

# Consent: Yes, Yes, Yes!

## Tips for Teachers



FPA Projects and Training Manager Mel Gadd shares her top tips for consent lessons within relationships and sex education.

**Consent has to be the single most important topic within relationships and sex education (RSE).**

If a young person fully understands what consent means to themselves and others it lays the foundations for so many other core values such as respect, good communication, self-esteem and resilience. It can mean that they strive to do no harm to others and, in turn, seek help if they are harmed.

People often say that consent is confusing, or they're unsure about "grey areas," but consent is easy. Consent just means that you and your partner are old enough and have the capacity and free will to agree to engage in sexual activities together. A happy and enthusiastic 'yes' will do.

1. **Give yourself time to plan session structure and content.** Have two or three learning outcomes and a good sense of where you'd like the lesson to go.
2. **Less is more.** Don't plan too much into any one lesson, leave space for discussion, sharing thoughts and views
3. **When starting out, use tried and tested lesson resources.** They help you gain confidence and knowledge within the topic area. Organisations such as FPA, Brook, Bish, PSHE Association and NCB have tried and tested resources that you can access to develop your teaching content.
4. **Don't assume young people will know the basics already.** If they haven't had relationships and sex education before you will need to go over these.
5. **Familiarise yourself with laws around consent.** The Sexual Offences Act 2003 can seem complicated at first (as can any law information) but is actually quite sensible and straightforward once you're more familiar with it. There are plenty of resources around that summarise key laws around consent.
6. **It's about more than "no".** Consent is often approached from the viewpoint of whether someone has said "no" or not. But sex should be something that you do wholeheartedly, **with** someone, not **to** someone. So talk about ensuring that the person you're going to do sexual activities with gives a willing and enthusiastic "yes", however it's communicated.

7. **Discuss capacity.** To give willing and enthusiastic consent you have to be both old enough and have the capacity to give that consent. Things that affect capacity are being too young, alcohol, drugs, ill health, additional learning needs, fear and manipulation.
8. **Always signpost** young people to where they can get further information or help. There will be at least one person who needs this information.
9. **Always assume you have someone who is LGBT in your lesson** (even if they themselves don't know it yet) and make sure that your lesson is inclusive to them.
10. **Consent is a lifelong issue.** If teaching any RSE consent material triggers unwanted feelings about experiences you've been through, please use this as an opportunity to seek the help and support you need.

## Useful resources

### **Consent: Giving it, Getting It, Respecting It**

FPA leaflet for young people aged 14+

[fpa.org.uk/product/consent-giving-it-getting-it-respecting-it](https://fpa.org.uk/product/consent-giving-it-getting-it-respecting-it)

### **FPA training: How to deliver great / greater RSE in secondary schools**

[fpa.org.uk/course/how-deliver-great-rse-secondary-schools-introduction](https://fpa.org.uk/course/how-deliver-great-rse-secondary-schools-introduction)

[fpa.org.uk/course/how-develop-greater-rse-programme-secondary-schools](https://fpa.org.uk/course/how-develop-greater-rse-programme-secondary-schools)

### **FPA training: How to deliver great RSE in primary schools**

[fpa.org.uk/course/how-deliver-great-rse-primary-schools](https://fpa.org.uk/course/how-deliver-great-rse-primary-schools)

### **DO... RSE lesson plans: communications and consent**

[dosrefschools.com/how-do-can-help/do-for-school-leaders/lesson-plans-and-stimulus/](https://dosrefschools.com/how-do-can-help/do-for-school-leaders/lesson-plans-and-stimulus/)

### **PSHE Association Summary of Law on Consent**

[pshe-association.org.uk/curriculum-and-resources/resources/summary-law-consent](https://pshe-association.org.uk/curriculum-and-resources/resources/summary-law-consent)

### **What Does Consent Really Mean by Pete Wallis, Joseph Wilkins, Thalia Wallis**

Graphic novel with resources for students and teachers. Published by Jessica Kingsley. Available from the FPA shop.

[fpa.org.uk/product/what-does-consent-really-mean](https://fpa.org.uk/product/what-does-consent-really-mean)

### **Consent teaching pack, Bish training**

[bishtraining.com/product/the-consent-teaching-pack/](https://bishtraining.com/product/the-consent-teaching-pack/)

### **The Sex Education Supplement Consent issue, Sex Education Forum**

[sexeducationforum.org.uk/resources/teaching-resources/e-magazine-consent-issue](https://sexeducationforum.org.uk/resources/teaching-resources/e-magazine-consent-issue)

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