

Wheel of Consent

By Betty Martin

GIVING and RECIVING

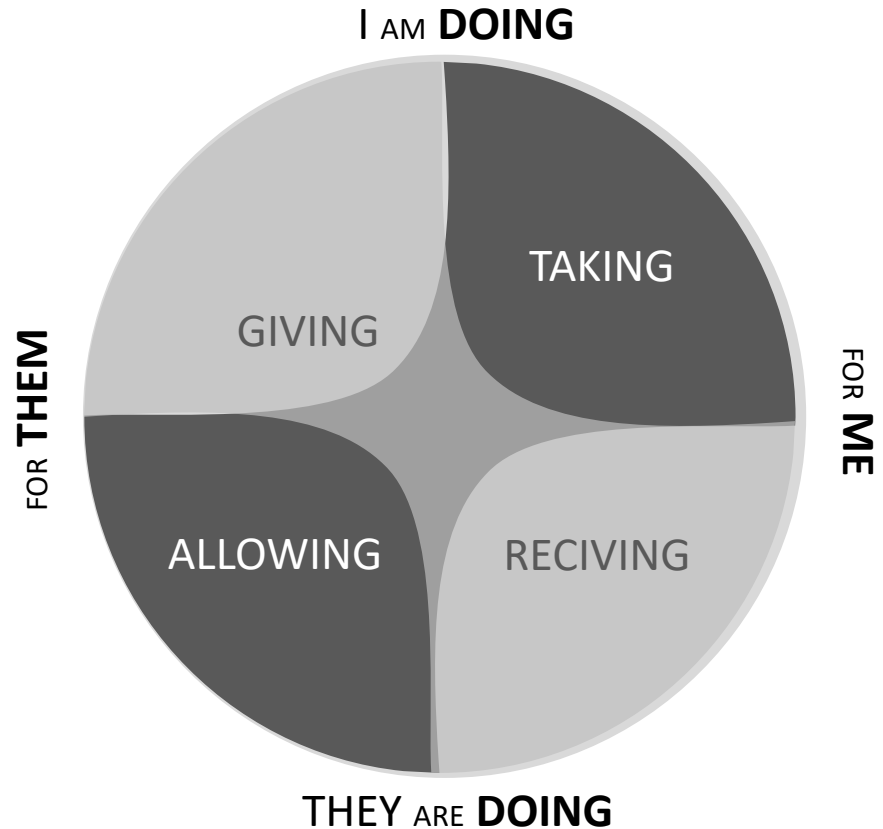
“Will you ...?”

vs.

TAKING and ALLOWING

“May I ... ?”

find your yeses



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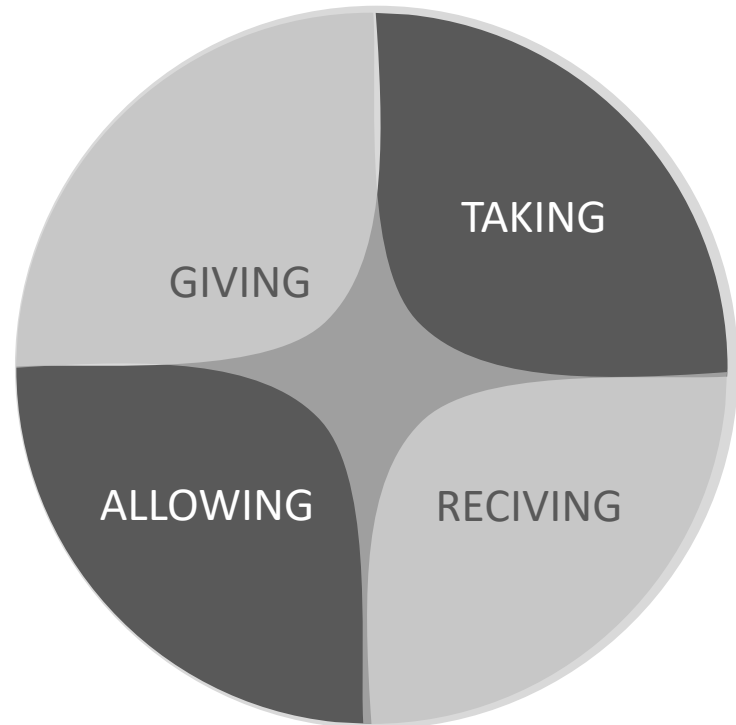
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“May I ... ?”

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FOR **THEM**



FOR **ME**

THEY ARE **DOING**

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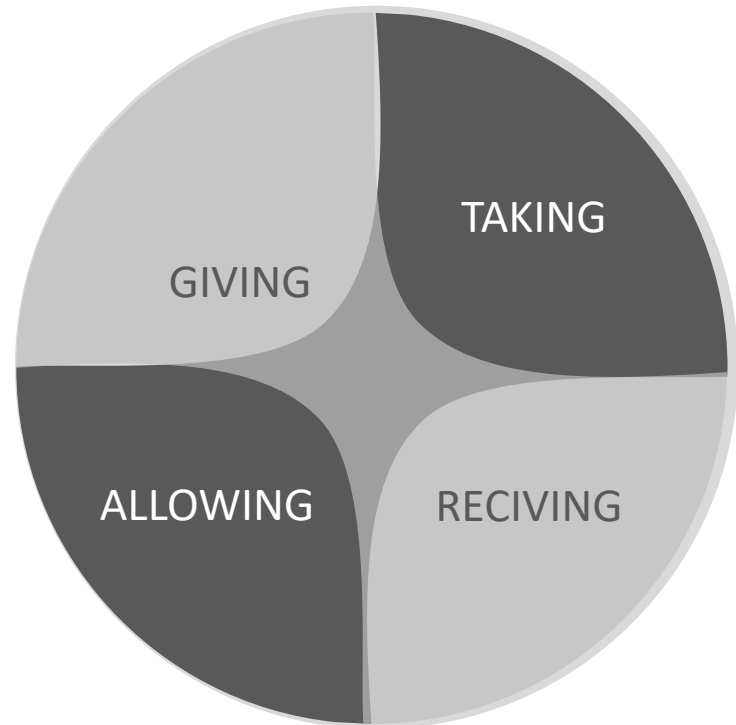
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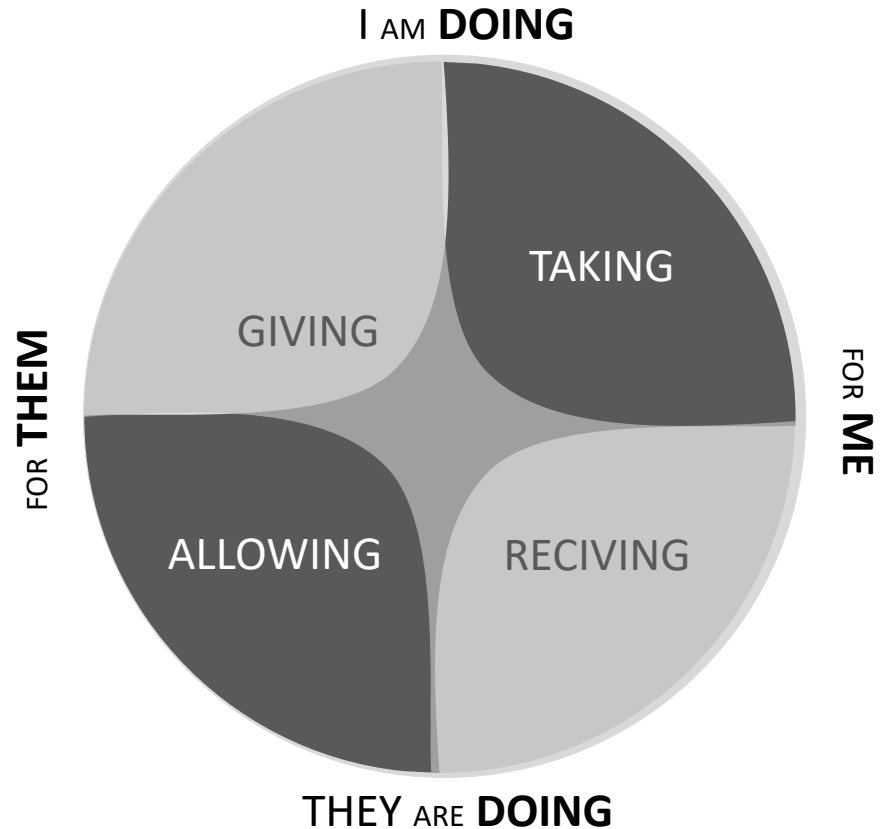
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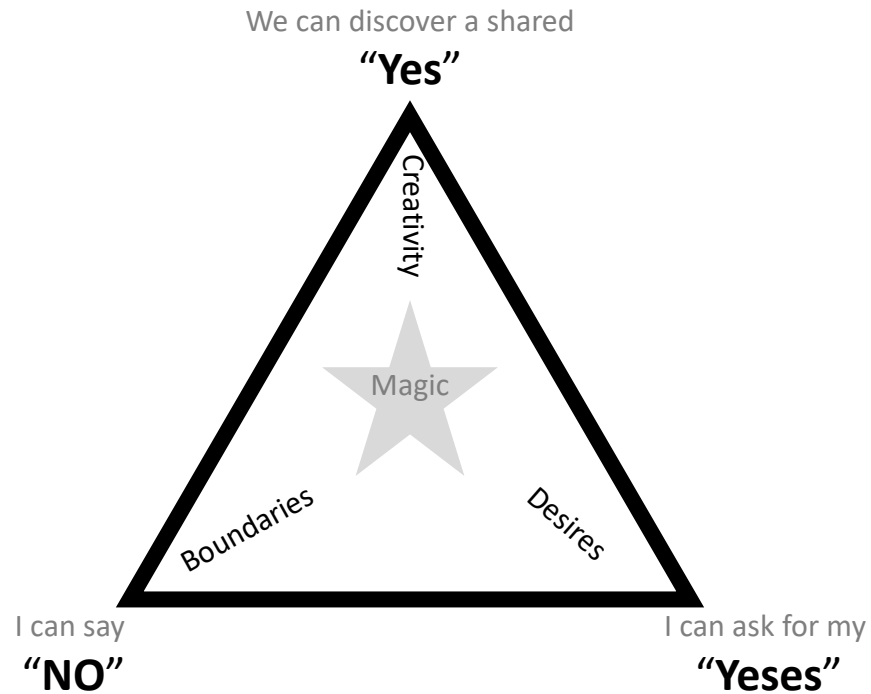
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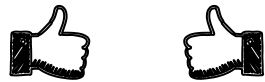
Foundations of Consent



Win-Win or No Deal

I need to *care* about your win
as much as I care about mine...

Win-Win



"Yes, let's do this **again**"



Win-Lose



"I **don't want** to
play with you **again**"



Lose-Lose



"No, Why?"



Look out for each others wins

Syllabus

1. Hug, Handshake, Bow Intro (10 minutes)

[10]

A quick mixer to interact with around 20 people. Form two lines. On a count of three, indicate if you'd like to:

1. Hug
2. Shake Hands
3. Bow

Then do the lowest common denominator. For example, a handshake and a bow would be a bow. Two hugs would be a hug.

2. Saying and Hearing No (15 minutes)

[25]

Partner up and practice

asking for something you want. Your partner will always respond with "no." Then switch and repeat. This helps us get comfortable with saying and hearing "no."

Next, practice with a clarifying question to ensure understanding, followed by a "no."

3. Wants and Desires (5 minutes)

[30] Write down 5-10 things you would like to happen at this event.

4. Listening to Your Yeses (10 minutes)

Hell Yes or Fuck No [40]
Your body is a lie detector. We'll practice listening to it. One person asks for something, the other

responds. Both take a sacred pause and check in with their bodies to see how the response feels.

Pair up with a new person and ask from a predetermined list. The first response will be a Hell Yes. Pause and check-in. Then ask again, this time giving a Fuck No.

5. Giving, Receiving, Taking, and Allowing (15 minutes)

The 3-Minute Game [55]

We'll do Betty Martin's 3-minute game, pairing off and spending 3 minutes exploring each of the 4 quadrants of the circle of consent:

- Giving <--> Receiving
 - Taking <--> Allowing
- For example:

• If I ask to touch your feet and you allow it, I am doing, and you are receiving. The action is for me, consented to by you.
• If you ask me to touch your feet and I consent, I am doing, and you are receiving, but the purpose is different.
Most people rarely visit one of these quadrants. It can be powerful to do so.

6. Finding Your Yes (15 minutes)

[70]

Lastly, group into threes and discuss the question:

What do you still want to get from this event that you haven't gotten yet, and how might you ask for it?