



Consent Beach Ball

- Recommended Age: 8+
- Materials needed: Inflatable Beach Ball, Permanent Marker

Objectives

- Explore different ways that consent can be given
- Demonstrate how consent can be verbal or non-verbal
- Engage in a movement activity to practice asking and giving consent

Summary

This activity was designed for parents or caregivers to do with children. However, it can be used by anyone and the instructions can be modified. We do however encourage that the activity be done with more than one person so that both people are able to have a conversation about consent and the various ways that it can be given.

Consent can be given in both verbal and non-verbal ways. People can say 'yes' through other verbal cues such as saying "I would love to" or "Sure!" They can also express their agreement through non-verbal ways such as nodding their head, giving a thumbs up, or looking excited and engaged. Similarly, people can say 'no' verbally by saying "I'm not really interested" or giving the other person excuses. They can also show this non-verbally by shaking their head, giving a thumbs down, crossing their arms, or backing away. It is important that we are always trying to be aware of people's body language when asking for consent.

When looking for consent, we are not looking for the absence of a 'no', rather we are looking for the presence of an ongoing and enthusiastic 'yes'. During this activity, participants will have a chance to practice asking and giving consent both in verbal and non-verbal ways.

Step by Step Photos

Steps	Instruction
	<p>Step 1</p> <p>Begin this activity by exploring the topic of consent and the ways that we practice it.</p> <p>Conversation starters:</p> <ul style="list-style-type: none">• What is consent and why is it important?• How can we practice consent in our daily lives? (example: Ask them if they would like a high five)• What other ways do we say yes or no? <p>Fact: Consent is when someone gives their permission to participate in an activity. It is an 'enthusiastic yes' and does not need to be for a sexual activity. We use consent all the time in our everyday lives. There are many different ways that we can give a 'yes' or a 'no' verbally and non-verbally.</p>



Step 2

Inflate the beach ball and write down other ways people can say yes or no using the permanent marker.

Make sure to write down 'yes' and 'no' responses separately. Utilise the coloured sections of the beach ball

Note: If using a single coloured beach ball, create sections by drawing lines around the ball using the permanent marker.

Some examples of responses you can write:

- Yes: Nod your head, Say “I would love to!”, Say “Sure, that would be nice!”
- No: Shake your head, Back away, Look uncomfortable, Frown, Cross your arms and say nothing, Say “Not today”, Say “I don’t think so”, Walk away



Step 3

Play the consent beach ball game using the labelled beach ball.

Rules:

Make sure players are facing each other for this game. For groups of 3 or more, create a circle formation.

To start the game, a person asks a question that relates to consent and throws the ball to another person. The person who catches the ball will respond to the question by saying or



acting out what is written on the section of the ball where their right thumb lands on.

The person who caught the ball asks another question related to consent and throws it to another person in the circle for them to respond. Continue doing this until everybody gets a chance to ask a question as well as respond.

Some examples of questions to ask:

- Would you like to watch a concert with me?
- Do you want to go out for a walk?
- Would you like to go on a date with me?
- Can I give you a hug?

Note: A video demonstration of how this game is played is also available on our website's Resources section.

Parent Notes

Using consent in our everyday lives and with sexual activities, shows that we respect the boundaries of the people around us. There are many different ways that we can give consent, both in verbal and non-verbal ways. It is important that we always check in with the other person and make sure that we are also looking at their body language.

Below are some additional resources on consent:

- <https://endsexualviolencect.org/8-ways-to-teach-kids-about-consent-and-healthy-boundaries/>
- <https://www.youtube.com/watch?v=gFfBi30XPBc>
- <https://www.youtube.com/watch?v=h3nhM9UIJjc>

Reflection

How did this activity impact you? What were some of the things you learned?

If you did this activity again, what would you change or do differently?

What are your next steps to build on or act on what you learned through this activity?