

Taking Action Project Affirmative Consent Workshops

About the Taking Action project

Taking Action is an affirmative consent project being delivered by Women's Health In the North (WHIN). Taking Action is a peer-led education program focusing on affirmative consent, respectful relationships and sexual violence prevention using a rights-based and sex-positive approach.

The Taking Action project is supported by the Victorian Government as part of the *Supporting Young People To Understand Affirmative Consent* Program.

Learn more about Taking Action at www.takingaction.org.au

The Taking Action Youth Action Group (YAG) have co-designed three inclusive affirmative consent workshops for young people aged 15-25 years.

There are two options available to be booked:

- **Series of 2 x 90min workshops**
- **1 x stand alone 2-hour workshop**

The workshops are designed to be delivered in person and the series of two is the preferred option to maximise impact and understanding.

The workshops are available for groups of young people aged 15-25 years in community settings in the north metro region. The workshops are designed to be delivered to existing groups, for example youth services, sporting clubs, community groups, tertiary education settings. The workshops are not able to be delivered in schools as part of classroom curriculum delivery.

About the workshops

The workshops are full of activities and discussions that explore the important concepts of consent, the law, sexual rights and communication. The workshops aim to empower and educate young people so that they know what it means to be treated with respect; understand their right to safe, consensual and respectful sexual experiences; and understand affirmative consent and the new laws.

The workshops use a rights-based, sex-positive approach. While the workshops discuss situations where consent is not present (sexual violence), detailed discussions about sexual violence are not the focus of the workshop (for example, we do not spend significant time discussing statistics).

The workshops are a great opportunity for young people to learn more about consent and the law, but more than that, they are an opportunity for young people to build skills and understanding for communicating consent – something important in all our lives.

Series workshops

Workshop 1 – Affirmative Consent 101 (90 min)

The first workshop in the series focuses on building an understanding of affirmative consent.

Activities and discussion focus on the key concepts of consent and affirmative consent, situations when consent is not possible, affirmative consent legislation and affirmative consent in practice (scenarios).

At the end of the workshop participants will have:

- Increased awareness and understanding of affirmative consent including the legislative changes.
- Increased understanding of the importance of affirmative consent.
- Increased comfort when talking about affirmative consent.
- Increased understanding of ways to put affirmative consent into action.

Workshop 2 – Communication + Consent (90 min)

The second workshop in the series builds on the foundation set in the first workshop.

Activities and discussions focus on exploring what sex is and the importance of consent for all sexual activity, sexual rights, and communicating consent and boundaries with respect and safety.

At the end of the workshop participants will have:

- Increased understanding of ways to put affirmative consent into action.
- Increased understanding of ways to respectfully respond when someone communicates a sexual boundary.
- Increased understanding of how actions can impact others including how they can make other people feel.
- Increased confidence and skills to communicate consent and boundaries.

Standalone workshop

Affirmative Consent 101+ (120 min)

The stand-alone workshop is the *Affirmative Consent 101* workshop plus an additional activity from the *Communication + Consent* workshop. The additional activity focuses on communicating consent and boundaries with respect and safety and caring for self and partner.

How to book

Please complete the [booking request form](#) and email the completed form to megan.e@whin.org.au

FAQs

How many participants can attend a workshop?

The workshops are designed for groups of around 10 – 15 participants, however smaller or larger groups are possible.

Where can the workshops be delivered?

Workshops can be delivered throughout the north metro region (Merri-bek, Darebin, Yarra, Banyule, Nillumbik, Whittlesea and Hume). Workshops can be delivered at the venue where groups usually meet or we may be able to provide a venue if needed.

Who facilitates the workshops?

The workshops are facilitated by peer educators (when available) and Taking ACtion project staff. Project staff present at all workshops.

Who are the workshops for?

Groups of young people aged 15-25 years in community settings in the north metro region. The workshops are designed to be delivered to existing groups in youth and community settings, for example youth services, sporting clubs, community groups, tertiary education settings.

The workshops intended to complement the respectful relationships curriculum delivery in schools. The workshops are not able to be delivered in schools as part of classroom curriculum delivery. If you work in a school and are interested in the workshops, please get in touch to have a chat about what else may be available.

What is provided as part of the workshop?

All of the workshop materials are supplied. We can also provide snacks or catering if required.

Chat with the Taking ACtion team to learn more!

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