

Sex and Conversations About Consent

Appendix A - Setting the Space

Setting the Space: Easing into conversations about consent and sex can sometimes feel awkward and bumpy. Framing your physical space (literally) with quotes, norms and expectations can help participants to being to wrap their minds around the content of the workshop before you have even begun and enhances the space.

Quotes to frame the space (charted separately)

"One should know that sexual union is holy and pure when it is done as it should be, at the time it should be, and with proper intent." – Nachmanides

Therefore the mishna taught: The woman is acquired, from which it may be inferred that with her consent, yes, he can acquire her as a wife, but when he acts without her consent, no, she is not betrothed to him. – Kiddushin 2B

"If you're going to hold someone down you're going to have to hold on by the other end of the chain. You are confined by your own repression." — Toni Morrison

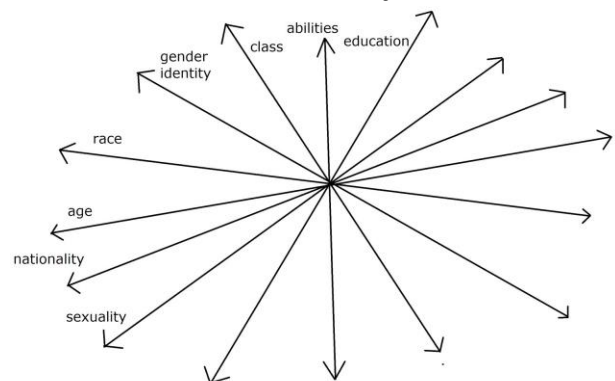
"I did then what I knew how to do. Now that I know better, I do better." – Maya Angelou

"The most common way people give up their power is by thinking they have any." – Alice Walker

Group Norms

- Safe(r) space – internally and externally; relinquishing shame
- Confidentiality - what's said here stays, what's learned leaves
- Seek out productive discomfort
- Ask clarifying questions
- Self-care (if you need to leave, journal, etc. that's ok)
- Multiple narratives, experiences, voices - intersectionality

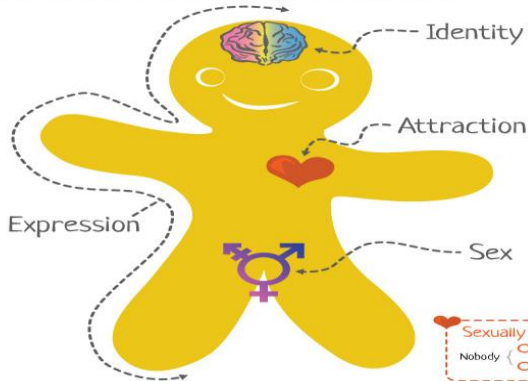
Identities and Intersectionality:



The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



Plot a point on both continua in each category to represent your identity. Combine all ingredients to form your Genderbread. 4 (of infinite) possible plot and label combos.

Gender Identity
 How you, in your head, define your gender, based on how much you align (or don't align) with what you understand to be the options for gender.

Woman-ness
 Man-ness

Gender Expression
 The ways you present gender, through your actions, dress, and demeanor, and how those presentations are interpreted based on gender norms.

Feminine
 Masculine

Biological Sex
 The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.

Female-ness
 Male-ness

Sexually Attracted to
 Nobody (Women/Females/Femininity)
 (Men/Males/Masculinity)

Romantically Attracted to
 Nobody (Women/Females/Femininity)
 (Men/Males/Masculinity)

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>