

UNDERSTANDING CONSENT

This training will help athletes:

1. Discuss and respect personal boundaries around intimate and sexual activities to create healthy, safe relationships and situations.
2. Refuse to use pressure, threats, or force in any physical or sexual encounter.
3. Actively oppose and prevent incidents of rape, sexual coercion and assault.

Warm Up

“ Communication can be challenging in any relationship, but never is it more critical than in a physically intimate or sexual situation. Whether with someone you like and know or with someone you just met, it's extremely important that you openly discuss and respect personal boundaries. Create space for you and that person to talk about what you're comfortable with. If either of you feels unsure, uncomfortable, or is unable to really make the decision to get involved, that must be respected. Intimate and sexual situations should always be safe, sober, and non-violent.”



Ask the Players

1. What does consent mean?
2. How do you determine consent? What if you're not sure what your date or partner feels comfortable with?
3. What are ways pressure and threats can be used to make someone do something they don't want to do?
4. What can you do if you notice someone in a dangerous or non-consensual situation?

Discussion Points & Wrap Up

- Consent means that after thoughtful consideration, both you and your partner agree to and feel comfortable and safe with a specific situation. Consent for one thing, like a hug, doesn't mean consent for another, like a kiss.
- Ask and listen to what the other person wants. If anyone feels unsure or uncomfortable, show respect and STOP the situation.
- It is NEVER okay to use pressure or threats to coerce someone into a sexual situation.
- Drugs and alcohol can impair judgment and create dangerous situations. Someone who has been drinking is NOT able to give consent. STOP immediately so you both stay safe.
- If someone says "NO" in any sexual situation, it means NO. To ignore it is wrong and against the law.
- Intimate and sexual situations should always be consensual, safe, and respectful. Talking about desires and concerns will help you both feel comfortable.