

Beyond Respect: Moving Toward an Integrated Approach to Consent and Healthy Boundaries

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Who am I?

Bethany Gehman

Pronouns: she, her, & hers

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Is consent only for sex?

Not necessarily.

con·sent

/kən'sent/

noun

1. permission for something to happen or agreement to do something.

"no change may be made without the consent of all the partners"

synonyms: [agreement](#), [assent](#), [acceptance](#), [approval](#), [approbation](#); [More](#)

verb

1. give permission for something to happen.

"he **consented to** a search by a detective"

synonyms: agree to, assent to, yield to, give in to, submit to; [More](#)

Feedback

What kind of activities would require both parties' consent?

Smartphone Activity

You matter. Your body matters.
Your consent and boundaries
matter.



**It's happening on college
campuses, at bars, at parties,
even in high schools**

What age should you start
teaching consent & healthy
boundaries?

They will start to internalize messages that...

- They have boundaries
- They CAN stand up for themselves and others.

Building blocks of developing
empathy and self-worth

Ask for their consent often.

- To write on their assignment when you are helping them with their homework
- Come into their personal space

Teach them that their “no” matters.

- If they say no, respond with:

“Ok, I respect that. Let me know if you change your mind.”

“That’s cool. If you ever want a company, I’m here. I care about you. Have a great day.”

Teach body safety.

- Who can touch them with permission?
 - Doctor, family, etc.
- And explain why.

“Yes” can become “no” at any time.

People change their minds
all the times.

We have to respect when it
happens.



Teach Communication

- Watch for body language
- A shy nod is not actually a “yes”



Seek to understand.

Build a relationship with your students.

“Your opinion matters. Your voice matters. Your feelings matter. And I am here to listen and be alongside with you.”

Talk about “gut feelings” or instincts.

Teach them to TRUST their instincts.

Our instincts are usually right.

Nip “locker room talk” in the bud.

“She’s a hot piece of a\$\$”

“Hey, I think she’s more than just an a\$\$!”



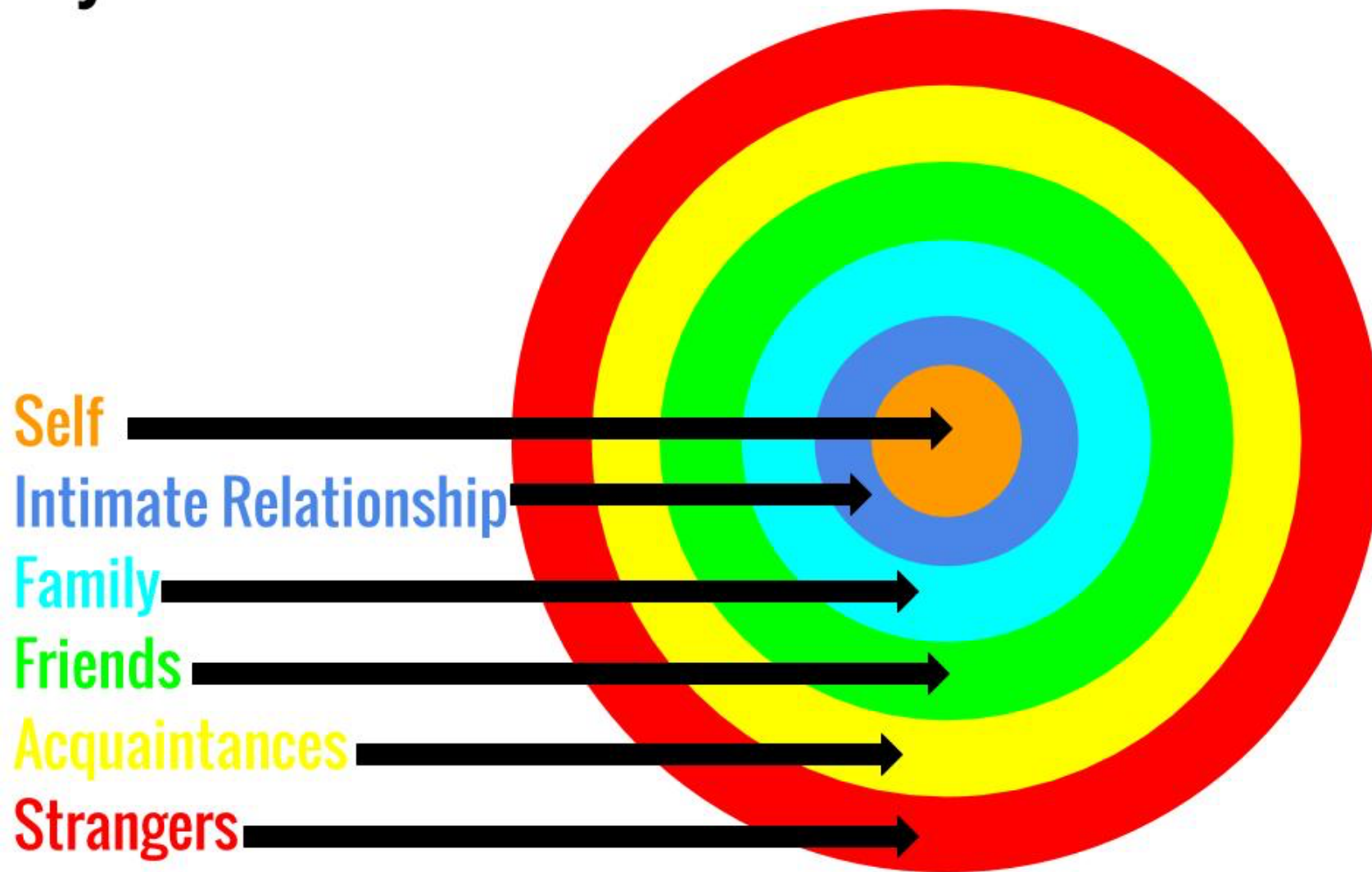
Now, What Can You Do?

- Use correct language for their own body parts.
- Teach about their and others' bubble space (boundaries).
- Educate the concept of consent through your daily examples.
- Start early to discuss / teach healthy personal & interpersonal habits.
- Be clear and consistent in your message every time.

The logo for 'STUDENT LIFE' is displayed on a white rectangular background. The word 'STUDENT' is written in a bold, blue, sans-serif font. Below it, the word 'LIFE' is written in a black, outlined, sans-serif font. The letters are spaced out and aligned horizontally.

STUDENT
LIFE

My Personal Boundaries



Closing Activity

With your team, discuss:

- Teachable moments with consent & boundaries
- Complete Workshop Evaluation



Connect. Educate. Advocate.

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