

Practicing Consent

Directions: Complete 3 of the 7 scenarios by creating clear expectations. Think about how a person can uphold clear boundaries as you answer.

1. Your partner wants you to have sex. They keep telling you that you really want to even though you have expressed some reservations. Let them know you are serious.
2. You and your partner have sent messages back and forth that were flirtatious and discussed sexual practices. Now you are together, and you don't feel comfortable acting out what you have messaged about. How can you say no to your partner who is anxious to try out what you have discussed?
3. Your partner threatens to leave you and see other people if you don't have sex with them. What do you do?
4. You are out on a date which is not going how you want it to. You want to be driven home. Your date won't take you home
5. You are out and your date pays for a nice dinner. When you are on your way home, they tell you that you "owe" them sex because they paid for the meal. What do you do?
6. Your partner suggests you come to their house. No one is home. You do not want to go ...
7. Your partner wants sex tonight. You do not. They don't seem to listen -- how could you make them listen?



Consent and Boundary Reflection

After reviewing the scenario's, reflect on how these have impacted you.

How did you feel answering these questions? Were you comfortable writing or saying how you would handle setting clear boundaries in each situation? How will this change your ability to set/uphold clear boundaries in the future? If this exercise wasn't beneficial, reflect on why it wasn't. What would make it easier for you to set and uphold clear boundaries?