# Consent Is... Session Plan

For 16 Days of Activism Against Gender-based Violence Women's Health in the North are running the Consent Is...Design Competition to understand what affirmative consent means to young people. This session plan has been developed for practitioners who work with young people in youth and community settings to support young people to enter the competition and increase their understanding of affirmative consent.

The session plan uses resources from the Taking ACtion: Affirmative Consent in the North which have been designed by young people for young people.

The session plan has been developed for an hour. You are encouraged to use the plan and materials to best suit your needs. Key information about consent is provided in **bold** and should be included in the session if tailoring.

Young people under 18 will require parent or guardian consent to enter the competition. The competition submission form has questions to ensure that consent has been obtained and the consent forms are linked in materials list.

For further information, contact Emily Sporik (Emily.s@whin.org.au).

**Purpose:** Activity plan to Increase young people's understanding of affirmative consent, including legislative changes and support young people to create designs for the 'Consent is...' design competition.

**Materials**

- Consent Is...Competition Flyer
- Affirmative Consent Laws Video
- What does consent mean to you? Video
- Condom Wallet template
- A3 Poster template
- Design materials (e.g. ConSensual Zine pdf, Taking Action Social Media Tiles, pens, pencils, scissors)
- Consent Form

**Instructions**

**Opening**

1. Provide young people with content advice. Explain that in this session, young people will discuss affirmative consent, affirmative consent laws and what consent meant to them. Remind young people of the youth service support services available and who they can talk to.
2. Provide young people with information about the 'Consent Is…' design competition.
    - Women's Health in the North (WHIN) is running a design competition to understand what affirmative consent means to young people in the North.
    - The winners will receive a prize pack with a $100 gift card, tote bag, Zine, framed copy of their design and more goodies. The winning designs will be distributed across the North for National Condom Day (14 February) 2026.
    - WHIN is asking young people to respond to the prompt 'Consent is…' by designing a condom wallet, a poster or both. Young people have a choice of which to design. A condom wallet is a discreet cardboard packet which contains a condom, and a packet of lubricant (lube).
    - Designs can be in a medium of choice (collage, drawing, photograph, digital image, painting, poem, etc.) as long as they fit into the template(s)
    - The competition closes on 10 December, and maximum of 3 designs can be entered in each category per person.

**What is affirmative consent?**

3. Explain to students that it is important to understand what affirmative consent is. Explain that the Taking ACtion Youth Advisory Group is a group of young people from the North who are dedicated and passionate about having conversations about affirmative consent. They have created resources which help us to understand what affirmative consent is and why it is important to talk about consent.
4. Explain to young people that we all navigate consent in our everyday lives. Ask young people how they would explain what 'consent' means. Collect young people' answers and summarise them.

5. Use the below to define consent. Highlight areas which young people' answers covered and gaps.
    - In general, consent means getting someone's permission for something to happen. In a sexual context, it means making sure that everyone is comfortable about what is happening and that they are **freely** and **voluntarily** agreeing to take part in a sexual activity. No one should be pressured, forced, threatened or feels obliged to give consent.
    - Affirmative consent is a way of thinking about and understanding consent that moves away from 'no means no' and towards an understanding that *everyone* is responsible for seeking sexual consent.
    - Affirmative consent means that each individual person participating in the sexual activity needs to take steps to say or do something to check that the other person(s) involved is consenting.
    - Consent can only be given if **clear** words or actions are used to show that everyone understands and agrees to what is happening.
    - Consent is **informed** so that everyone knows exactly what they are consenting to and with whom they are consenting.
    - Consent can never be assumed. It means sexual partners need to check in with each other, and have **ongoing**, **mutual** communication and decision-making. Consent is **mutual**, so everyone is involved in seeking consent.
    - Consent can only be given when someone is **coherent** and in a **fit state** to give. For example, a person cannot consent if they are asleep, unconscious or affected by alcohol or other drugs to the point they cannot consent. This is against the law.
    - There are laws on the **age of consent**:
        - Children under 12 cannot give consent to any type of sex.
        - Under the age of 16, people can consent with those who are within 2 years (24 months) of their age.
        - A 16- or 17-year-old cannot consent to having sex with a person in a position of authority or power over them, including a tutor, relative, teacher or coach.
        - People over 18 can legally consent to sex with anyone over 16.

- Every person has the right to change their mind and withdraw consent at any time before or during sexual activity.

**Consent and the Law**

6. Explain to young people that in Victoria there are laws about affirmative consent and that it's important for young people to understand the laws that affect them.
7. Play the Affirmative Consent Laws video. Key messages:
   - Affirmative consent laws were introduced in Victoria in 2023
   - The law sets the bare minimum for consent in relationships.
   - Affirmative consent means everyone has the responsibility to say or do something to seek consent before any sexual activity.
8. Ask young people to pair-share the following questions and feedback to the group:
   a. *What is affirmative consent?*
   b. *What does the law say about consent?*
   c. *Why is it important for young people to understand the laws around consent?*
   d. *What does 'the law sets the bare minimum for consent' mean?*

**What does consent mean to young people?**

- Explain that will hear from the Taking ACtion Youth Advisory Group on what consent means to them. Play the 'What does consent mean to you? video. Key Messages:
  - Consent is important for all people, in all kinds of relationships
  - Consent can be described in different ways.
  - Consent is everyone's right.
  - Consent is an important part of healthy relationships.
  - Consent can be fun and positive.
  - Consent is about communicating and respecting boundaries.
9. Ask young people to pair-share the below questions and feedback to the group:
   a. *Which description resonates with you? Why?*

b. *What does consent mean to you? Another way to ask (less personal) - what would you want your best friend/sibling etc to know about consent?*
c. *Is there anything missing from their descriptions of consent?*

**Consent is... Design**

10. Explain that the next activity is to create either poster or condom wallet in response to prompt 'Consent is…'. There are two categories:
    - Consent in Everyday Situations (poster)
    - Consent in sexual interactions (condom wallet)
11. Hand out poster templates, condom templates, consensual zine print outs, affirmative consent definition and other design materials. Let the young people know that they can choose which template they want to use. If time they can complete both.
12. Bring group together and ask if anyone would like to share their designs.

**Close**

13. Review the learning intentions and remind young people of support services available. If young people are interested in entering the competition provide them with consent forms. Provide information on how to enter the competition on the WHIN website or you can submit designs on behalf of the young people. The Competition webpage is: www.whin.org.au/consent-is.