Awkward Moments Workshop

**Youth Engagement Session – Unpacking How Consent Looks [1-hour session]**

**Aims:**

* Explore barriers/concerns young people have around talking about sex and what good consent looks like
* To uncover what young people think these conversations look like, in their own words
* Use the Awkward Moments films as prompts to discuss some of the themes they bring up

**Evaluation:**

To help with the evaluation of the NHS Awkward Moments campaign, please complete this short online survey as part of this session <https://folidn8rs7e.typeform.com/to/ZBALHIaw>.

**Opening [5 mins]:**

Depending on group, outline what we mean by consent and how this campaign aims to engage young people to show what good consent looks like and how they might have better conversations about it in their own lives/sexual situations.

**Conversation Starter [15 mins]:**

* What do you think about when you hear the word ‘consent’?
* What kind of information/education have you had about consent?
* Do you think it’s something people find difficult to know when/how to bring it up and when/how does this happen?

Discussion prompts may include the difference in consent at the beginning of sex vs during sex, consent digitally vs in real life, consent outside of sex vs inside of sexual acts, fear of someone’s response and creating space in a situation for the other person to talk about it*.*

**Awkward Moments Films**

Show the montage and/or selection of the scenario films on [awkwardmoments.co.uk](file:///C%3A%5CUsers%5CLeanneHu%5CDownloads%5Cawkwardmoments.co.uk)

You could stop after each of these to tackle some of these discussion groups or watch them all before breaking.

**Discussion #1:**

* What key message do you think the Awkward Moments films get across?
* Do you think all couples in the scenarios resolve the ‘Awkward Moment’? How else might they be able to check in with themselves and the person they’re with?
* What is stopping each couple saying what they are thinking? What are the barriers?

Prompts for these might include; fear of other people’s opinions (like friends afterwards for instance), concern over the other person’s reaction, not being sure what they actually want or are ready for.

**Below are a couple of activities which could be done in the remaining time or following session that help talk about consent and may bring up solutions they could use themselves.**

**Activity #1:**

How might you approach conversations around consent in the context of social media direct messages or dating apps? See scenario below and discussion points.

**Scenario**: Jo and Sam have met up a couple of times and have been talking online about taking things further. Jo has sent Sam a message asking if they want a coffee back at their place following the date and a winking emoji. Sam isn’t sure whether Jo means they want to take things further or is just suggesting coffee, but feels awkward asking about it so just sends a winking emoji back.

* What other euphemisms/codes might be used as a way of suggesting doing something instead of being able to talk directly?
* Is this helpful or can it cause misunderstandings?
* Think about what someone might really want to say
* Are there better ways to try and bring it up in this context?

**Activity #2:**

This time we want to talk about how people could make real-life situations more consensual and less awkward. Come up with a list as a group (or in smaller groups if that works better) of things that someone could do (verbally or non-verbally) to check in with the other person and situation.

This is all about how to make it easier to say/show how things are going within a real-life sexual experience. Some things to think about are;

* What non-verbal things might someone do that hint that things have changed in a sexual situation? i.e. how would someone know the ‘vibe’ has changed?
* What might be said that stops things happening or keeps things going?
* If one of these things happened, how might you check/ask if things are ok?
* What kind of response do you think could help resolve a situation like this? i.e. if you were disappointed something stopped, sulking might put pressure on someone, so what’s a better reaction.

**Discussion/close [10 mins]:**

Reflecting on the discussions and the list just created, if natural questions/discussion points arise lead with those. Prompts could include;

* Ideas of how to check in with someone during a situation that the group feel is realistic to use in a real-life situation
* The difference between online and in person situations
* How verbal and non-verbal communication can all contribute to a scenario
* The difference between thinking about how you might raise the subject of consent vs how you might notice it being conveyed by the person you are with.