You can learn more about autism awareness and education on the website of the Illinois Self-Advocates.
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.”

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.

Individuals with Autism or Autistics

Owing their bodies
Controlling their lives
Making their own decisions
Being proud of who they are
Having dignity
Forming positive healthy relationships
Decreasing abuse
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.

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

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?
What is Consent?

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.

Examples of Coercion (Opposite of Consent)

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

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

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

Consent Story #1

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

Lesson 18: Challenges Or Things That Can Go Wrong

Consent Story #2

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

Lesson 18: Challenges Or Things That Can Go Wrong

Consent Story #3

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

Lesson 18: Challenges Or Things That Can Go Wrong
Consent Story #4
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

Consent Story #5
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

Consent Story #6
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
Lesson 18: Challenges Or Things That Can Go Wrong

Consent Story #7
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

Consent Story #8
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

Consent Review

<table>
<thead>
<tr>
<th>Did the person say “yes”?</th>
<th>If “yes”, was it freely chosen?</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>YES</td>
<td>Consent</td>
</tr>
<tr>
<td>YES</td>
<td>NO</td>
<td>Not Consent</td>
</tr>
<tr>
<td>NO</td>
<td>NO</td>
<td>Not Consent</td>
</tr>
</tbody>
</table>

Lesson 18: Challenges Or Things That Can Go Wrong
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”.

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

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?
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?

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?

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?
Can I have a volunteer to practice accepting a “no?”

Ask me to borrow 20 dollars.

Another option?

Accept it gracefully

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.”

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?”
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

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?
Dealing with Rejection Video (if time)

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