

For additional information, or to learn more
about support and resources, visit

WWW.KNOX.EDU/RESPECT

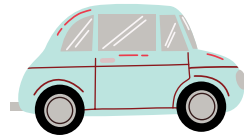
or contact Kim Schrader, Title IX Coordinator
Old Jail 12 | kschrade@knox.edu | 309-341-7751

Consent & Communication

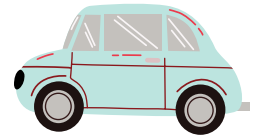
A Dare to Care Guide

DARE TO KNOX COLLEGE
care
communicate • act • respect • educate

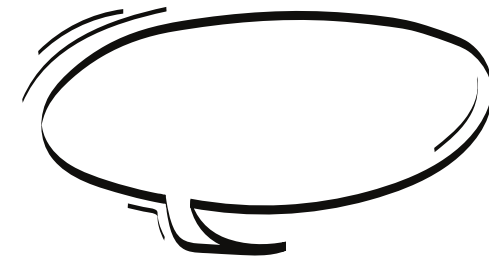
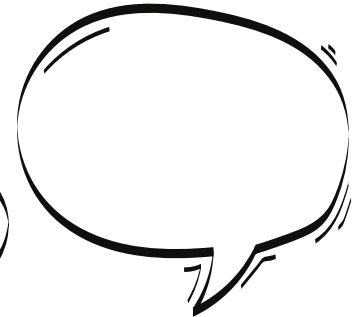
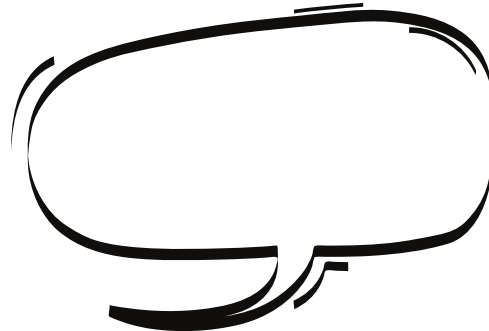
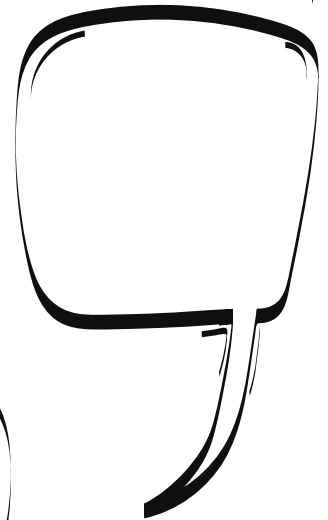
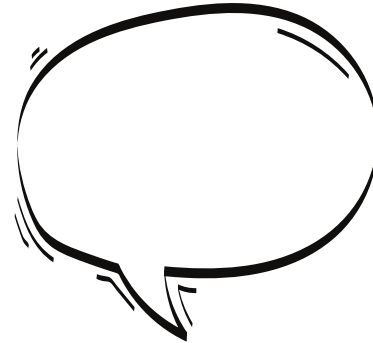
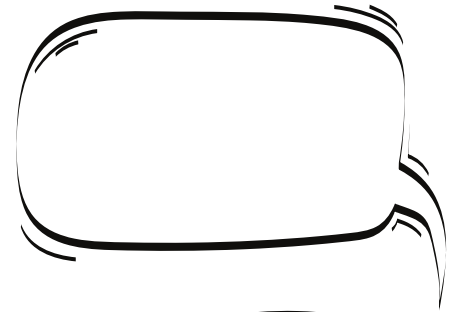
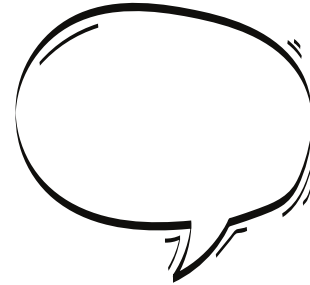
Notes



Parking Lot
for your questions



A series of 15 horizontal dotted lines for writing notes.



WORDS TO KNOW

Boundary: guidelines, rules, or limits that a person creates to identify reasonable, safe, and permissible ways for other people to behave towards them and how they will respond when someone passes those limits. These can be physical or emotional in nature.

Consent: words/actions that a reasonable person in the perspective of the Respondent would understand as agreement to engage in the sexual conduct at issue.

Complainant: the party who has alleged Title IX Sexual Harassment or Sexual Misconduct or to whom Title IX Sexual Harassment or Sexual Misconduct was directed.

Respondent: the party who has been reported to be the perpetrator of conduct that could constitute Title IX Sexual Harassment or Sexual Misconduct.

Sexual Contact: definitions vary from person-to-person. For example, one person may count kissing as sexual contact while someone else may not. Individuals must decide what sexual contact means to them. Regardless of the form of sexual contact, consent is required.

Resources

At Knox

- Kim Schrader, Title IX Coordinator
 - kschrade@knox.edu or 309-341-7751
- Any trusted staff or faculty member
- Resident Assistants
- Campus Safety
 - 309-341-7979 (available anytime)

Confidential Resources

- Counseling services counselors
 - Counseling@knox.edu or 309-341-7492
- Health services staff
 - health@knox.edu or 309-341-7559

Local

- Safe Harbor Family Crisis Center
 - 1188 W Main St, Galesburg
 - 309-343-7233 (crisis hotline)
- WIRC Victim Services
 - 309-837-5555 (crisis hotline)

Get Help Now



What We're Gonna Say

Please refer to my genitals as:

It's okay to refer to my gender as:

Please refer to my gender as:

Please never refer to my genitals as:

Please never refer to my gender as:

It's okay to refer to my genitals as:

When I want you to stop, I say:

When I want you to keep going, I say:

When I want to check in with you, I say:

When you want me to stop, hearing ___ makes sense to me.

When you want me to keep going hearing ___ makes sense to me.

When you want to check in with me, hearing ___ makes sense to me.

WWYD Reflection Activity

Read and think of how you would respond to the following situations about boundaries

You have a fight with a friend and they share details with other mutual friends in an attempt to rally people to their side—
What would you do?

You sent pictures to one person, with the intention they were only for them—only to find out later they shared the photos with multiple other people.
What would you do?

You revoke consent for making out with someone after agreeing to making out with them earlier. They become upset with you. What would you do?

Your family wants you to attend a family dinner but you already have other plans. What would you do?

What I Want

Think about the kinds of activities you're comfortable with as you fill out the sheet below! This is a great starting point for talking with a partner about boundaries!

Circle the activities you may like to do:

- Kissing Hugging Holding Hands
- Tickling Wrestling or Play Fighting Phone Sex
- Massage Chest/Breast/Nipple Play Scissoring
- Oral Sex Hands/Fingers on Genitals
- Using Vibrators solo or with partner
- Vaginal Fisting Anal Fisting Hands inside Vulva
- Using Food as part of Sex Slapping or Spanking
- Vaginal Intercourse Anal Intercourse
- Video Sex Dirty Talk Roleplay Sexting
- Reading Erotica alone or with a partner
- Watching Porn alone or with a partner
- Blindfolding Bondage/Restricting Motion
- 4 Ejaculation in Body

What We're Gonna Say

Draw lines through the boxes where your boundaries are and write small explanations. In the blank boxes, you may create your own words you'd like to have boundaries around.

A grid of dotted lines on a light blue background, intended for marking boundaries. The grid is approximately 10 columns wide and 10 rows high. Several terms are placed within the grid, each centered in a box:

- using protection during anal sex
- sexual activities
- orgy
- friends about sexual activities
- pain
- power play
- bottom
- threesome
- penetration
- polyamory
- STI/HIV testing
- fetish
- latex gloves
- monogamy

At Knox ... We **DARE TO CARE**

C = Create a Distraction

- *Pretend to know the person*
- *Invite them to join another activity*
- *Offer food or drink*

A = Ask Directly

- *Ask how their night is going*
- *Ask if they feel safe and/or comfortable*
- *Ask if they need any help*

R = Refer to an authority

An authority figure could be:

- *The person who planned/invited you to the event*
- *Trusted friend, faculty/staff, advisor*
- *Trusted guardians/mentors*

E = Enlist others

- *Bring a group of friends over*
- *Get a group activity going*
- *Use two people to create a distraction or separate/distract the individuals*

All About

CONSENT

Consent must be freely given. Coercion or other manipulation tactics cannot be used to get consent. Consent should also be enthusiastic and willing -- meaning that all participants are actively interested in pursuing the activity.

Consent must be given before each different activity has begun. Consent for one activity is not consent for all activities.

The absence of a 'no' is not consent. If a partner is unresponsive or otherwise not saying or indicating consent, do not proceed with the action. Additionally, consent cannot be given if someone is incapacitated.

You can ask for consent by saying:

- "How do you feel about...?"
- "Can I...?"
- "Are you okay with...?"
- "Do you want me to...?"

Consent can be expressed verbally or nonverbally. Verbal consent may take the form of 'yes' or 'okay', while non-verbal consent may look like nods or thumbs up.

KNOX'S CONSENT POLICY

Consent to engage in sexual activity **must be informed, freely given and mutual.** Consent must be **ongoing**, throughout each instance of sexual activity, and for each form of sexual contact. Consent to one form of sexual contact does not constitute consent to all forms of sexual contact. For example, an individual may agree to kiss but choose not to engage in touching of the intimate parts or sexual intercourse.

An individual should obtain consent before moving from one act to another. In the state of Illinois, you must be 18 years of age to give consent.

A finding of **a lack of consent can occur even if:** (a) the Respondent's belief in affirmative consent arose from the **intoxication** or recklessness of the Respondent, or (b) the Respondent did not take reasonable steps, in the circumstances known to the Respondent at the time, to ascertain whether the Complainant affirmatively consented.

From the Knox College Policy Against Title IX Sexual Harassment and Sexual Assault, available at www.knox.edu/titleix.

Be an Active Bystander

Speaking up when you hear or observe offensive jokes, rumors, or belittling of victims/survivors can stop these harmful behaviors in their tracks and prevent these acts of hate from escalating into an occurrence of violence.

Here are some things you might say:

- "I don't think that comment was appropriate."
- "Where did that comment come from?"
- "What do you mean by that?"
- "That's not my experience."
- "Can you explain that?"
- "Why do you feel that way?"
- "Where did you hear that?"
- "I think that is just a rumor."

Being an active bystander also involves supporting victims/survivors of sexual assault. Here are some things you can do:

- Be a good listener.
- Don't pass judgment.
- Be patient.
- Respect the person's need for privacy.
- Help to empower anyone who has experienced sexual violence and let them make their own decisions.
- Be present and offer to stay with someone or helping to connect them with another resource, including those who are confidential.



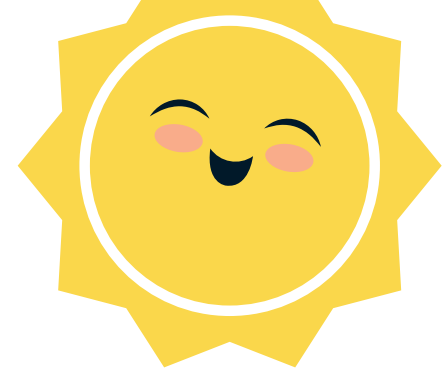
Consent and Communication Word Search

H Q X W S C C L E A R U F Z W X P W
Z D V F U N R E J E C T I O N S O I
I N C A P A C I T A T E D D U C W L
A S Y X S U X L C O H E R E N T E L
G W W B O U N D A R I E S X B Q R I
E Z C O N S E N T U W H P C A R E N
N C O M M U N I C A T I O N F W S G
C V V A F F I R M A T I V E W E C O
Y R E S P E C T U C X S U N U W K B
S S E X U A L P R O J E C T K U H G
N D H C O E R C I O N B T O O H D Y
P K K X C K O N G O I N G E U D Q W

AFFIRMATIVE
AGENCY
BOUNDARIES
CARE
CLEAR
COERCION

COHERENT
COMMUNICATION
CONSENT
INCAPACITATED
ONGOING
POWER

REJECTION
RESPECT
SEXUAL PROJECT
WILLING



CONSENT is

Clear

Coherent

Ongoing

Willing



Sexual Identities

Sexuality is used to describe a person's sexual preferences and desires. There are many identities which fall under this definition and this is not all of them.

- **Lesbian** - commonly defined as women who are attracted to other women. Some non-binary people may choose to identify as lesbians as well and prefer the definition non-men attracted to non-men.
- **Gay** - used to mean men who are attracted to other men, but some may prefer the definition non-women attracted to non-women.
- **Bisexual, Pansexual, Polysexual** - can all apply to people with attraction to more than one or all gender identities. These definitions may vary slightly depending on the person.

Note that all of the terms just listed can be used by binary and non-binary trans people. We use gender and sexual identities to communicate things about ourselves with those around us, rather than to allow society to have a label for us.

- **Asexual** - people who have a lack of sexual attraction and/or lack of interest or desire for sex. This does not mean that they are not interested in pursuing emotional connections or sexual experiences. Asexuality is a spectrum and there are many ways to be asexual.
- **Demisexual** - used to describe people who require a strong or longstanding emotional connection or relationship with others in order to want sex or other sex-related activities.
- **Aromantic** - those who have little or no romantic attraction to others, and lack of interest in forming romantic relationships. Aromanticism does not mean asexuality and vice versa.
- **Heterosexual** - a common definition for straight people who are attracted to the opposite gender. However, many people do not like thinking of genders as opposites, especially since it excludes non-binary people. A different way to put it would be people who are only attracted to other genders.

GET AFFIRMATIVE

CONSENT

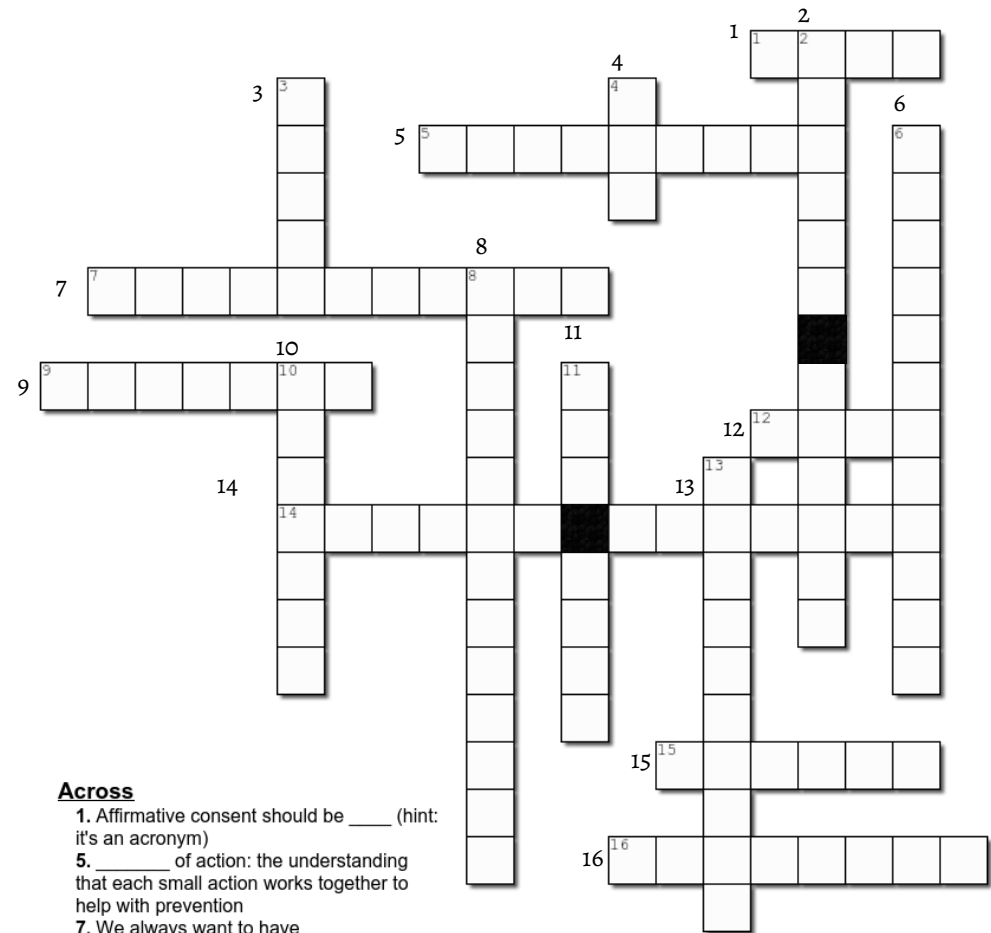
and remember

CONSENT cannot be presumed from:

- **Being in a relationship.**
- **Someone's appearance or clothing.**
- **If they have consented in the past.**
- **If they have consented to other people.**

Gender Identities

- **Gender** - roles, behaviors, activities, attributes, and opportunities that are commonly associated with men or women. Intersects with, but differs from the binary categories of biological sex.
- **Pronouns** - a part of someone's gender expression, and may not indicate gender identity.
- **Gender Identity** - your personal perception of your gender, or how you label yourself.
 - **Cisgender** - gender aligns with assigned sex.
 - **Transgender** - gender identity differs from your assigned sex, can also be used as a blanket term to reference a range of identities that fall outside of society's gender norms.
 - **Intersex** - describes a variety of conditions in which a person is born with a reproductive or sexual anatomy that doesn't fit the typical definitions for female or male.
 - **Non-Binary** - those who don't fit within the traditional gender binary of a male or female and may identify as transgender



Across

- Affirmative consent should be ____ (hint: it's an acronym)
- ____ of action: the understanding that each small action works together to help with prevention
- We always want to have _____ consent; a willing and enthusiastic yes
- Getting consent helps us to _____ each other's boundaries
- We Dare to _____
- Your reason for wanting or not wanting to have sex
- If you're in need of emergency counseling, you can schedule a _____ appointment with counseling services
- This term describes when someone is manipulated into giving consent

Down

- Who do you call on campus when you need help urgently?
- Wealth, social status, and gender can all contribute to an individual's _____
- Name of Title IX Coordinator
- This term describes a staff person who is not legally/procedurally required to disclose shared information
- If someone is _____ then they cannot consent
- You should have this before engaging in any activity that involves someone else
- Location of Title IX Coordinator's Office
- You might set these with your roommate or family to help them respect your needs

Complete this crossword and return it to Kim (Box K-209 or Old Jail 12) for a prize!

Name _____ K-Box# _____

Sexual Projects

Sexual projects are the reasons for someone to want to have or not want to have sex.

Examples of Sexual Projects

- Engaging in sex for intimacy and relationship building;
- Not wanting to have sex until you have a long-term partner;
- Not wanting to have sex at all;
- Wanting to have sex to affirm or celebrate an identity;
- Sex for experience or exploration.

Reflection Questions

- How was sex treated or talked about in your family growing up?
- How was sex treated or talked about in your peer groups?
- What messages have you received about sex from the media you consume?
- What messages have you received about sex from the people around you?
- What do you want out of your sexual expression?
- What does sex mean to you?
- What is your ideal sexual experience?

'NO' MEANS NO

It's important to be comfortable saying 'no' to someone asking for consent if you don't want to engage in any act, at any time. It's also important to remember that activities should only take place in the presence of consent. If consent is withdrawn, you must stop immediately.

'NO' IS THE ABSENCE OF CONSENT

Alternate Activities to do with a Partner

- watch a movie
- play a board game
- go for a walk
- go to a cafe or restaurant
- continue physical activities at a stage where consent was present instead of moving onto a different sexual activity (kissing might be ok, but touching certain body parts might not be)