Building a Culture of Consent

PART 3: COMMUNITY-ORIENTED CONSENT

ROADMAP

01
COMMUNITY NEEDS AND WANTS

How to communicate them and the importance of identity

02
CULTURE OF UPSTANDING

The importance of preventing harm and violence

03
INTERVENTION STRATEGIES

Tangible methods to use to reduce harm

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01

Community needs and wants

What is community-oriented consent?

When consent applies to communal living, establishing **community norms**, and forming **collective agreements.**

A great way to start fostering community-oriented consent is by establishing community boundaries.

Quadrant Activity

ESSENTIAL:
What is essential to have and expect from others for you to feel safe and supported in your community?

ACCEPTABLE:
What are you willing to accept? (perhaps it bothers you, but you are willing to let it go or address it later)

DEALBREAKER:
What are you absolutely not willing to put up with? (perhaps you need to address this immediately)

BONUS:
Imagine your ideal community – what would it be like? feel like?

Establishing Community Boundaries During Covid-19

Identity
and
Community Boundaries

Identity and Community Boundaries

When developing and communicating boundaries, it is important to keep in mind the impact that **power dynamics** and **cultural & institutional barriers** can have

Identity and Community Boundaries

Consent is often ignored with **minoritized and marginalized community members** based on how people react to their identities

Identity and Community Boundaries

You have to challenge yourself and your community to **act against these societal norms and oppression** so that you can meet the needs of *all* community members.

Identity and Community Boundaries

1. Be aware of how people's different identities, and their respective intersections, impact their needs and wants within the community.

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2. Listen to those needs and wants and give them the weight and significance they deserve in order to establish community boundaries that cultivate genuine consent for everyone.

Dilemmas

Example: Clashing essentials

Dilemmas

These situations are really challenging and complex, and if you can't come to an agreement in this situation then all parties will need to decide for themselves how to proceed with what feels best and safe for them.

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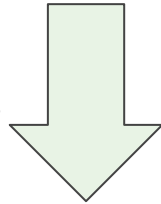
Forming and being a part of a community means both developing and agreeing to communal norms and boundaries.
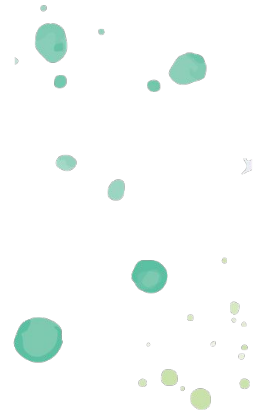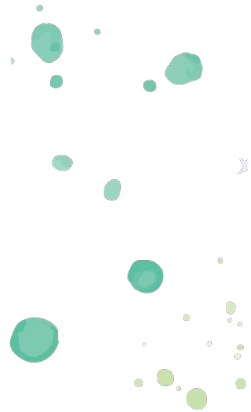
02

Culture of Upstanding

Bystander vs Upstander

A **bystander** is anyone in the community who sees or hears about a behavior that could lead to something high risk or harmful and often ignores it.

Bystander vs Upstander

An **Upstander** is someone who makes the choice to intervene to try to make things better.

Being an Upstander means...

Intervening in daily acts of harm

Like street harassment, bullying, sexist jokes

Being an Upstander means...

Intervening in daily acts of harm

Like street harassment, bullying, sexist jokes

Intervening in periodic high-risk situations

Like situations that may lead to physical violence, sexual assault, relationship violence

Being an Upstander means...

To learn more about being an Upstander, please visit sara.stanford.edu/upstanderlife or request an Upstander Life Workshop by visiting sara.stanford.edu/trainingrequest

03

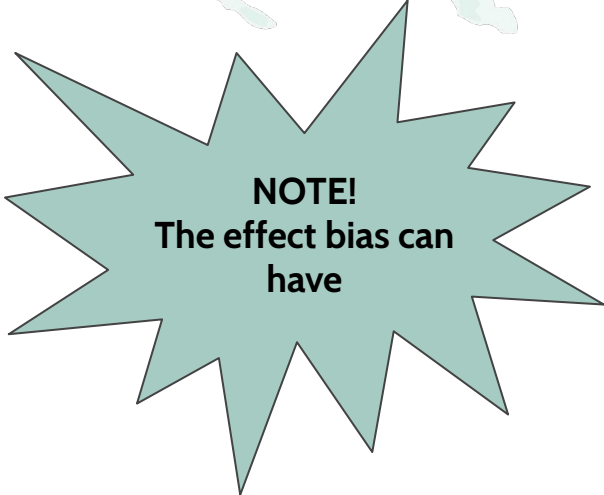## Intervention Strategies

Intervention Steps

1. Notice the situation

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1. Notice the situation
2. Interpret it as problematic

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NOTE!
The effect bias can have

Intervention Steps

1. Notice the situation
2. Interpret it as problematic
3. Assume personal responsibility

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4. Know what to do

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1. Notice the situation
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4. Know what to do
5. Intervene safely

Intervention Steps

4. Know what to do
5. Intervene safely

Strategy:
The 4 Ds

The 4 D's

1. **Direct**: Directly intervening, in the moment, to prevent a problematic situation from happening.

2. **Distract**: Interrupting the situation without directly confronting the one enacting the harm.

3. **Delegate**: Seeking help from another individual (i.e. someone who has more social power or authority in the situation).

4. **Delay**: Check in with impacted parties after an incident occurred and continue with follow up.

The 4 D's

1. **Direct**: Directly [...] in [...] a problematic situation from happening.

2. **Distract**: Interrupti[...] enacting the harm.

3. **Delegate**: See[...] who has more social power or auth[...]

4. **Delay**: Check [...]rred and continue with follow up.

Being an Upstander and learning about intervention strategies are really vital steps in reducing harm and building a culture of consent.

Remember to continually revisit this content as a community

Community Questions

As a community, how do we continue to shape, uphold, & revisit our agreed community boundaries? Be as specific as possible and think about the existing structures (programs, meetings, visuals, policies/procedures, etc.) in place and structures that need to be in place.

Community Questions

Studies have shown that the probability of reaching long-term goals are significantly increased when we set a subsidiary goal (aka a goal that acts as a stepping stone to the long-term goal) that needs to be completed within 24 hours. Example: if my long-term goal is to foster a caring community, my subsidiary 24-hour goal is to talk with my friend about the importance of personal and community boundaries or to get a book on non-violent communication. What is my long-term goal, and what are my subsidiary goal(s) that I can do within 24-hours to step towards that goal?

THANKS FOR LISTENING AND LEARNING

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