



Giving and Getting Consent:

For People with Autism

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LEADERS IN SEXUALITY AND DEVELOPMENTAL DISABILITY

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## Why Do People With Disabilities Need and Want To Learn About Sexuality

Self advocates say....

"So we can learn to have healthy relationships"

"So we aren't lonely!"

"So we are able to make informed choices!"

"So we can pick the right person!"

"For help with the toughest part of the relationship, making it last!"

"So we can be safe!"

"Because we all have desires/needs and that's okay!"

"So that people know their rights!"

"So we can be sexual self advocates, not just self advocates!"



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## Illinois Self-Advocates Said...

"I want to know more so I can decide what is right for me." "My body, my choice."

"I didn't receive any information in school or from my provider. I learned by the 'school of hard knocks'. I am still trying to work through the trauma of learning the hard way."

"We had classes at the group home in the past, but it's been a long while. I can't remember what I learned."

The Illinois Self-Advocacy Alliance, Inc. (The Alliance) is proud to be an initiative of the Illinois Council on Developmental Disabilities. In partnership with the Illinois Council on Developmental Disabilities.



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## Sexual Self-Advocacy



"Speaking up for yourself, sexually."

"Getting information."

"Taking a stand."

"Saying to whomever: this is my choice."

"Stating your sexual limits and desires with your partner, respecting others limits and desires."

"Starting to do what you want with relationships."

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## Developmental Disabilities And Sexuality

Define consent.

Explore how to give and get consent.

Examine how to manage our feelings when we don't get consent.



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## Individuals with Autism or Autistics

Owning their bodies

Controlling their lives

Making their own decisions

Being proud of who they are

Having dignity

Forming positive healthy relationships

Decreasing abuse



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## Beliefs

It's MY body, mind, and life and I get to decide what is right for ME.

It is ok to ask questions about sexuality and relationships.

Learning about sexuality helps me make healthy decisions in my life.

Everyone is a sexual being including me.

There are many types of relationships and I have the right to be in any type of relationship that I choose.

I deserve to be in a healthy relationship.



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Remember...

It's YOUR BODY  
and YOUR LIFE and  
you get to decide  
what is right for you!



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## Beliefs



### Self Advocates:

Do you believe all of these beliefs, some?

Which ones are difficult to believe? and why? and what can you do to change that?

### Family/Professionals:

How can you make sure that the people we care for firmly believe that it is their body and THEY get to decide what is right for them?

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## What is Consent?

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Consent is a freely chosen yes.

Freely chosen means getting a "yes" without lies, threats, pressure, blackmail, intimidation, bribes, or force.

Two questions have to be asked in order to decide if it is true consent or not:

1. Did the person say "yes?"
2. Was it freely chosen?



If the answer to BOTH questions is "YES," that is consent.

Lesson 18: Challenges Or Things That Can Go Wrong

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## Examples of Coercion (Opposite of Consent)

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These are some examples of what is **not** OK to say or do to get someone to have sex with you:

Lies	Saying I love you when you don't really mean it.
Threats	Saying "if you don't have sex with me, I'll find someone who will."
Constant Pressure	Saying "come on, please, just this time; it'll be OK."
Blackmail	Saying "if you don't have sex with me I will tell everyone you are a real jerk."
Intimidation	Saying "you're such a baby, when are you going to grow up?"
Bribes	Saying "I lent you my CDs, so now you owe me. You have to kiss me for 10 minutes."
Force	Forcing the person to have sex. Physical force to have sex is called rape, and that is illegal.

Lesson 18: Challenges Or Things That Can Go Wrong

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## Consent Stories

We are going to read examples and you all will have to decide if this is consent or not.

If the example **IS consent**, I want to know why you think that.

If the example is **NOT consent**, I want to know why you think that.

Lesson 18: Challenges Or Things That Can Go Wrong

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## Consent Story #1

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You are going out for pizza with a friend.

When it comes time to order you ask your friend, "Do you want pepperoni on that?"

Your friend says "Sure, sounds good."

Group Discussion Question:

Is this consent?

Why or Why Not?

### Two Questions to

#### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

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## Consent Story #2

#53

One person asks the other if they want to have sexual intercourse.

The other person says "yes."

They have sex and enjoy it.

Group Discussion Question:

Is this consent?

Why or Why Not?

### Two Questions to

#### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

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## Consent Story #3

#53

One partner says, "Let's have sex?"

The other says, "No, I want to talk first."

The first partner says, "If you don't, I'll tell everyone you did anyway."

The other partner agrees, but feels kind of yucky about it.

Group Discussion Question:

Is this consent?

Why or Why Not?

### Two Questions to

#### Ask About Consent:

1. Did the person say "yes"?
2. Was it freely chosen?

### Freely chosen means

#### not based on:

- Lies
- Threats
- Pressure
- Blackmail
- Intimidation
- Bribes
- Force

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## Consent Story #4

#53

One person sees a person on the street and thinks they are very sexy.

They go up to them and touch their breasts.

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**  
1. Did the person say "yes"?  
2. Was it freely chosen?

**Freely chosen means**

**not based on:**

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

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## Consent Story #5

#53

You are with a sweetheart and you are kissing.

You want more touch, so you go to move your hand down to their genitals (sexual parts).

They stop your hand and push it away.

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**  
1. Did the person say "yes"?  
2. Was it freely chosen?

**Freely chosen means**

**not based on:**

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

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## Consent Story #6

#53

One person starts kissing their partner, their partner kisses back and starts taking of their clothes.

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**  
1. Did the person say "yes"?  
2. Was it freely chosen?

**Freely chosen means**

**not based on:**

Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

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## Consent Story #7

#53

Jim says, "Let's have sex."

Amanda says, "I don't really feel like it."

Jim says, "Come on, please, please, please, I really want to."

Amanda says "I don't really feel like it."

Jim says, "Please, come on, come on, I really want to do it now."

Amanda says "yes" and feels OK about it.

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**  
1. Did the person say "yes"?  
2. Was it freely chosen?

**Freely chosen means not based on:**  
Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

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## Consent Story #8

#53

One person says to the other person "I love you and I want to have sex with you."

But he really does not love the other person, he just wants to have sex.

The other person says "OK".

Group Discussion Question:

Is this consent?

Why or Why Not?

**Two Questions to Ask About Consent:**  
1. Did the person say "yes"?  
2. Was it freely chosen?

**Freely chosen means not based on:**  
Lies  
Threats  
Pressure  
Blackmail  
Intimidation  
Bribes  
Force

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## Consent Review

Did the person say "yes"?		If "yes", was it freely chosen?		
YES	+	YES	=	Consent
YES	+	NO	=	Not Consent
NO	+	NO	=	Not Consent



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## Learning to Say “No”

An important skill in communication is being able to say “no”.

Let's practice role playing these situations.

I am going to ask you a question and you are going to respond by saying “no”.

Use assertive body language like look me in the eyes, sit tall.

Don't offer any reasons or excuses - just say “no”.

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## Saying “No” Role Play

Can you loan me five dollars?

Can you loan me your bike?

Will you have sex with my brother?

May I touch you? It will be our little secret.

Poll questions

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## Saying “No” Role Play Debrief

Group Discussion Questions:

How does it feel when you say “no”?

What makes it hard to say “no”?

What should you do if you keep saying “no” and the person keeps asking you?

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## Accepting A “No”

Another communication skill is learning to take “no” as an answer.

You can be assertive in asking for what you want, and still the other person says “no.”

Group Discussion Questions:

Have you ever asked for something and gotten a “no” answer?

What did you ask for?

How did it feel?

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## Two Steps for Accepting a “No”

**Step 1:** If you get a “no”, ask for a second choice.

Offer another activity

Offer another day

**Step 2:** If you get another “no” when you ask again, accept it gracefully.

Group Discussion Question:

What do I mean by gracefully?

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## Accepting a “No”: Group Example

You ask your friend for a ride to buy a pair of running shoes.

They say “no.”

You should then ask for another option.

Group Discussion Question:

What could that option be?

They say “no” again.

You accept it gracefully.

Group Discussion Question:

What do you say to accept gracefully?



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## Accepting A "No": Individual Practice

Can I have a volunteer to practice accepting a "no"?

Ask me to borrow 20 dollars.

Another option?

Accept it gracefully



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## Accepting A "No": Individual Practice

Can I have a new volunteer to practice accepting a "no"?

I am your boss and you say to me, "I'd like a \$2.00 an hour raise."



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## Accepting A "No": Individual Practice

Can I have a new volunteer to practice accepting a "no"?

You like me and want to ask me out. You say, "Will you go to the movies with me?"



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## Classic Consent Video



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## Video Discussion

What did you see in this video regarding consent?

What did you see about freely chosen?

What did you see about saying No?

What did you see about accepting a no?

What did this video tell you about consent?

Poll questions

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## Feelings About Getting a “No”

It is OK to be angry or disappointed to be told “no.”

It is not OK to hit the other person, yell at them, or threaten them because they said “no.”

Remember, you can feel however you want, but you cannot act however you want.

Group Discussion Question:

What can you do if you get that angry?

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## Dealing with Rejection Video (if time)



Lesson 12: Has Your Relationship Gone Bad?

Video: *How to Deal with Rejection* by Amaze.

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What questions do you have?

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Offering evidence and trauma informed curriculum, with on/offline training to help professionals, educators, self-advocates and parents skillfully and confidently navigate the topics of sexuality and healthy relationships.

Curriculum & Related Products	Live, Professional Developmental Trainings	Self-Study Online Courses
<b>Sexuality Education for People with Developmental Disabilities</b>  Related Products: Curriculum Slide Deck Communication Supports <b>Building Healthy Relationships at Work</b>  Related Products: Curriculum Slide Deck	<b>3-Day Certificate Training: Becoming a Sexuality Educator and Trainer</b> CE Credits are available for Social Workers <b>90 Minute Workshop Series</b> Exploring a wide range of topics related to sexuality and IDD <b>In-service Trainings</b> Can be customized for your agency or school <b>3-Year Statewide Training Project</b> For Teams of Self-Advocates and Professionals to Become Sexuality Educators and Lead Classes for People with IDD	<b>Developmental Disabilities &amp; Sexuality 101</b> For staff at your agency or school <b>Talking with Your Kids: Developmental Disabilities and Sexuality</b> To help parents bridge the gap <b>For More Information:</b> <a href="mailto:kath@elevatustraining.com">kath@elevatustraining.com</a> 800.369.4777 <a href="http://www.elevatustraining.com">www.elevatustraining.com</a> Subscribe to our free e-newsletter on our website! Find us on Facebook and LinkedIn!

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## Wrap-up



What is one thing you are going to do to become strong sexual self-advocates?

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