



# Teaching Empathy and Consent as Abuse Prevention

Lydia Bowers (she/they)  
[www.lydiambowers.com](http://www.lydiambowers.com)



The first years of a child's life are the period of the most rapid brain development and lay the foundation for all future learning.<sup>2</sup>

# Why is teaching consent important?

**OF ALL VICTIMS UNDER 18,  
2 OUT OF 3 ARE AGES 12-17**



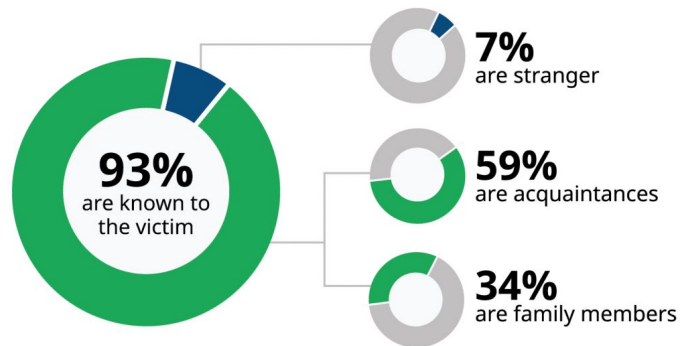
■ **34%** under age 12   ■ **66%** age 12-17

**RAINN**

National Sexual Assault Hotline | 800.656.HOPE | [online.rainn.org](https://online.rainn.org)  
Please visit [rainn.org/statistics/children-and-teens](https://rainn.org/statistics/children-and-teens) for full citation.<sup>2</sup>

**CHILD VICTIMS OFTEN KNOW THE PERPETRATOR**

Among cases of child sexual abuse reported to law enforcement:



**RAINN**

National Sexual Assault Hotline | 800.656.HOPE | [online.rainn.org](https://online.rainn.org)  
Please visit [rainn.org/statistics/children-and-teens](https://rainn.org/statistics/children-and-teens) for full citation.<sup>4</sup>

# What will these behaviors look like in 15 years?





*Preventing child abuse means...*

Preventing  
children from  
becoming  
**victims.**

Preventing  
children from  
becoming  
**perpetrators.**

# Harvard University 2017 study

**“76% of respondents to this survey [ages 18-25] had never had a conversation with their parents about how to avoid sexually harassing others. Majorities of respondents had never had conversations with their parents about various forms of misogyny.”**

# Columbia University 2018 study

**“Sexual assault prevention needs to begin earlier”**

Students who received some form of consent education were 50% less likely to experience sexual assault during their college years.

**Consent isn't  
just about sex!**





**Consent Is a  
Social and  
Emotional Skill**

First we have to define...

**Empathy** means you make an effort to **understand how others feel**.

**Consent** means you have agreed because **you want to**.

Choose one  
item you like.

Choose one item  
you don't like.



# 5 STEPS FOR TEACHING CONSENT



**1. I listen to my body.**



**2. I am in charge of  
my body.**



**3. I ask permission.**



**4. I check in.**



**5. I accept no.**





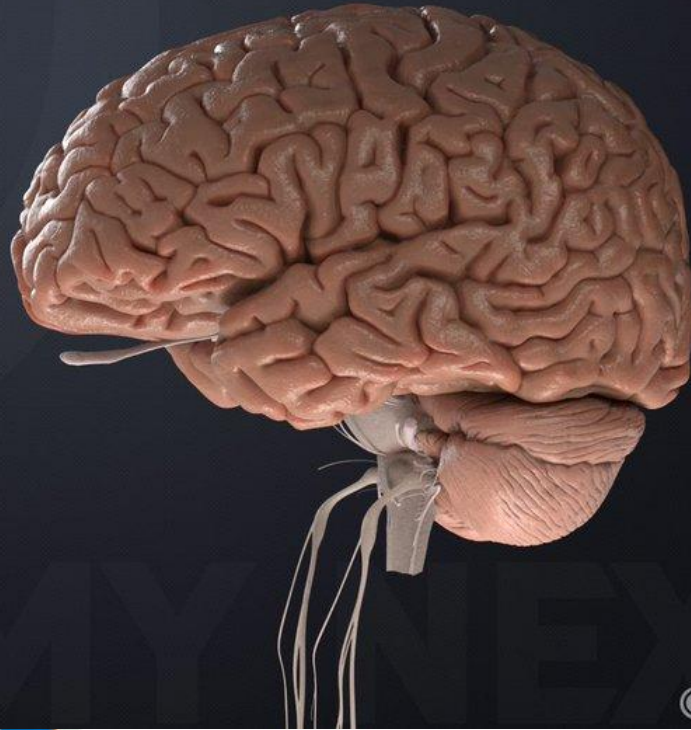
**1. I listen to my body.**

# Vagus nerve

anterior view

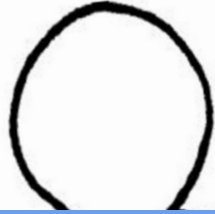


lateral view





What color makes you think of...



happy



sad



angry



afraid



FEELINGS  
RAINBOW

[www.lydiambowers.com/consent](http://www.lydiambowers.com/consent)



Use these to color in where you feel that emotion in your body. Do your feet feel like dancing when you're happy? Do your fists clench when you're angry? Map your feelings!

[www.lydiambowers.com](http://www.lydiambowers.com)



JOY



DISGUST



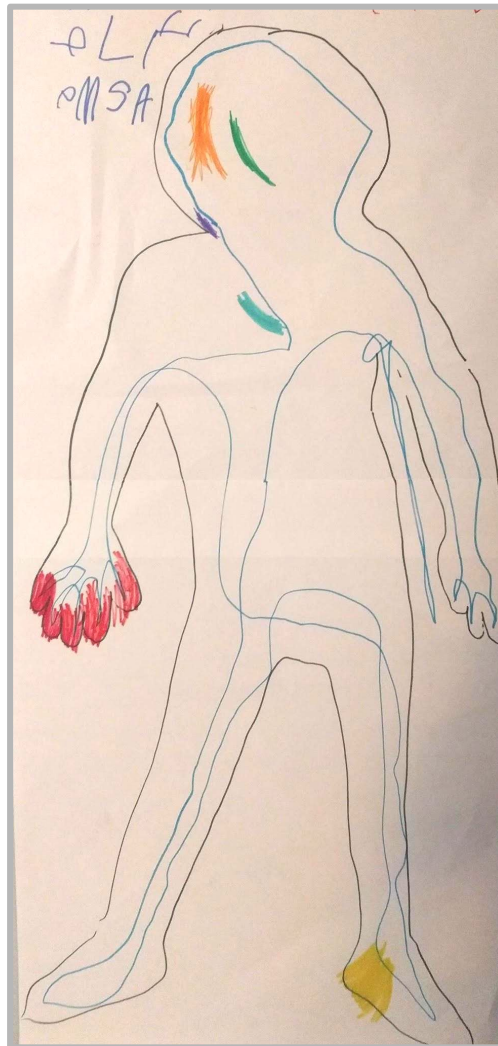
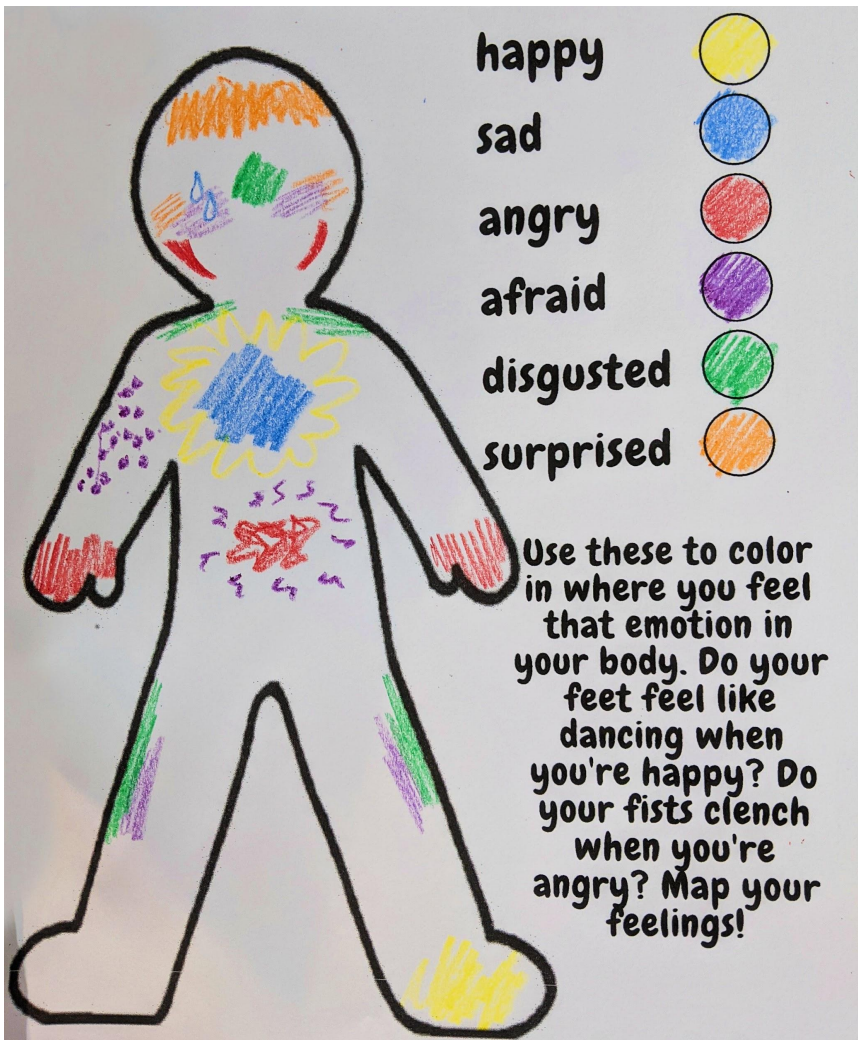
SADNESS



FEAR





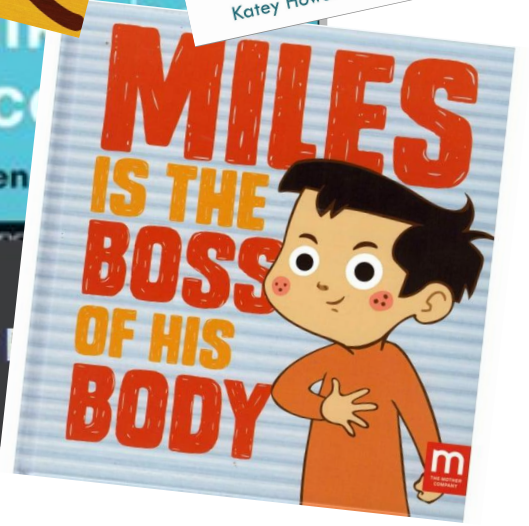
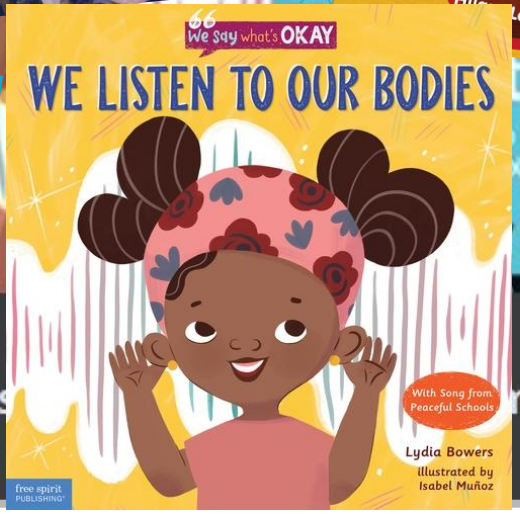
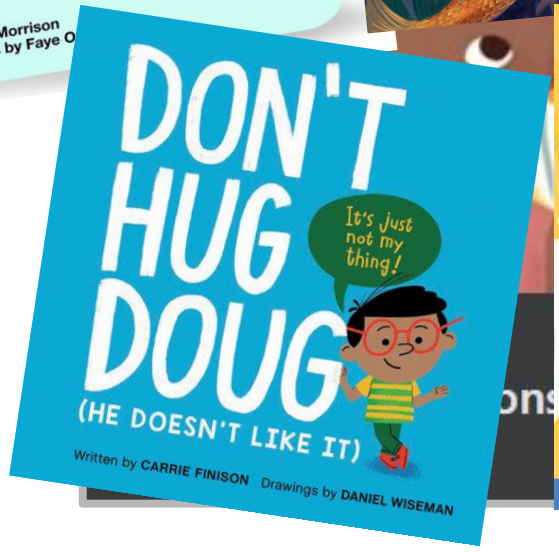
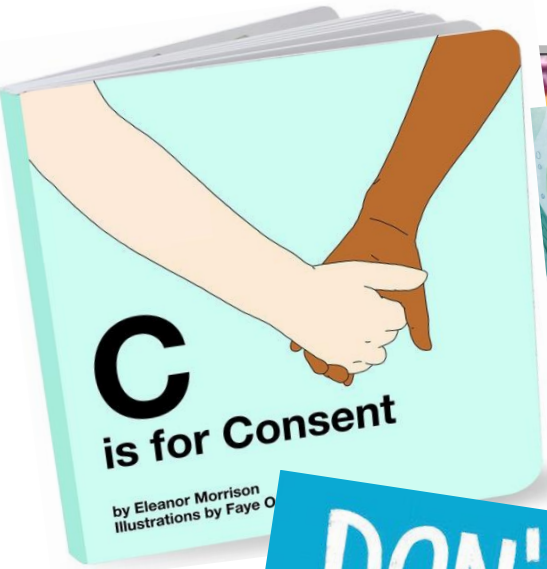






**2. I am in charge of  
my body.**





# ASK YOUR BABY'S PERMISSION BEFORE CHANGING DIAPER, SAYS SEXUAL CONSENT EXPERT

BY **KASHMIRA GANDER** ON 5/10/18 AT 9:16 AM





**?**

**3. I ask permission.**

"Will you give me?"

VS

"May I give you?"





**HUGGER**

**NOT A HUGGER**





# Body Language Detectives











**4. I check in.**





I'M *NOT*  
HAVING  
FUN!





**5. I accept no.**

## REVENGE PORN – HELL HATH NO FURY THAN A SCORND LOVER

Sunday Standard Reporter | 20 May 201

"...all I remember was my phone ringing off th pictures were all over social media for the wo University who was a victim of revenge porn i Batswana millenials who has suffer the humili harm them.

Unfortunately Botswana's lady justice is almost blind - literally – to nude pictures of Batswana vi lovers. Thabiso Gulubane of Maphakwane & Associates says although they rarely have cases of

## Former WDBJ-TV employee's rage spills out on live television

BY MIKE BARBER, NED OLIVER AND GRAHAM MOOMAW Richmond Times-Dispatch Aug 26, 2015

### BREAKING NEWS

## Man accused of threatening former employee with a gun

By: [Melissa Hudson](#) [Facebook](#) | [Twitter](#)

Posted: Aug 20, 2018 1:01 PM EST

I accept no

## Rejected man 'posted fake revenge porn pictures of work crush to try to get her fired'

A CITY worker posted fake porn pictures of a colleague on X-rated websites to try to get her fired, a court heard.

## Sandown man barred from Market Basket where he once worked for threatening to 'shoot everyone'

By JASON SCHREIBER  
Union Leader Correspondent

August 20, 2018 11:10AM



# Mother of 3 Killed in Detroit After Rejecting a Man's Advances



Breanna Edwards  
10/07/14 2:35pm  
Filed to: CULTURE



I accept no



## Boy stabs girl at school assembly up to 11 times after she rejected his advances

The girl was "totally shocked that he would do this to her."

CASEY QUINLAN · AUG 27, 2018, 10:49 AM

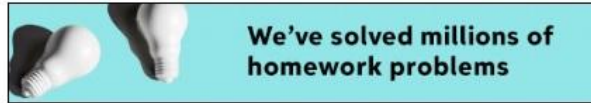


BBC Sign in News Sport Weather Shop Earth Travel

### NEWS

Home Video World **US & Canada** UK Business Tech Science Stories Enter

US & Canada



## Sante Fe school shooting: Suspect 'was rejected' by victim Shana Fisher

21 May 2018



Santa Fe school shooting

## A woman turned down her boyfriend's marriage proposal. Then he killed her, police say.

By Sarah Larimer  
November 1 at 6:22 AM  
Loaded in 0.60 seconds

## Woman shot and killed after rejecting man's advances at a bar

The 29-year-old had three children

Andrew Buncombe New York |  
@AndrewBuncombe | Tuesday 26 January 2016 |  
2 comments





"The better we are able to feel and tolerate uncomfortable feelings, the stronger and easier it is to handle the next time around."

-Child Mind Institute

→ Respect “no”





- Respect “no”
- Validate emotions

IT'S **OK** TO FEEL:  
.....



EVERYBODY FEELS THAT WAY SOMETIMES.

WE DONT LIKE IT, BUT IT DOESNT MAKE US WEAK. IT MAKES US

**HUMAN.**

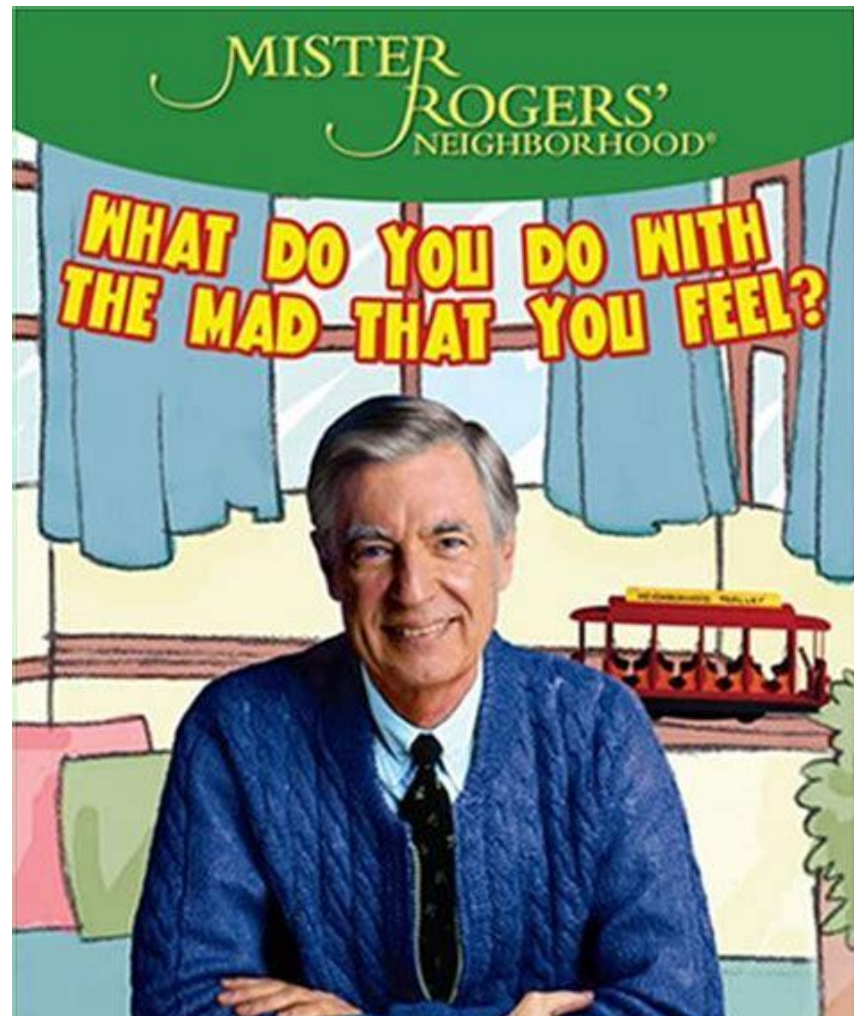
AND IT HELPS TO TALK ABOUT IT.



- Respect “no”
- Validate emotions
- Empathize



- Respect “no”
- Validate emotions
- Empathize
- Take responsibility



What do you do with the mad that you feel,  
When you feel so mad you could bite?  
When the whole wide world seems

oh, so wrong...

And nothing you do seems very right?

What do you do? Do you punch a bag?

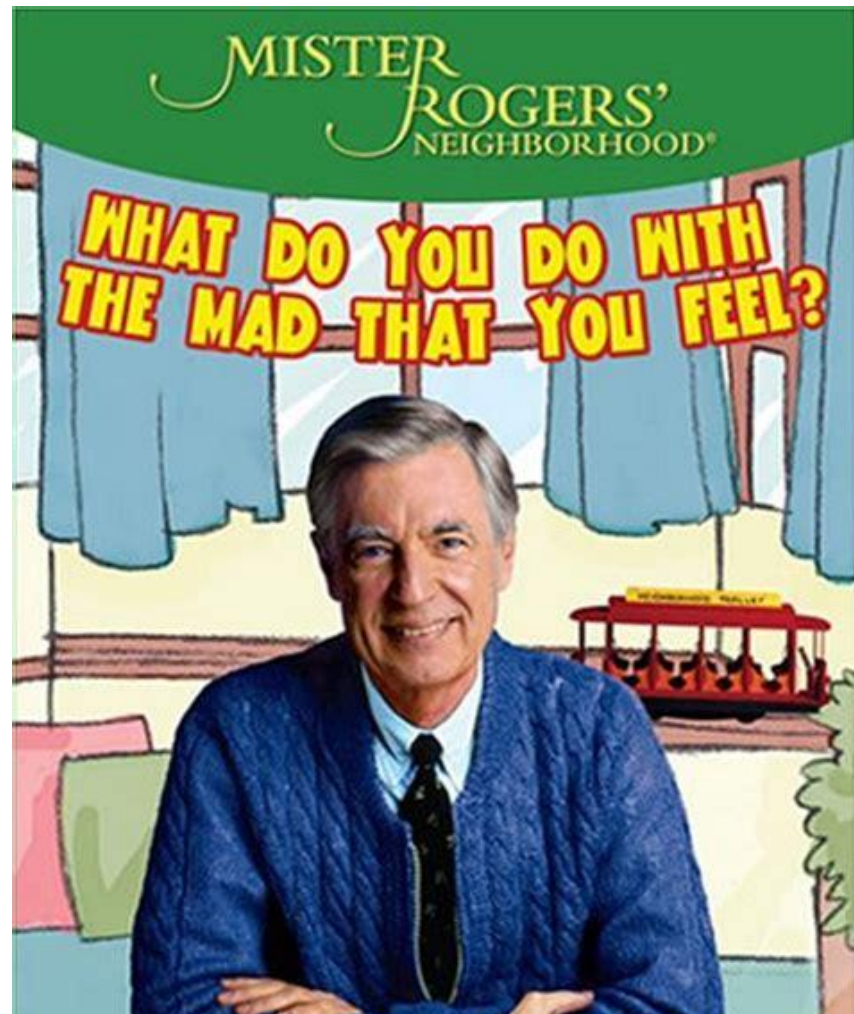
Do you pound some clay or some dough?

Do you round up friends for

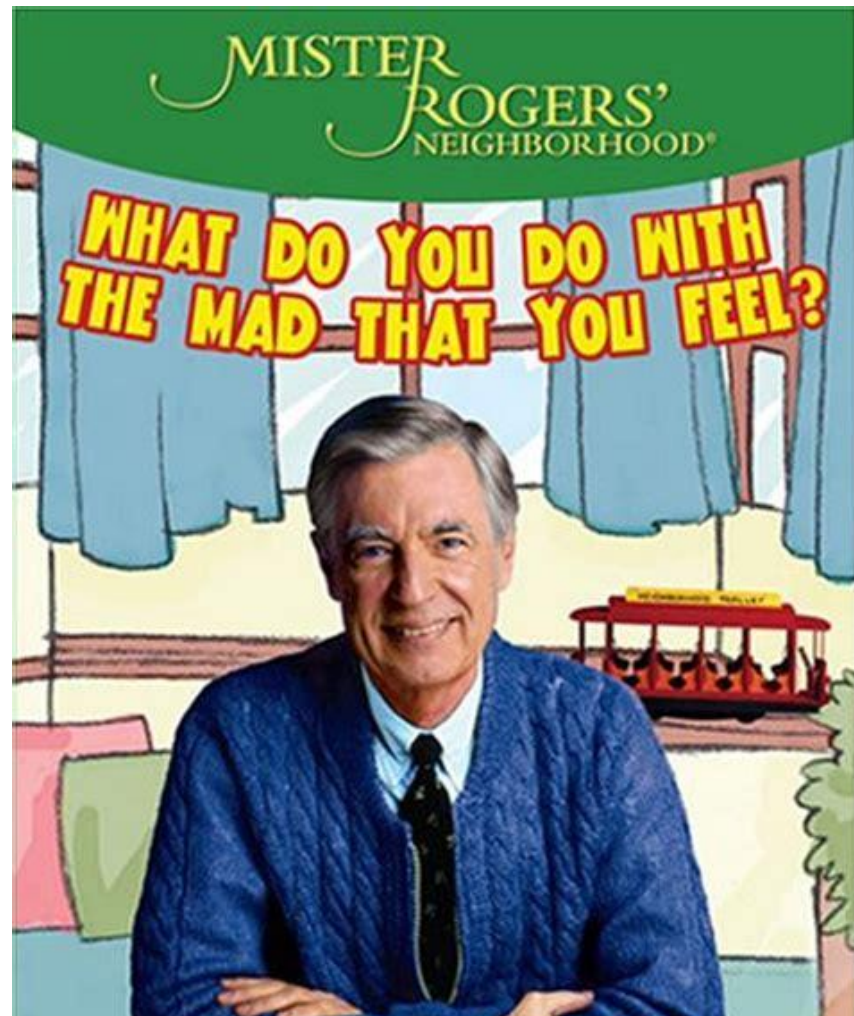
a game of tag?

And see how fast you can go?

*Written by Fred Rogers | © 1968 Fred M. Rogers*



- Respect “no”
- Validate emotions
- Empathize
- Take responsibility





# 5 STEPS FOR TEACHING CONSENT



**1. I listen to my body.**



**2. I am in charge of  
my body.**



**3. I ask permission.**



**4. I check in.**



**5. I accept no.**





# Teaching Empathy and Consent as Abuse Prevention

Lydia Bowers (she/they)  
[www.lydiambowers.com](http://www.lydiambowers.com)