

PLEASE SHAKE HANDS

OR WHATEVER GREETING YOU WANT TO DO

If you don't want to that's fine,
just watch and report back

Adapted from BISH resources



DO IT AGAIN, BUT BEFORE YOU DO IT

NEGOTIATE EVERYTHING

- Left or right hand?
- Up and down?
- How firm?
- How long?
- How many shakes?
- Fist bump?
- High five?
- Hug?

(if you want)

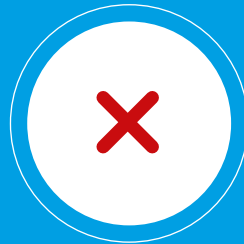
DO IT AGAIN, BUT THIS TIME

BEST OF BOTH

Try to 'tune in' to the other person using eye contact, body language, facial gestures, noises, mirroring...

(if you want)

CONSENT



“NO” = NO



“YES” = YES

But consensual sex is more than just saying yes or no.
Let's apply what we learnt about handshakes to sex

Adapted from BISH resources



FIRST HANDSHAKE

IT'S JUST GUESSING, OR JUST DOING THE SCRIPT OF SEX

What counts as sex
(porn, TV, books etc.)

- 1 Take off clothes
- 2 'Foreplay'
- 3 Entry sex
 - a On back
 - b On top
 - c From behind
- 4 Orgasm

This **might** be ok but
it might not be ok –
it might be non-consensual

Adapted from BISH resources



SECOND HANDSHAKE

TALKING ABOUT **EVERYTHING** ISN'T REALISTIC

Do you want to kiss?

Ok, tilt your head to the left

Lips closed to start?

In 2 mins put your tongue in

Move it in a clockwise direction

REMEMBER: consent to any one thing does not mean consent to another
e.g. kissing → oral sex

Adapted from BISH resources



THIRD HANDSHAKE

LOTS OF DIFFERENT KINDS OF COMMUNICATION



EYE CONTACT



NOISES



LISTENING



TUNING IN



BODY MOVEMENT



SHORT PHRASES



PLANNING



REACTIONS

Adapted from BISH resources

ALCOHOL AND DRUGS



ALCOHOL AND DRUGS CAN MAKE CONSENT MORE DIFFICULT

If you are under the influence of alcohol or drugs:

- Someone may not be able to consent (if they are less conscious)
- We may not know if someone is consenting or not an absence of a “no” does not mean “yes”

Sometimes, some people can deliberately get someone drunk or high so they can try to have sex without their consent . If you are in doubt about whether someone can consent, don't have sex – and also make sure they are being properly looked after.

Adapted from BISH resources

WHEN IS IT TIME TO...



- If they are looking unhappy or are not engaging
 - If you are wanting to do something different to what you've done already
- If sex is getting uncomfortable or painful for you, or you think it might be for them

REMEMBER: someone should only have to say 'no' or 'stop' or 'wait' once, if they do – please stop

YOU AND WHO YOU LIKE

Which of these words are you? Pick five and think of why. Also, think of some that you would like to have and then pick five things you want from someone in a relationship (could be a romantic relationship or a friendship).

Thinker	Well dressed	Mature	Emotional	Bubbly
Adventurous	Hard worker	Cultured	Thoughtful	Lively
Enthusiastic	Good friend	Funny	Content	Organiser
Head strong	Easy going	Artistic	Planner	Creative
Dramatic	Foodie	Clever	Party animal	Musical
Mediator	Loving	Self believer	Dreamer	Neat
Warm	Sensible	Brave	Determined	Smart
Wise	Nice smile	Open minded	Loud	Big heart
Geeky	Romantic	Relaxed	High standards	Leader
Curious	Powerful	Assertive	Ambitious	Positive
Flexible	Sensitive	Sociable	Optimistic	Calm
Good listener	Gentle	Team worker	Generous	Excitable
Authentic	Honest	Solo star	Fit	Giver
Good at chat	Humour	Good with money	Sceptical	Good judge
Decisive	Ideas person	Switched on	Believer	Passionate
Reliable	Takes charge	Right on	Hopeful	Into safety
Attentive	Informed	Inspirational	Open	In the know
Kind	Modest	Disciplined	Cautious	Fun
Fair	On time	Tolerant	Independent	Serious
Forgiving	Bounces back	Ethical	Sincere	Political
Sexy	Responsible	Behaves!	Top bantz!	Keeps it real
Into looks	Loyal	Outgoing	Into fashion	Loves kissing
Laid-back	Deep	Loves cuddles	Hipster	Love-lover

Do you want someone like you, or someone totally different, or a bit the same or a bit different?