

Consent Culture Conversations

“Perhaps a consent culture is not a concrete thing, but a conversation we are having continually, with ourselves and each other”

Kitty Stryker, author of Ask Yourself: The Consent Culture Workbook

Below are some starter questions to help initiate personal reflections and shared conversations with friends, colleagues and partners about sexual consent and consent culture. You can find further resources on many aspects of consent listed on the back of this card.

- **Does everyone find it easy to say a direct ‘no’ in social situations? And in sexual situations? If not, what implications does that have?**
- **What is sex? What is ‘good’ sex? Does everyone agree on that?**
- **Why might someone not want sex? At a particular time, or ever?**
- **What is the nature of human desire? Are there ‘positive’ desires and ‘negative’ ones? When should we control our desires and when should we express them?**
- **Why is femininity traditionally associated with being sexually passive?**
- **Why is masculinity traditionally associated with sexual aggression?**
- **What are the root causes of sexual violence?**
- **Are sexual identity and gender identity related? If so, how?**
- **What judgments does society place on non-binary, trans and other queer people around their sexuality?**
- **What judgments are placed on disabled people around their sexuality?**
- **Do people always know what they want during sex? If not, how do they ask for it, or consent to it?**
- **Does talking about consent ‘spoil the mood’ - or make it more likely that each person will experience what they really enjoy?**
- **Can sexual consent happen where there is a big power imbalance?**
- **Can you withdraw consent after the event? What might that mean?**
- **How can you tell if someone isn’t enjoying sex?**
- **Do you think people sometimes consent to sex when what they really want is a cuddle or non-sexual touch?**
- **Could you improve your consent and boundaries skills? If so, how?**

BOOKS
on consent:

Sexual Consent - Milena Popova
Sexuality: A Graphic Guide – MJ Barker
The Wheel of Consent – Betty Martin
Consent on Campus - Donna Freitas
Consent Checklist (e-book) - MJ Barker
Don't Hold my Head Down – Lucy Holmes

QR CODE
for more consent resources:



INSTAGRAM:

@TeachUsConsent
@Sexpression

@ConsentIsAPractice
@RubyRare

WEBSITES:

teachusconsent.com/resources = many consent and related resources
brook.org = sexual health and wellbeing for young people

SUPPORT:

- Universities have online and in-person options for Support and/or Reporting incidents of sexual harm, including resources for those accused of sexual harm
- There are also options outside the university, e.g. NHS Support

CONSENT DURING SEX: *Would anything make this feel even better for you?... What I most want is this, are you up for that?... Could we try something different now?... I need to stop you there, that's a boundary for me... I'm enjoying being with you, but can we pause for a moment?... This is amazing, please keep going!*

"You don't give or get consent. You arrive at consent together."
Betty Martin, School of Consent

www.artofconsent.co.uk

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