



CONSENT.
IT STARTS WITH
A CONVERSATION

Consent

Get it right!

*love is patient,
love is kind.*

IT DOES NOT ENVY,
IT DOES NOT BOAST,
IT IS NOT PROUD.
IT DOES NOT DISHONOR OTHERS,
IT IS NOT SELF-SEEKING,
IT IS NOT EASILY ANGERED,
IT KEEPS NO RECORD OF WRONGS.
LOVE DOES NOT DELIGHT IN EVIL
BUT REJOICES WITH THE TRUTH.
IT ALWAYS PROTECTS,
ALWAYS TRUSTS, ALWAYS HOPES,
ALWAYS PERSEVERES.

love never fails.

1 CORINTHIANS 13:4-8

Consent

We gather today in our forms showing and giving respect to others and ourselves.

Many of you have expressed the need to know more about healthy relationships and receiving guidance regarding choices.

Having the desire to be wanted or loved is a strong and natural human characteristic, however we should never be forced to do anything against our wishes.

To be loved and to show love are beautiful acts of trust and compassion, but love is precious and should be valued above everything else.

The reading from Corinthians gives us real clarity.

Consent

Consent occurs when a person has full knowledge of an action including the risks and consequences. They freely, willingly and voluntarily agree to the proposal of another. It can have several different meanings or contexts;

- Law- agree to make a statement.
- Medicine- agree to donate organs.
- Health- agree to an injection or give blood.
- Research- agree for someone to ask me questions or my opinion.
- Belongings- agree for someone to borrow an item that is mine.
- Relationships- agreeing to respect boundaries, wishes and personal contact.



A hand with fingers spread is shown next to a traffic light. The traffic light has three lights: the top one is red and lit, the middle one is blacked out with an 'X', and the bottom one is green and lit. The background is a mix of pink and teal colors.

Consent

It's natural for everyone to be curious about relationships as they grow older, but it can be a worrying time too. More young people are starting relationships online, using social media or apps.

Quick and easy, yes, but do you really find out what you need to about a person?

Are they really who they say they are?

Knowing the difference between healthy and unhealthy relationships is so important to keep yourself happy and safe.

Consent



Being in a relationship can be really exciting. Getting to know someone, hanging out and feeling happy just thinking about them. But it can also be confusing.

Sometimes it can feel like you're the only one who isn't in a relationship. Especially if your friends and people around you are coupling up.

But everyone's different, and there's no set time for you to begin your first relationship.

It's natural to develop strong feelings for different people as you grow up, and there might be times when you're not sure if you should let those feelings develop. It's important to make sure the people you like are right for you.

<https://youtu.be/dMwL6uhRV10>

1.13mins- Working out relationships

Consent

There's nothing wrong if you're not in a relationship, some people have their first relationship when they're adults. Just remember, everyone gets nervous about things like relationships.

The most important thing is that you're happy to choose whether they're the right person for you. And it's okay to say no, too.

You could think about what makes you want to be with someone and what are the good things are about being single.



Consent

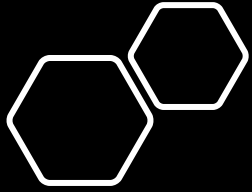
Talk maturely with the people near you.

Q-What are the good things about being in a relationship with someone?

Q- Now flip it over. What are the benefits of being single?

**It's better to be single
with high standards
than in a relationship
settling for less.**”

Quotes + Thoughts
Pinterest.com/quotes4thoughts



Consent

It's important to understand what healthy relationship development looks like. A lot of our influences are shaped by environment (home, family, school, clubs), experiences and what we see (friendship groups, hobbies, online activity).

Everyone is different and may become interested in relationships at slightly different ages, this is normal and healthy, so long as we are not causing harm to others.

However, some people get it seriously wrong and show behaviours that are upsetting for others, and they may not understand, or want to appreciate, what is and isn't appropriate, for example using force, aggression or pressuring others.



Consent

Consent can be complicated and sometimes it can be hard for individuals to recognise what's okay and what's not.

Understanding the meaning of consent is **REALLY IMPORTANT**.

Other words that could be used are ;

Agree, permit, approve, okay, authorise or give your blessing.

Consent means actively saying yes but using both words and body language. It's vitally important to be aware of the other person's behaviour, and to listen if you think that the other person is uncomfortable or unhappy.

<https://youtu.be/LO3i1EJE6DI>

4.28 mins- Asking without permission





Consent

Healthy relationship checklist

In a healthy relationship both partners should treat each other with respect.

Check out the following comments, please notice that they have **NOTHING TO DO WITH HOW A PERSON LOOKS;**

Let's you feel comfortable being yourself.

Is able to admit to being wrong.

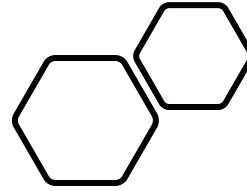
Is not jealous or possessive.

Does not try to control what you wear, where you go or what you do.

Does not physically hurt you.



Consent



Does not emotionally hurt you (by calling you names, threatening you, making you feel bad).

Tries to resolve arguments and conflict by talking honestly.

Enables you to feel safe being with them.

Respects your feelings, your opinions and your friends.

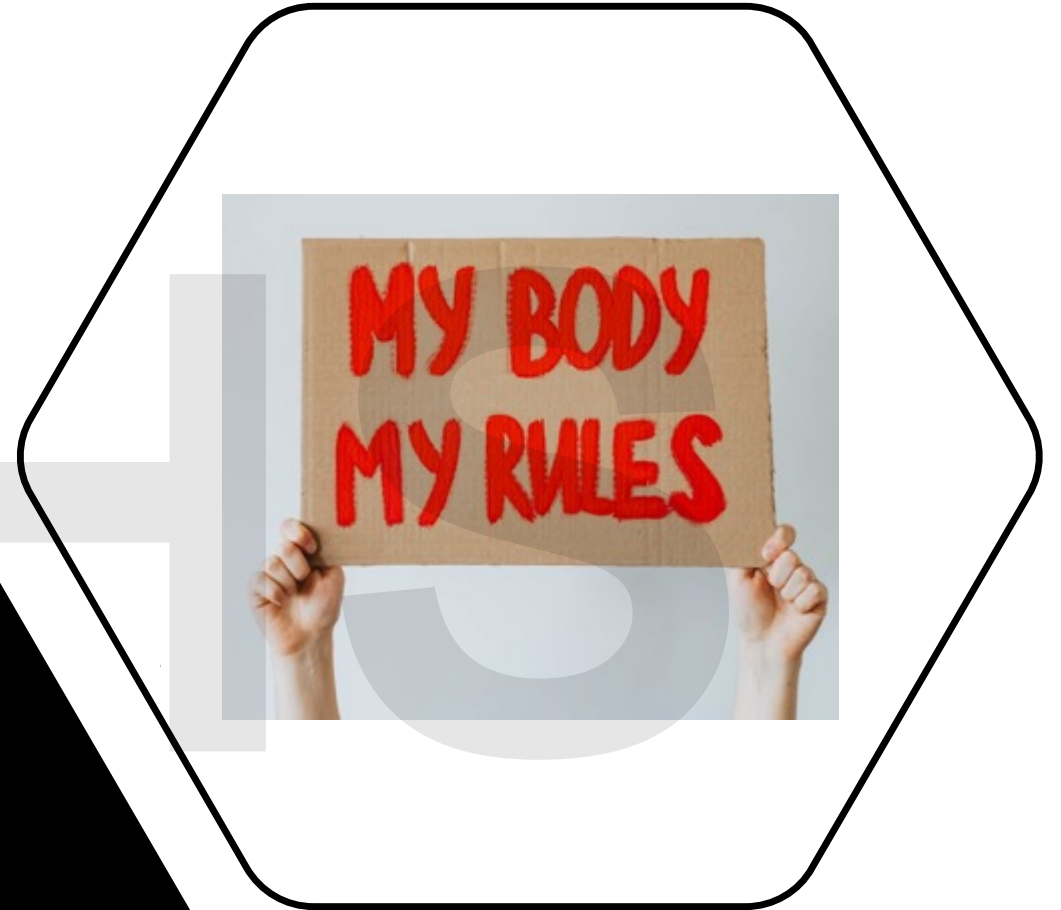
Accepts you saying no to things you don't want to do .

Accepts you changing your mind.

Respects your wishes if you want to end the relationship.

https://www.youtube.com/watch?v=DPb_B0pTBoQ

2.03 mins- What teenagers think about relationships



AWKWARD

Consent

So, if someone doesn't say 'No!' how can you tell if they don't want to be touched? There are very important non-verbal signs that should be spotted.

Perhaps they don't feel comfortable saying 'No!' or 'Stop!' but they will show it in a different way. Maybe they're trying to pull away, removing the other person's hands from their body, crying, looking or acting frightened or upset, keeping their legs closed or trying to get away. Despite these non-verbal signs, some people might claim consent was given because the person didn't say no.

Just because they didn't say no doesn't mean they were consenting.

NOGRAB

NOFONDLE

NOGROPE

NOSQUEEZE

Any sexual activity without consent is a

CRIME

NOGREYZONE

Consent

Please remember that in a healthy relationship you have the right to say **'No!'**.

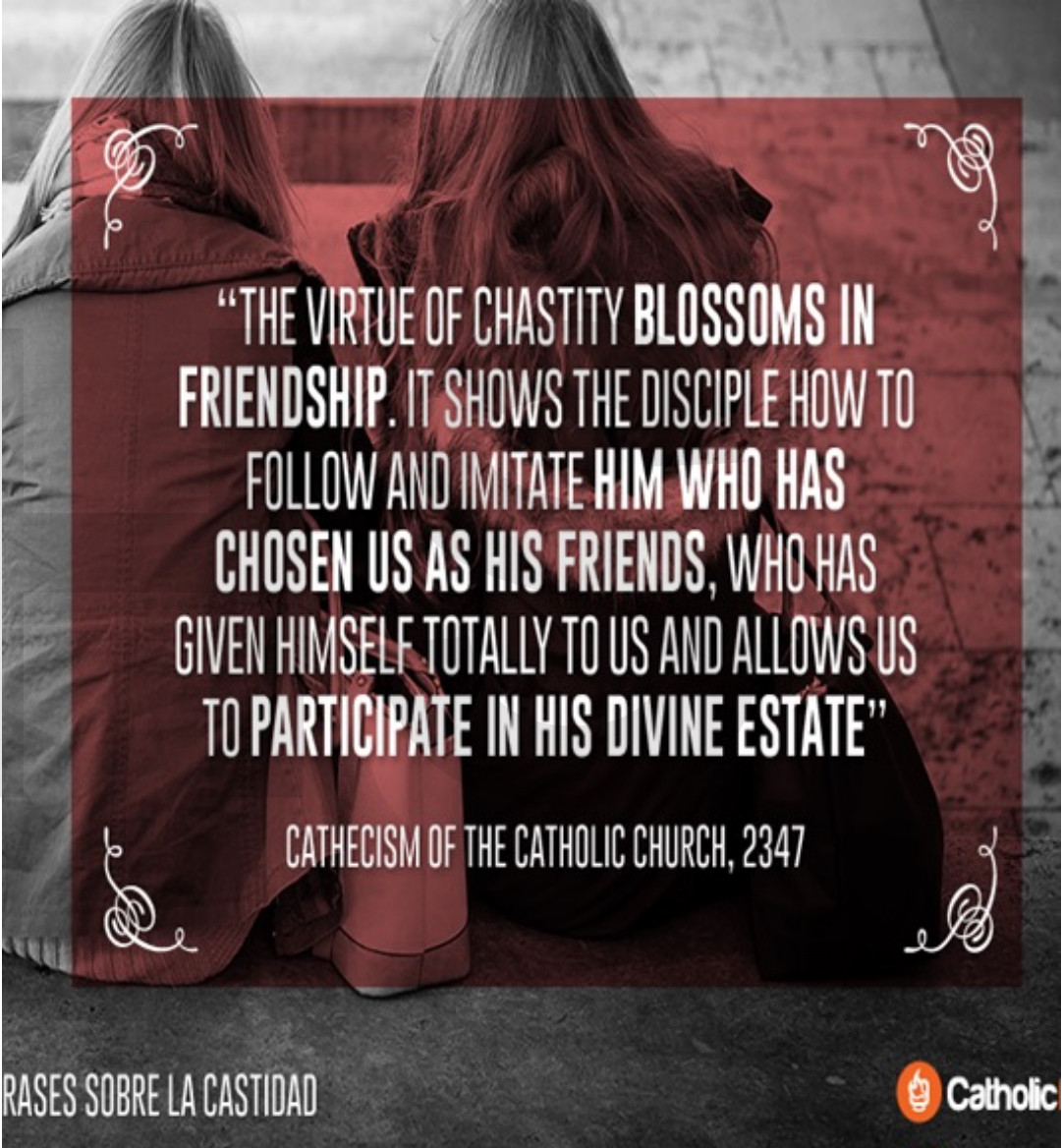
Make it loud and clear if you are not comfortable, **'No means no!'**

If others do not respect your wishes or you know someone who is in an unhealthy relationship, you must tell someone, **immediately.**



**“ONLY THE CHASTE MAN AND THE CHASTE
WOMAN ARE CAPABLE OF TRUE LOVE”**

ST. JOHN PAUL II



**“THE VIRTUE OF CHASTITY BLOSSOMS IN
FRIENDSHIP. IT SHOWS THE DISCIPLE HOW TO
FOLLOW AND IMITATE HIM WHO HAS
CHOSEN US AS HIS FRIENDS, WHO HAS
GIVEN HIMSELF TOTALLY TO US AND ALLOWS US
TO PARTICIPATE IN HIS DIVINE ESTATE”**

CATHECISM OF THE CATHOLIC CHURCH, 2347

FRASES SOBRE LA CASTIDAD

 Catholic

The gift of human sexuality is precious with its powers of life and love, and it calls for an authentic and healthy integration in the person. This is the virtue of chastity. Chastity ensures "the successful integration of sexuality within the person" (CCC, 2337). It protects the inner unity (body, mind, and soul) of the person. It enables men and women to defend "love from the perils of selfishness and aggressiveness" (*Familiaris Consortio*, 33).

Everyone is called to chastity. Chastity is necessary to the right living of one's sexuality. It requires practice, or as the *Catechism* calls it, an "apprenticeship in self-mastery," where a person learns the meaning of true freedom (see CCC, 2339). The chaste person is not governed by his or her emotions. Rather, the chaste person understands the meaning of sexual feelings and appropriate behaviours. Chaste self-possession brings true freedom and peace.

With chastity, we can avoid using others and abusing ourselves. We can live our sexuality according to God's plan for our lives. Chastity reminds us of the value of the person and of the body. It helps us respect interpersonal boundaries as well as our own bodies. Chastity enables us to "love rightly" according to our state in life. "The chaste person maintains the integrity of the powers of life and love placed in him. This integrity ensures the unity of the person, it is opposed to any behaviour that would impair it" (CCC, 2338).

The Catholic Church teaches that any form of sexual relationships outside of marriage is strictly forbidden. Marriage is seen as a sacred bond to which two individuals are eternally bound. Using scripture from Mark 10:9, "What God has joined together, let no man separate."