

# WELCOME to SPLASH! 2020

PLEASURE is proud to present:

## COMMUNICATION + CONSENT

Your co-facilitators today: Val (she/her), Mariela (she/her), and Mat (he/him)

What is this you ask?

This will serve as a community document to share ideas and a “take home” summary of our discussions today. Feel free to interact with this space during the presentation and revisit our shared learning following the workshop.

### Large-Group non-verbal Check-In

*One-word or phrase: How are you feeling at this moment?*

- COLORZ! I'm feeling isolated and lonely. Drew
- QwakInG
- tired
- *Excited for today! Got lots of HW too.*
- Plz write here!
- tired
- Really tired
- I dunno, kinda tired
- Excited to learn new things, but really tired.(I'm not used waking up this early)
- Or here!
- I miss meeting people, so this is fun!
- I second that ^
- Ooo fun colors
- *Excited, but kind of anxious for today!*
- Chill
- Curious :)
- Maybe you prefer it down here?

- Stressed
- Bloppy/relaxed
- 
- OR make your own bullets ↓↓
- Tired/Stressed

### What are we doing today?

So much has changed this year. For many of us, there have been major shifts in how we interact with those we care about and build our relationships. Essential to any relationship (friends, family, romantic, professional) is respecting boundaries, honest communication and seeking consent, whether together physically or virtually!

Today we will discuss boundaries, promoting healthy communication for yourself and those around you, as well as how consent fits into these topics!

### Rough Agenda:

1. Introductions + Communication Norms
2. Small group check-in
3. What are boundaries?
4. How do we communicate what we want and don't want?
5. What is consent?
6. Pleasure educators share their consent tips
7. Takeaways and Q+A

### Communication norms + Zoom Etiquette

- Respect all identities and questions
- Be present
- Listen to understand, not to respond --
- **\*\*active\*\*** listening
- Assume good intentions
- One Diva, One Mic
- Take space, make space
- Keep video on if able and comfortable
- Mute when not speaking and unmute to share
- Use the chat and “raise hand” function as well to answer questions!

## Zoom Functions

### Resources

National Domestic Violence Hotline: 24/7, call or chat on phone and online  
800-799-7233, <https://www.thehotline.org/>

Love Is Respect: teen resources, 24/7 hotline  
866-331-9474, <https://www.loveisrespect.org/>

### **Small group check-in**

*Please share the following in your small group!*

- Name
- Pronouns (if comfortable)
- School
- Something I look for in a friend
- If you have time, why did you decide to attend this session?

# BOUNDARIES

## **Brainstorming**

*What are examples of boundaries?*

- Spaces where you feel unsafe or uncomfortable with a conversation, action, connection, idea, or suggestion. Drew, (I personally don't need anonymity)
- Space and discussion topics within reason
- I don't talk much until I'm sure I'm comfortable, especially in new places or meeting new people
- I may or may not talk about sensitive personal information, but I don't want people to probe with questions when I've said stop.
- I avoid physical contact of any kind with male friends (because I'm not comfortable)
- Jokes about things I can get sensitive about
- Personal questions

- ^
- Things you don't want others to do (maybe touch you or hug you), things you don't want to talk about (triggering things or sensitive things)
- Don't share personal information
- Saying mean things.
- Establishing topics you don't want to discuss, words you don't want to use
- Personal Space/Certain topics/Certain language
- Don't make someone feel uncomfortable just because you want to do something that you find interesting
- Listening when I say I don't want to talk about something
- Telling the full truth
  
- Stating what topics of discussion that may be triggering if you feel they may be brought up, and being mindful of what may be triggering for others.
- Making my comfort very clear to the other person. Saying what I think and not being submissive. What I share with them no matter who they are friends, teachers, and randos. A mutual understanding of trust.
- Nicknames
- Shared trust
- Maybe saying what things that the other person does that makes you uncomfortable and establishing rules kind of
- Establ
- OR make your own bullets ↓↓

*How do you communicate those boundaries?*

- I personally feel a nervousness and will tell the person or people I'm with that they are making me feel uncomfortable or unsafe. Drew
- If I'm nearing a boundary, I'll say something before it turns into hitting or crossing the boundary.
- We can state these boundaries by friendly quick reminders when getting to know a person, and realizing you want to talk more with said person and develop a relationship.
- Making it clear before any action occurs

- Making it nearly impossible, even without verbal communication, for the unintended contact to occur
- Making sure another person understands (whether that be verbally or with body language) that what they are doing or could potentially do, makes me uncomfortable.
- Explaining it to someone! If they understand why/what those boundaries are they might respect them more.
- Reminders that these are the boundaries whenever they might have accidentally been crossed
- Asking!
- Before telling someone something personal making sure they can commit to not sharing it
- Normalizing asking for boundaries
- Clarify and explain in a kind way.
- Explain why these boundaries are important to me and why they should respect them.
- 
- Mostly just mutually making an effort to notice when the other person is uncomfortable, hurt, or offended by anything said or done.
- 
- Try to make the other person understand and be firm and authoritative if you need to
- 
- If they are close enough to you, you should be able to tell them what you are ok and not ok with
- OR make your own bullets ↓↓

*How do you communicate after someone crosses them (or if you've crossed someone's)?*

- Explaining how they crossed your boundaries and reaffirming what they should not do  
Confrontation but try to be polite the first time they maybe accidentally crossed them

- I personally try to calm down first, then either confront them in that moment or later that what they had done made me very comfortable and explain why that made me feel upset.
- If it's verbal "i'm not interested in being spoken to in that way"
- Tell them what and how they crossed said boundary and how to change their behavior to prevent that from occurring in the future.
- Verbally explain what crossed the boundary and why
- While it may be difficult, confrontation in a respectful manner may be the best way to go. Stating your point clearly without alienating the other person is crucial.
- I tell them the best I can and if they don't listen and it gets worse, I would go to an adult. But make sure to tell them very clearly before you go to tell someone else.
- Apologize without following or prefacing it with an excuse or a "but"
- Ask them not to do it again and if they repeatedly break boundaries not continuing the relationship
- Verbally
- I tell them I do not like it
- I ask them not to do that again (never works with brothers ha)
- Asking them to not do it again I'm fortunate enough to be surrounded by people who respect the idea of boundaries, so normally I will just let them know directly that boundary has been crossed. If I've crossed someone else's boundaries, then I'll check in with that person, apologize, and check in on if I can help.
- Have a clear conversation and not share things I am not comfortable with.
- If I cross someone else's boundary I apologize and make changes to respect their boundaries in the future.
- Luckily a lot of my friends are champions of respecting boundaries and they can usually tell when we are approaching a topic that they should ask about how everyone feels
- So that I do not cross anyone else's boundaries, I try to make sure the person I am talking to is not tensing up or showing any signs of discomfort
- If s/he seems to be ignoring my question or starts looking uncomfortable, I ask them if they are okay with me talking about the topic, and stop if I am not

- OR make your own bullets ↓↓
- Being up-front with it and saying that it makes you uncomfortable and if they forget or ignore it stop them and remind them, with my friends i will often simply state what i'm thinking and trying to convey and try to be kind of vulnerable about it and just explain the problem and how to fix it

### **Debrief questions**

- Are there any categories or commonalities in boundaries represented?
- Are there differences in how we communicate before a boundary is crossed vs after?
- Did you notice any new or interesting ways to communicate boundaries?

**What are words you associate with consent?**









# Val's Group

## Yes

- Sure
- Yes
- I am okay with this
- I am comfortable doing/talking about \*so and so\*
- This is okay
- YES!
- No, I don't mind being asked/doing \*so and so\*
- definitely
- absolutely
- alright
- Of course
- No problem
- For sure
- I would love to
- please
- Yasss.
- OR make your own bullets ↓↓

## No

- Silence
- no
- umm
- Not really
- I dont know
- I mean sure
- Eventually, unenthusiastically giving in after repeatedly saying no is not yes!
- Quiet or mumbled so you can not hear a definite response
- Thanks, but I do not want to/don't like it.
- I'm not in the mood
- I don't like doing \*so and so\*
- Fine. (reluctant)
- kinda
- What do you think? (Sarcastically hehe)



# Mat's Group

Yes

- I consent to this
- I am comfortable with this.
- I want to do this
- That sounds good to me
- I'm totally down
- Absolutely
- Sure!
- I'm up to try something new.
- Terrific!!!!
- Sounds like fun!
- I would LOVE to!
- 
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- Please keep doing that.
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- 
- OR make your own bullets ↓↓

No

- I'm not ok with this.
- I don't know about this
- I am uncomfortable with this.
- Uhhhh I don't know
- I don't consent to this
- \* silence \*
- I am not okay with this
- I am not comfortable with this, maybe \*insert solution\* instead?
- If you want to than sure
- I do not feel like participating in this.
- We'll see
- I don't know if that's ok

- No thank you. I would not like to do this.
- I don't like this.
- I am not ready for that yet.
- Not now
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- 
- OR make your own bullets ↓↓

Maybe

- I guess that's fine
- I don't know
- I'm unsure about that.
- I'm not quite sure if i'm okay with this, \*proceeding with whether you want to try it or don't\*
- I don't know if I want to do this. Can you explain more of what this is?
- I don't know if I want to
- I guess.
- That could possibly be okay?
- 
- 
- 
- 
- Uhhhhhh sure?
- 
- Not right now.
- 
- Mayhaps?
- 
- OR make your own bullets ↓↓

# The Dollar Bill!

For your own viewing *pleasure* (get it?):

[https://www.youtube.com/watch?v=PXU2hAix8\\_0&ab\\_channel=MITViolencePreventionandResponse](https://www.youtube.com/watch?v=PXU2hAix8_0&ab_channel=MITViolencePreventionandResponse)

- “ConsentxPLEASURE”, Amazing video offering tips, suggestions, and definitions of consent from our very own PLEASURE Educators.
- Focused on sexual consent - **take care of yourself** if this brings up something (take a breath, call a friend, access [resources](#))

# Check-out

## Takeaways

*What did you learn today? What insights did you gain? What are you taking away?*

- Consent is an ongoing, ever changing, constant decision and understanding between parties that is not automatic or can be assumed to be so. Drew
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- The definitions and importance of consent and boundaries
- that consent isnt always clear cut, and you should always make absolutely sure that its enthusiastic consent and not dubious consent
- I loved the definition of consent, super clear!
- I liked the nuanced approach of understanding context and being ready to ask more questions
- I learned how to respect other people's boundaries and try to make sure that I don't cross them by knowing what means yes and what means no. I also learned to ask for clarity and communicate my own boundaries.
- Importance of learning someone's boundaries, and how to do so
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- 
- OR make your own bullets ↓↓

## Lingering Questions

*What didn't we answer? Anything you would've liked to hear more about?*

- Types of consent?
  - this depends on what you'd like to use it for, one way to think about it may be the following: physical, emotional, time, sexual, intellectual and material
  - But you may find that other groupings work better (e.g. by relationship when thinking about how to interact with people), these aren't set in stone
- What is this 3 dimensional sphere of consent?



- Answer: I came up with the term, I view it as a space of comfort that can expand more than just a circle, a sphere can have indents and outdents that express you individual consent in certain areas. It allows you to be comfortable with some things more than others, not a all around “this far away from the center” consent and comfortability. A sphere allows for more variables and more changes, X, Y, and Z. Think of it as the S orbitals in an electron cloud. As the energy (trust) levels increase the comfortability and space also increases. I allow my family to do things I wouldn't let a friend do, but I need a sphere because I also let my friends do things I wouldn't let my family do. Drew
- 
- How do you bring up your personal boundaries to someone who may feel hurt or sensitive after you say it?
  - You can come at it from a place of care and kindness/make clear it's not to guilt them: e.g. hey I care about you and I really value our relationship (friendship, etc.) - I know you didn't mean it but [something] made me feel [bad], and I would really appreciate it if instead you did/said [something else] in the future. This isn't to blame you, I want our relationship to grow, and I think that this can help us both be better.
- How do you communicate with someone who is not good at communicating back, specifically about how they're feeling and their boundaries?
  - Not a definitive answer but some things to think about.
  - Communication/consent can and should be an ongoing conversation. I think giving folks space and time to reflect/gather thoughts can be essential to communicate feelings and boundaries. For example, I have told folks “Hey I really don't know how I am feeling rn or how to communicate that to you. Can we pick up this conversation later?”
    - You can let the other person know the convo doesn't have to end right here and now. “I'd be open to discussing when you're ready”
    - You can also try to work out certain cues together, verbal or nonverbal, that can be a shorthand when they're not sure
  - Also, I think experience! We may be just getting used to communicating feelings. We should be kind, forgiving and accommodating to ourselves and those we care about.
- What is MIT pleasure? Club? Class?

- Peers Leading Education about Sexuality and Speaking Up for Relationship Empowerment
- <https://pleasure.mit.edu/>
- Here is our outdated website, but it has a bit more information about us. We are a student-led effort to promote healthy relationships and eliminate sexual violence at MIT under the Violence Prevention and Response office
- Pleasure educators go through training to learn about different modules/discussion/facilitation, and throughout the year we do a variety of things like hosting workshops for athletics teams/dorm groups/fraternities etc., creating content on a specific topic to distribute, generally having informal convos with peers!

- Pink writing = teachers

- Yes!
- How do we bring up this topic with others who haven't learned about it in such detail?
  - Including little kids, in respect to like hugging and names and things like that?
  - One helpful way could be connect it to different contexts in daily life: everyone including kids asks for permission for things (e.g. can I have a cookie/go outside to play now? Can I use your toy [to another kid]). Consent is a different word that also relates to this kind of asking and respect, so could make an analogy to what they like or don't like people telling/asking them what to do. This can apply to others - framing it in terms of respect + care + choice.
  - E.g. hey I would really appreciate it if you did [something]. [connect to a situation in their life/ask them to imagine that feeling]
  - Thanks!

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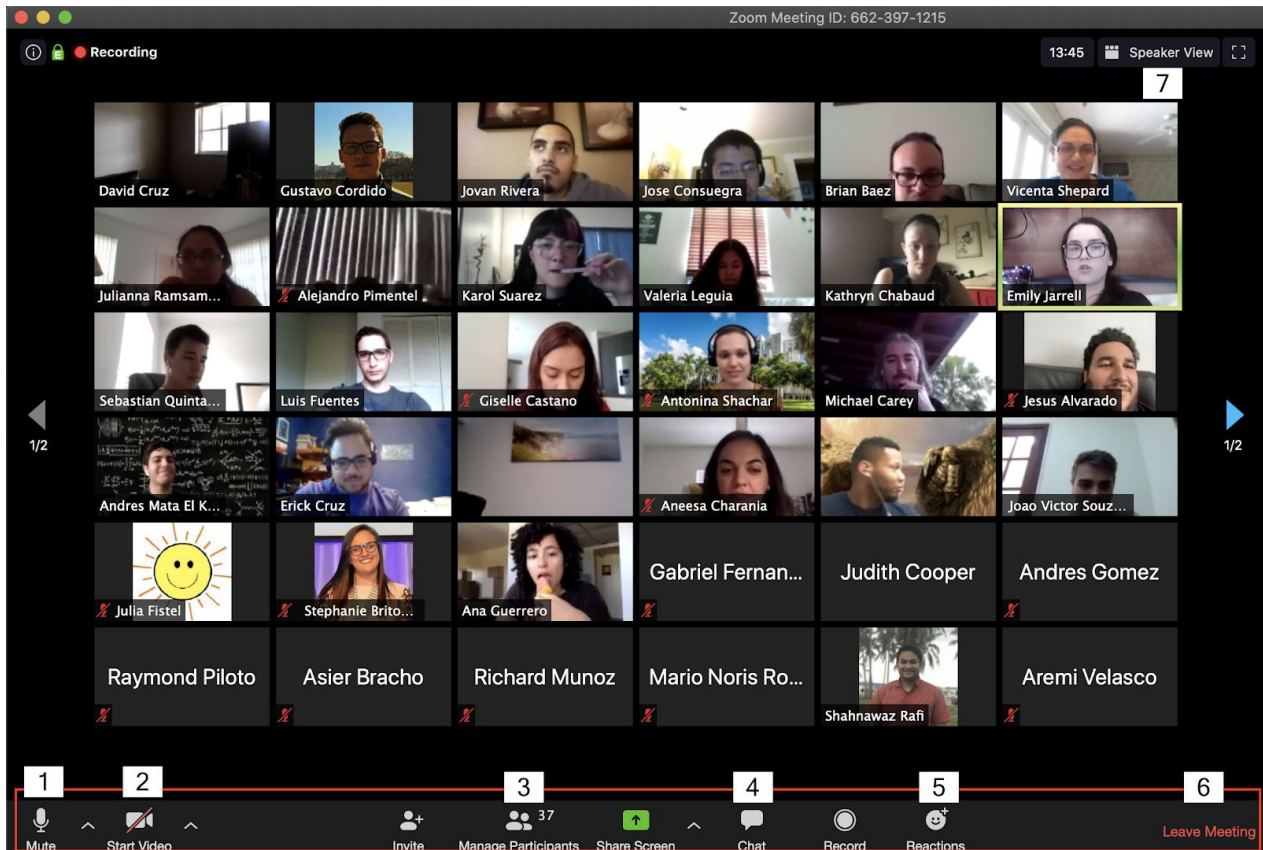
- OR make your own bullets ↓↓

Please refer to these [Resources](#) if something came up that has affected you or someone you care about during the session.

THANKS FOR BEING HERE  
WITH US!

Thank you all for hosting the class! :D

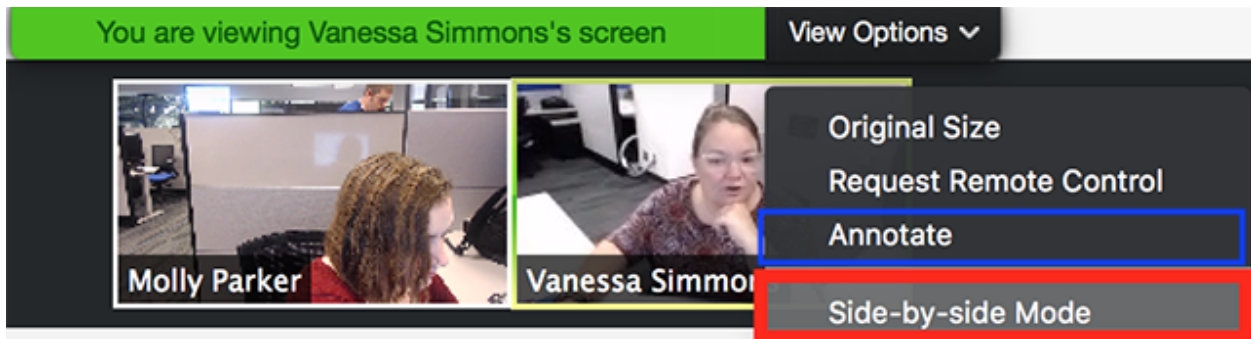
## Key Zoom Functions\*



1. Mute/unmute
  - a. Toggle your audio to the rest of the group
2. Start Video/Stop Video
  - a. Toggle your video showing to the rest of the group
3. Participants
  - a. This is where you can raise your hand and see who all is in the room
4. Chat!
  - a. Use to communicate non-verbally with the whole group or private message facilitators
5. Reactions
  - a. To react with emojis: most folks have clap and thumbs up
6. Leave Meeting

- a. Make sure you only hit at the end!
7. Gallery/Speaker/Standard View
- a. To change whether you see everyone (gallery) or just the speaker, we suggest you keep it on gallery view

When someone shares screen you will usually see a green bar at the top of your screen like so:



- Annotate:
  - To draw, stamp, or write on the shared screen
  - Please only use when asked to do so
- Side-by-side mode:
  - Highly recommend when sharing screen to see the most amount of faces!
  - You can toggle the size of each window as well

\*Zoom options available to you depend on the computer operating system and current version of Zoom. Please use [Zoom Help](#) or ask if you have any questions!