



Consent Fortune Teller

- Recommended Age: 8+
- Materials needed: Paper, Marker/Pen, Scissors

Objective

- Explore different ways that consent can be given
- Demonstrate how consent can be verbal or non-verbal
- Engage in a creative 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 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>



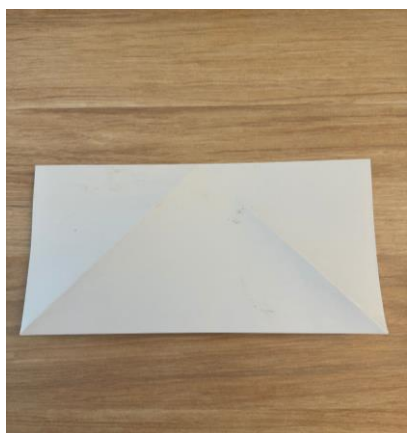
Step 2

The next step to this activity is making the fortune teller. To begin, grab a square piece of paper.

Note: If you are using a rectangular piece of paper, you can cut it into a square using a pair of scissors.

Fold the square piece of paper in half, diagonally. Do this twice to create two diagonal creases that make an X shape.

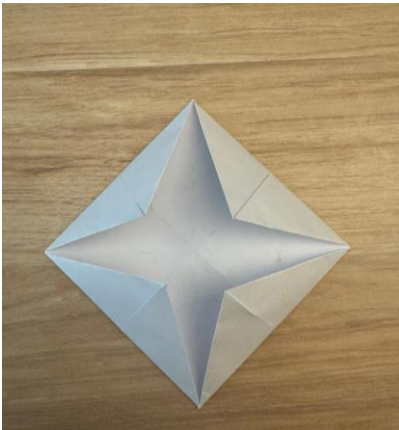
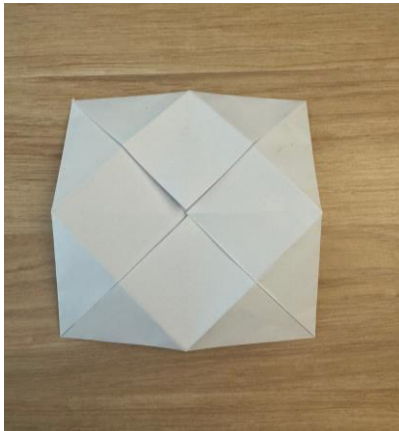
Unfold the paper.



Step 3

Next, fold the square piece of paper half, from top to bottom. Do this twice to create two lines that intersect with the X crease.

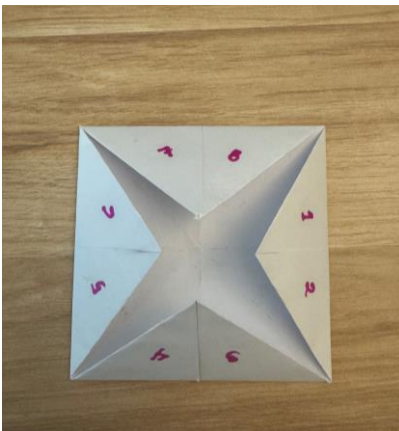
Unfold the paper.



Step 4

Once again starting with the square paper, fold and bring the corners to the center of the paper.

Flip the paper over and fold the corners into the center once again.

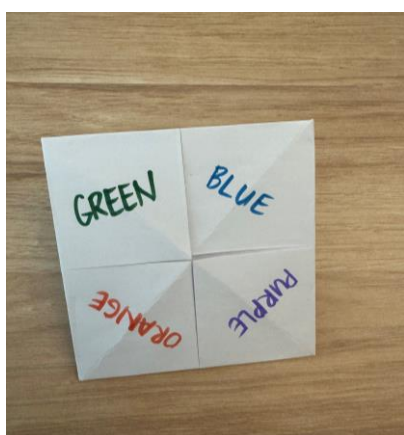


Step 5

After folding the fortune teller, the next step is to fill the fortune teller.

Start by numbering each small triangle with numbers 1 through 8

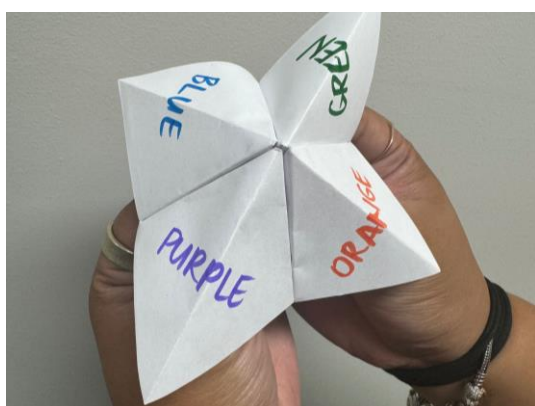
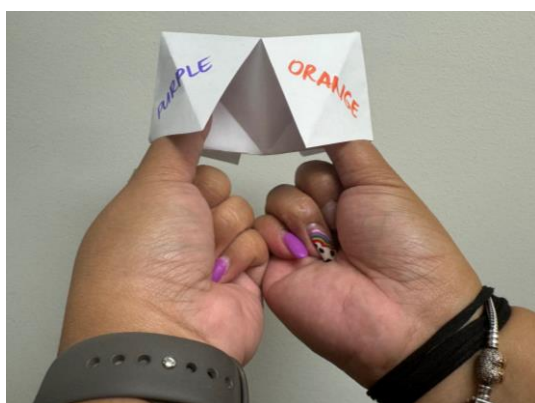
Next, write an example of a way to give or not give consent under each number.



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

Next, flip the fortune teller over and write down a colour in each of the four squares.

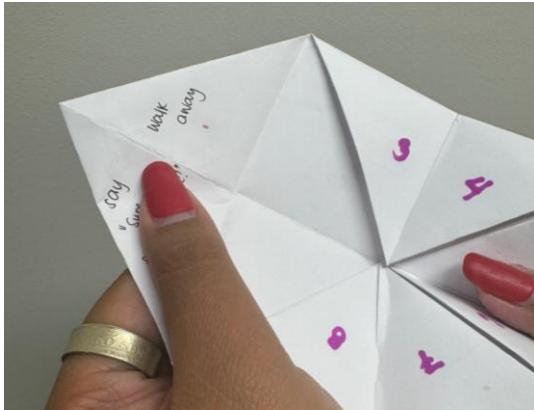
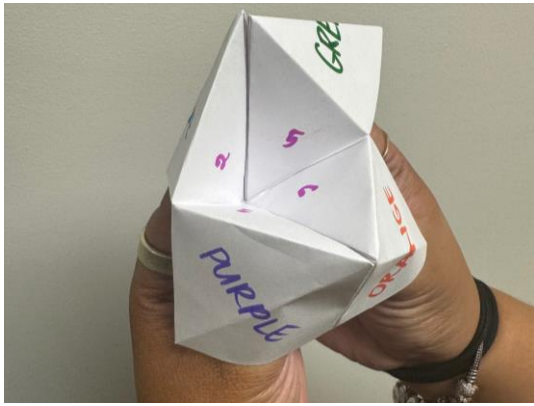


Step 6

Now that the fortune teller is ready, you can use it to practice different ways of giving consent.

To start, fold the fortune teller in half so that the squares are on the outside. Then, slide your thumbs and index fingers into the slots under the squares.

Pick a color and spell it out while opening and closing the fortune teller. Then, choose a number and open the fortune teller that many times.



Before picking a number for the response, ask a question that relates to consent. The person picking the number must act out or say what is written under their chosen number as their response to the question.

Some examples of questions to ask:

- Do you want to go out for a walk?
- Do you want to watch a movie with me?
- Would you like to pick your clothes today?
- Do you need help in the bath?
- Can I give you a hug?
- Can I tickle you?
- Would you like me to help you brush your hair?

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>

Here's a video demonstration on how to fold a fortune teller:

- <https://www.youtube.com/watch?v=CODnVX7VAZ8>

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?