- Please and thank you
- Absolutely!
-
- Affirmative commander.
-
- Why not.
-
-
- OR make your own bullets ↓↓

No

- No
- Stop
- Don't
- I don't think so
- No thank you
- *hesitation
- I'd rather not
- Not right now
- I am not interested
- I don't care
-
-

- OR make your own bullets ↓↓

Maybe

- Maybe
- Perhaps
- Possibly
- I think
- I will think about it.
- I guess
- I suppose
- Sure I guess
- Ok [unenthusiastic tone]
- Sure [unenthusiastic tone]
- [hesitant]
- Mayhaps?
- perchance
-
- Uhhhh maybe later.
-
- Ugh I guess so.
-
- OR make your own bullets ↓↓

The Dollar Bill!

For your own viewing *pleasure* (get it?):

https://www.youtube.com/watch?v=PXU2hAix8_0&ab_channel=MITViolencePreventionandResponse

- “ConsentxPLEASURE”, Amazing video offering tips, suggestions, and definitions of consent from our very own PLEASURE Educators.

- Focused on sexual consent - **take care of yourself** if this brings up something (take a breath, call a friend, access [resources](#))

Check-out

Takeaways

What did you learn today? What insights did you gain? What are you taking away?

- being clear and explicit is very important
- consenting once doesn't mean consenting to future things
- Maybe means no
- Anything besides an explicit yes is a no
-
-
-
-
- Making and following clear boundaries is very important in all relationships!
-
- OR make your own bullets ↓↓

Lingering Questions

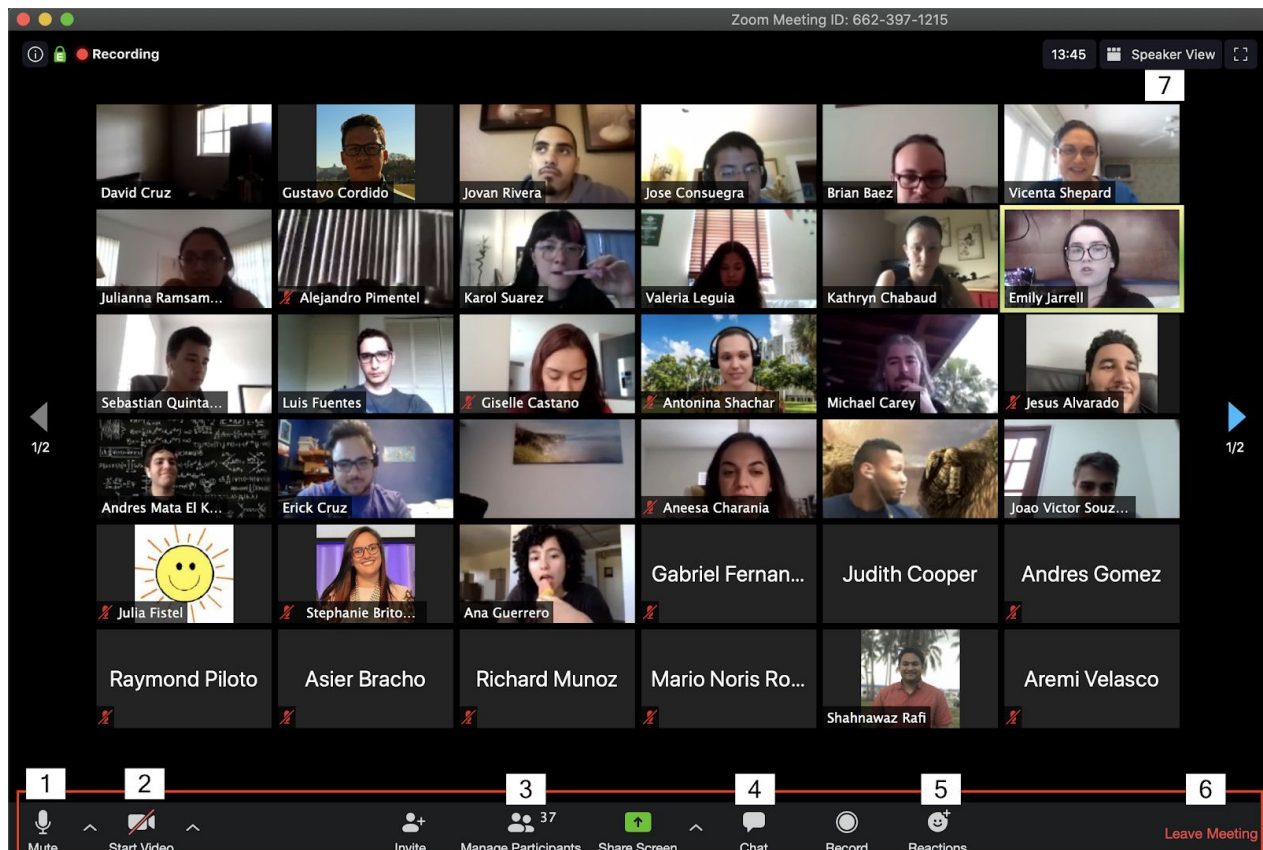
What didn't we answer? Anything you would've liked to hear more about?

-
-
-
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- OR make your own bullets ↓↓

Please refer to these [Resources](#) if something came up that has affected you or someone you care about during the session.

THANKS FOR BEING HERE
WITH US!

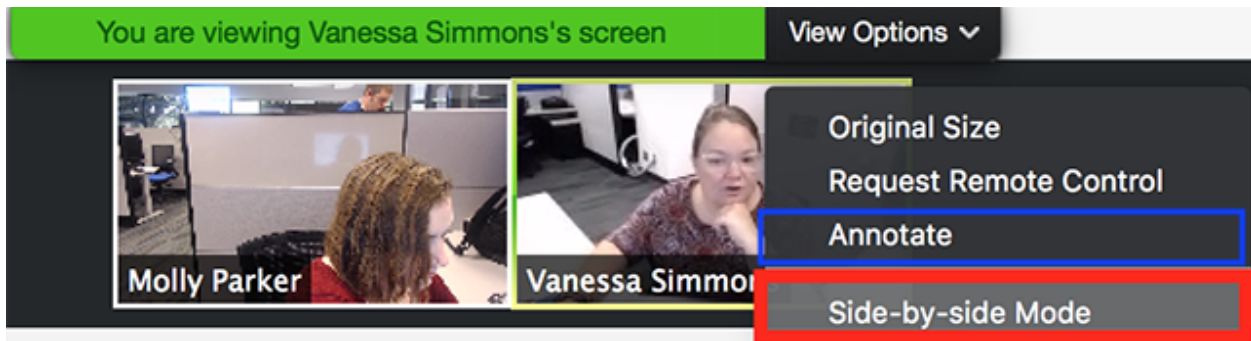
Key Zoom Functions*



1. Mute/unmute
 - a. Toggle your audio to the rest of the group
2. Start Video/Stop Video
 - a. Toggle your video showing to the rest of the group
3. Participants
 - a. This is where you can raise your hand and see who all is in the room
4. Chat!
 - a. Use to communicate non-verbally with the whole group or private message facilitators
5. Reactions
 - a. To react with emojis: most folks have clap and thumbs up
6. Leave Meeting

- a. Make sure you only hit at the end!
7. Gallery/Speaker/Standard View
- a. To change whether you see everyone (gallery) or just the speaker, we suggest you keep it on gallery view

When someone shares screen you will usually see a green bar at the top of your screen like so:



- Annotate:
 - To draw, stamp, or write on the shared screen
 - Please only use when asked to do so
- Side-by-side mode:
 - Highly recommend when sharing screen to see the most amount of faces!
 - You can toggle the size of each window as well

*Zoom options available to you depend on the computer operating system and current version of Zoom. Please use [Zoom Help](#) or ask if you have any questions!