



YES and NO in a Relationship



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let's sign about s₃X

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Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material.



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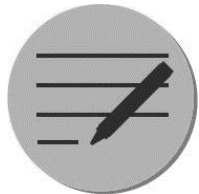
Infos for Trainers



This icon shows you that the information will be signed by the trainers in the workshop.



This icon indicates that the LSAS lexicon contains **video material in sign language**.



This icon shows you that there is a **worksheet for the participants**.

When he says YES, can he also mean NO?



What means Consent?

Consent means saying YES.

We give permission to something.

We accept something that someone has suggested to us.



For example:

„Do you want to go to the cinema today?“

„Yes“.

accept
tolerate
recognize

What does Consent look like?



Consent should be:

Active

This means, that we do not simply remain silent, but either verbally or show through our behavior that we really agree.

Voluntary

This means that the person gives consent without coercion or fear.

One must feel a safe environment where they can say no and not be afraid that something bad will happen afterwards.

verbally
with sign language
or speaking

YES and NO in Relationships



Informed

This means that all participants know what they are getting involved in and what consequences their decision may have.

Consequence
Effect

YES and NO in Relationships



Specific

A person agrees to a specific situation at a specific time.

Once the situation or time changes, you need to ask for consent again.

specific
unmistakeable
from case to case

Ongoing

Just because someone gives us consent doesn't mean we already have it from them forever.

A person can withdraw their consent at any time.

YES and NO in Relationships

enthusiastic

Consent should be accompanied by positive reactions or emotions.

It means, that a person really wants to do the thing and agrees to it.



enthusiastic
exited

YES and NO in Relationships

How do I know that someone has given their consent?

A person will **directly** tell us that they want a given thing or activity, that it is in their best interest to do so.



The person reacts enthusiastically, positively.

We can tell this by their behavior.

enthusiastic
exited

YES and NO in Relationships



Silence



Consent



YES and NO in Relationships



If you're **not sure** if someone wants something, it's perfectly okay to **ask**.

For example:

"Can I touch you here?,"

"Do you want me to hug you?,"

"Can I continue?"

"Do you like this?"

YES and NO in Relationships

Asking for consent is not embarrassing.

It's the right thing to do!

If the answer is hesitant and uncertain, it's not consent.



For example:

„I don't know.“

„As you wish.“

„Maybe.“

A person may just be afraid to say no.

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What can a person consent to?

Basically, to everything that concerns the person.



In the area of sexuality and relationships, for example, to whether someone can touch, kiss, hug him or her, invite the other person out on a date or if he*she wants to have some sexual activity.

YES and NO in Relationships

What can a person consent to?

Let's not forget that if a person is **drunk** or **asleep**, for example, they cannot give us informed consent.



YES and NO in Relationships

Age – Law



The age of consent (when you can legally have sex) is different depending on where you live.



The age of consent is between 14 – 18 in the European Union.

Sex and the law



YES and NO in Relationships

What is non-consent, what is refusal?



A rejection is a rejection of a proposal.

Examples:

A proposal:

„Do you want to go on a date today?“

“No, I don't feel like it today.”

A rejection is a rejection of a request.

Examples

A request:

“I'd like to try French kissing, what do you think?“

"No, I don't want to, I don't find it exciting."

YES and NO in Relationships

What is non-consent, what is refusal?

Rejection is the rejection of someone else's actions.

Examples:

The activities of another person:



"I'm watching an erotic movie right now, would you like to join me?"

"No, I don't like that kind of movie."

YES and NO in Relationships

What is a refusal?

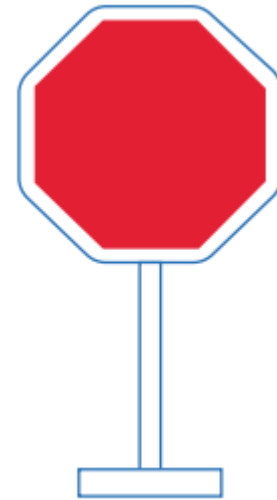
It's a way of showing that we don't want something.



Example:

"I don't want to do that."

"I don't like that"



NO always means NO!

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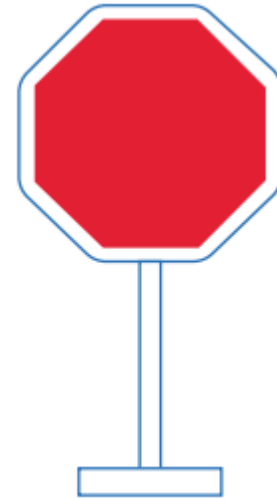
What does a refusal look like?

Refusal:



of a proposal (e.g.: “Do you want to go on a date today?”)

“No, I don't feel like it today.”



What does a refusal look like?



- NO in any form. For example: “No.” “No, thank you.” “Not today.”
- A person begins to behave differently than before.
- He or she steps aside.
- He or she removes the stranger's hand from his or her body.

What does a refusal look like?



Even after a person has agreed to an activity, rejection can occur.

For example,
because you no longer like it,
because you don't like it,
and you have changed your mind.

YES and NO in Relationships

What does a refusal look like?

Rejection by change of mind:



Every person has the right to withdraw their consent and say NO. The other person should then immediately stop doing what they are doing.



YES and NO in Relationships

How do I know that a person does not agree?



The person tells us **directly** that they do not agree. The person reacts by changing their behavior. They may suddenly become nervous, sad, etc.

If we are not sure whether the other person likes a thing or activity, it is best to ask directly and make sure:

Examples:

“Is everything all right?”

“Don't you like it?”

react
answer

act differently
than before

make sure

be sure

YES and NO in Relationships

What can a person disagree with?

A person can basically disagree with everything that concerns them.

You have the right to disagree, even in a relationship.

For example, you do not have to agree to a proposal to have sex with your partner.



**We can reject everything,
that makes us uncomfortable.**



**It is okay to say no to a child
as well as to an adult**



react
answer

act differently
than before

Discomfort

uneasiness
not feeling good
about it

YES and NO in Relationships

What can a person disagree with?

It is important to respect differences of opinion.



For example,

- we can suggest a different activity to ,
- tell that it's okay if the person doesn't want something,
- or ask what the person wants.

respect

accept
agree

Activity

action

YES and NO in Relationships

What can a person disagree with?

Example:



If someone asks me, whether he or she can kiss me on the cheek as a greeting, I can say:

"No, thank you."

And at the same time, I can suggest something else:

"But we can hug if you want."

YES and NO in Relationships

What can a person disagree with?



Nobody is allowed to touch us unless we agree to it.
If someone does not respect our NO,
it is good to tell someone we trust.



Expression for yes and no

with language (verbal) or
with facial expressions,
gestures (non-verbal)



Exercise in a group of



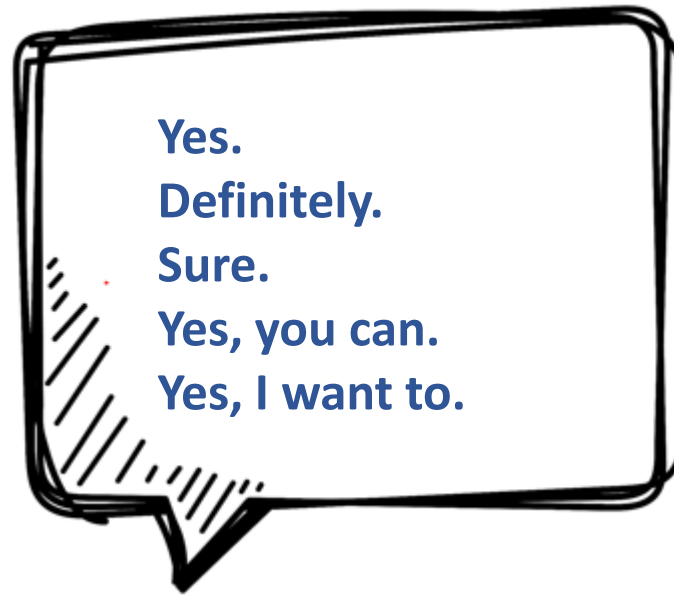
Sample exercise - questions:

- Do you like a piece of chocolate?
- May I invite you for an ice cream?

Consent - verbal (speaking/signing)

This means that people express themselves with words and sentences, i.e. speaking/signing.

Express yourself with simple **words/gestures** :



Verbal rejection (speaking/signing)



The person should finish or not start the activity they have planned.

Consent (facial expressions, gestures)

Express your approval for:

Yes, come closer.

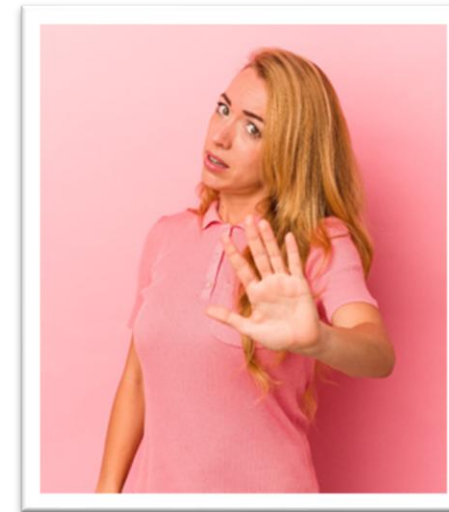
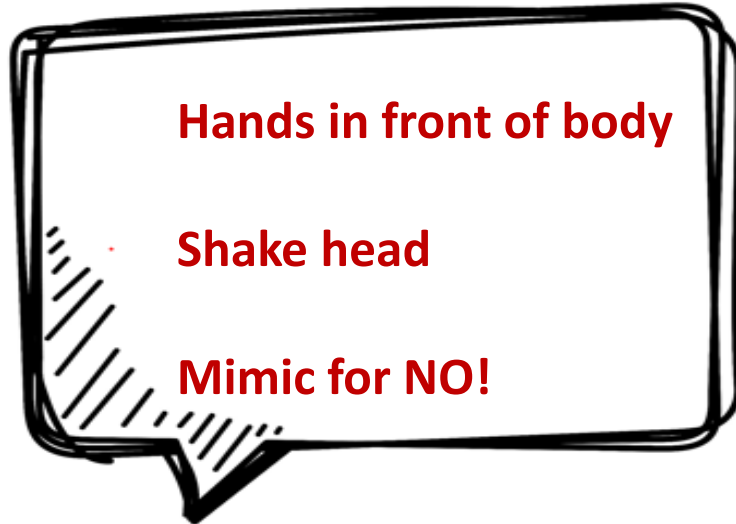
Yes, I want that.

- a nod of the head
- a smile
- a hand gesture
- a posture



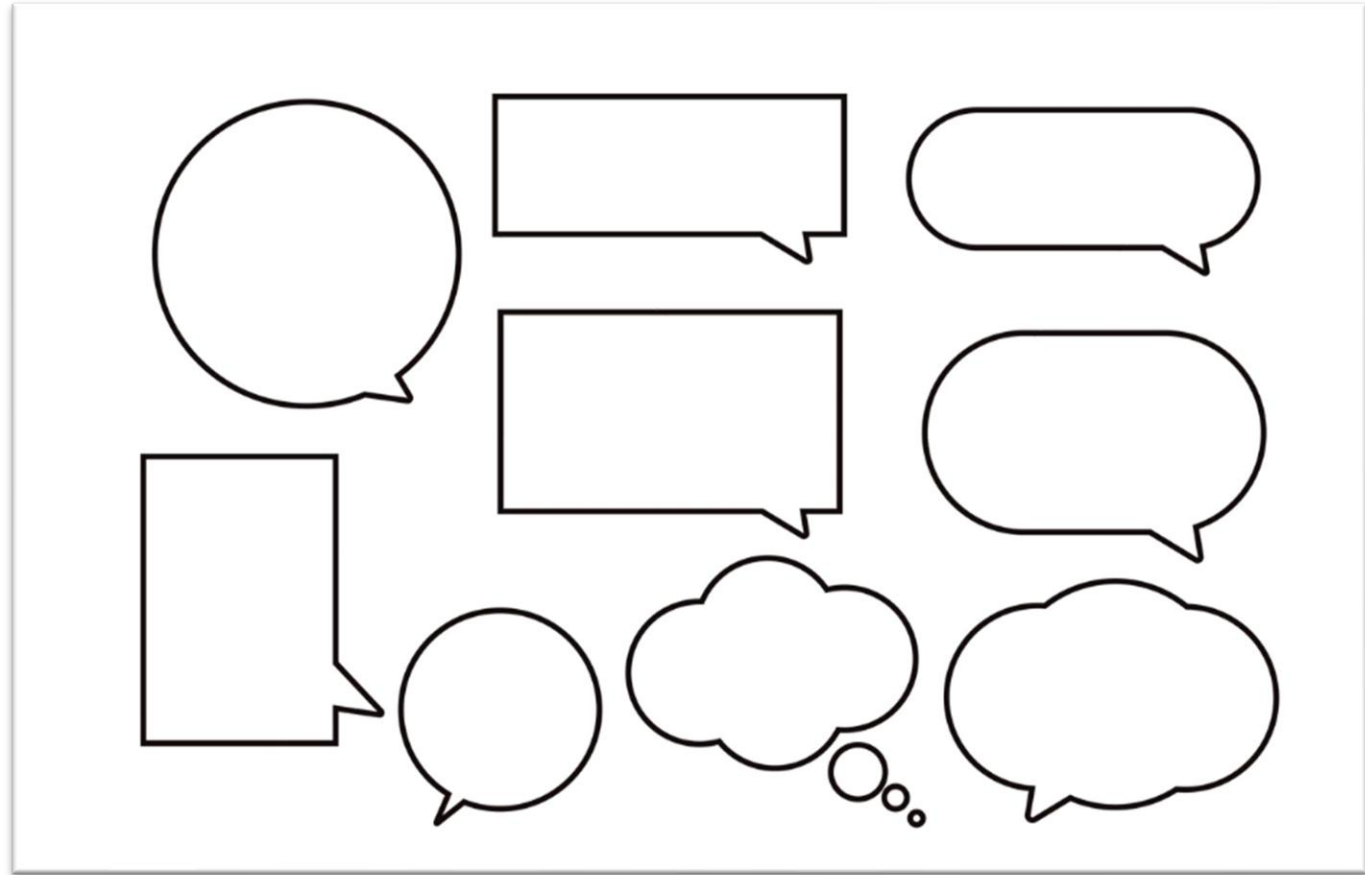
Rejection (facial expressions, gestures)

Remember the word NO.
Express yourself with facial expressions
and gestures.



dialog

Exercises



Do you want to go on a date with me?



Can a man refuse such an invitation?

Can we tell from the picture whether he is happy about the invitation?



Image: © Sensoa - flag system

He agrees.
What could he answer?



Do you want to sit with me?



What do you think?

Does the woman feel comfortable or uncomfortable?

How can you tell?

How can the man ask differently?



Image: © Sensoa - flag system

How can the woman answer?






Do you mind, if I hug you?



The answer is NO.
What should he do now?



What do you think?



Does the man want to be hugged?

What signs do you recognize for a yes or a no?




Image: © Sensoa - flag system

I wanted to ask you if you would go on a date with me?

Don't be angry, but no. I don't want to see anyone right now.



How should a woman respond to rejection?

Find two answers.



Image: © Sensoa - flag system

YES and NO in Relationships



Quiz