



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

in collaboration with the Ramstein SAPR Program

GRIT 365

CULTURE OF CONSENT

APRIL 2020

GOAL

A community that upholds a culture of consent that keeps us safe from sexual assault.

THE WARM UP:

1. Watch this video about creating a culture of consent: <https://youtu.be/laMtr-rUEmY>
2. Watch this entertaining video about consent: <https://www.youtube.com/watch?v=oQbei5JGiT8>
3. Read this article for information about opening dialog with children about sexual abuse: <https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/how-to-talk-with-your-child-about-sexual-abuse>
4. Review resources that are available to survivors of sexual assault: <https://www.resilience.af.mil/sapr/>

THE EXTRA MILE:

Creating a culture of consent will require us all to adopt a routine of engaging in age-appropriate conversation and consent-cultivating activities regularly. Luckily, there is a plethora of resources available online for cultivating a culture of consent no matter the age of the participants or the context of the conversations. Go the extra mile by spending some time exploring some of activities that are relevant to your situation. Parents of young children might search for “consent activities for children”. Parents of teens might search “talking to teens about consent”.

THE PRACTICE

Creating a culture of consent will not happen through one single conversation. Instead, we will cultivate a culture of consent by having many regular conversations about consent and making consent-consistent behaviors normal and expected in our community. Like adopting any routine, creating a culture of consent will take some practice. Begin your practice by having an age-appropriate conversation about consent with your household. Use the discussion points below to guide your conversation.



DISCUSSION POINTS

1. What comes to mind when you think of consent? What does a “culture of consent” mean to you?
2. Why is consent important? What does giving or having consent mean?
3. What ideas do you have for cultivating consent in our community? What is one thing we can commit to doing regularly (daily, weekly, or monthly) to cultivate a culture of consent?

THE CHALLENGE

Commit to observing how often individuals, including yourself, ask for consent before touching another person. For one week, or even one day, notice how often individuals in your household, the community, and the movies and shows you watch ask for consent before touching others. Is it the norm to ask for consent? If not, how can we create a culture where consent is the norm? After you have completed your practice, discuss your experience and what you learned with a friend.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.