

# Consent! Worksheet.

## **Definitions of consent:**

*Noun:* Permission for something to happen or agreement to do something.

*Verb:* Give permission for something to happen.

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## **Activity #1: Self**

- What are some ingredients and elements of consent with only yourself involved?
  
  
  
  
  
  
  
  
  
  
  - What are examples of ways you exercise / experience consent with, for, and by yourself?
  
  
  
  
  
  
  
  
  
  
  - What are ways you could expand how you practice consent with, for, and by yourself?
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## **Activity #2: Interpersonal**

- What are some ingredients and elements of interpersonal consent (with another person)?

- What are examples of ways you experience consent with another person?
  
- What are ways you could expand how you practice consent with another person?

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**Activity #3: Communal**

- What are some ingredients and elements of consent in a communal space?
  
- What are examples of ways communities exercise and experience consent?
  
- What are ways your communities could expand their practices of and around consent?