

HEALTHY RELATIONSHIPS – CONSENT

Station Discussion Sheets

The discussion sheets are provided to help guide conversations with the students. Feel free to let the students guide the conversations as well.

STATION 1 – CONSENT TEA

Start the conversation after students have prepared their tea or hot chocolate and have joined back in together in a group.

Why consent tea?

Consent is as simple as having tea...the choice is yours, you have options, you can change your mind,

- What beverage does everyone have?
- Did any change their mind while making their drink?

Definition of consent – Giving permission for something to happen or agreement to do something.

Questions to help guide the conversation with the group of students:

- What does consent mean to you?
- *What* do you give consent for?
- *When* do you give consent?

Consent in healthcare - This section can be used to tie into the mentorship program and our role as healthcare providers. Try to keep this section brief, it can be omitted if time is limited.

- What does consent look like in healthcare?

HEALTHY RELATIONSHIPS – CONSENT
Station Outline and Supplies

STATION 1 – CONSENT TEA

Supplies to bring:

- Crackers for helpers
- Hand sanitizer
- Invitations to *Consent Tea*
- Large plug-in coffee pot to heat water for beverages
- Water in gallon jugs to fill coffee pot
- Porcelain tea set for decoration
- Paper cups and lids
- Stir sticks
- Tongs to self-serve marshmallows
- Napkins
- Hot beverage mixes – various hot chocolate and tea flavors
- Marshmallows
- Sugar packets
- Basket to put drink mixes in
- Plastic and linen tablecloths
- Bowls (2) for marshmallows
- Discussion sheet to facilitate with content delivery

Space/supplies needed at site:

- Table to set up supplies for making tea and hot chocolate.
- Appropriate space to discuss the concept of consent.
- Garbage cans

Set up:

- Utilize a table at the site to place items on, place near an electrical outlet if possible to plug in the coffee pot to heat water.
- Set up the porcelain tea set at one end of the table as decoration.
- Stack invitations next to the porcelain tea set, students will receive these at the start of the station.
- Set up the coffee pot on the table, fill with water, plug in to heat water prior to students arriving.
- Set out paper cups next to the coffee pot for students to fill with hot water to mix their drink.
- Place drink mixes in the basket provided for students to choose from.
- Place marshmallows (with tongs) and sugar packets in Tupperware containers next to the basket.
- Place lids and stir sticks at the end of the table. Leave space at the end of the table for student to mix their drinks.

Interaction with the students:

- When students arrive to the station give them their formal invitation to consent tea.
- Have students make their beverages and join together at a location where they can sit comfortably and talk with you.
- Utilize the discussion sheet provided to give an overview of the concept behind *Consent Tea* and to help guide a conversation about what consent means to the students.