



Developing capacity to promote youth sexual health and well-being.

Dear WA PREP Partners,

WA Prep Staff are here for you. Whether you are currently implementing Comprehensive Sexual Health Education or are at the initial stages of creating your plan to meet the new requirements of [SB 5395](#), we have a menu of services to offer, and can meet you where you are and guide you through your next steps. We can help with curriculum selection, educating your parents and community, working with your board, teacher training, and more. To learn more about our services visit our webpage [here](#).

Washington State's new sexual health education legislation, [SB 5395](#), requires public and charter K-12 schools to provide comprehensive sexual health education by the 2022-2023 school year. Detailed descriptions of the bill's requirements, by grade level can be found [here](#) on the OSPI website. One subject specified in the legislation is age-appropriate instruction on the topics of consent and bystander training. Additionally, the legislation states that schools that already provide sexuality education are required to include this topic beginning in the 2020-21 school year, beginning in the 4<sup>th</sup> grade. Consent and Bystander training definitions and approaches are certainly evolving. See below for some basic information, and to learn more, attend the OSPI training on the topic that will be offered this Spring.

**Affirmative consent** is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the absence of "no." For 4<sup>th</sup> and 5<sup>th</sup> grade students, age-appropriate instruction in affirmative consent would focus on hugs or horseplay, hand-holding, and other touch, as well as virtual contact such as texts or emails or taking photos. In 6<sup>th</sup> through 12<sup>th</sup> grades consent training might focus on hugs, hand-holding, kissing or sexual touch, as well as virtual contact such as texts or emails or taking photos. \*

**Bystander training** helps students to break the “code of silence” that often keeps bystanders from taking an action to stop an incident. Research suggests that bullying and harassment, including sexual harassment, rarely occur in the absence of bystanders. But most bystanders do nothing to help the situation. \*\*

Bystander training teaches students how to safely intervene when they observe bullying, sexual harassment, or unwanted sexual touch. It helps students to identify bullying and harassment and empowers them to distinguish between getting support from adults and “tattling.” It also fosters the development of empathy, and encourages support for the student who is experiencing bullying/harassment. When we teach about consent and bystander intervention, we are encouraging communication, respect, honesty, trust, and responsibility, all components of healthy relationships and happy lives.

**Watch this video with your students** (If permitted in your district)

***Cycling Through Consent:*** <https://www.youtube.com/watch?v=-JwIKjRaUaw>

This concise four-minute video explains affirmative consent using the metaphor of inviting a friend on a bike ride. -Created for college aged students, it could be easily adapted for high-school. Possible debrief questions:

- This video compares the process of seeking sexual consent to inviting a friend on a bike ride. -According to this video what are 5 similarities between the two?
- What did you learn about consent from this video?
- How might watching this video change a person’s understanding of consent?

**Attend our OSPI sponsored Training! Cardea will be offering a 2-hour training on affirmative consent and bystander intervention this Spring, exact date TBD! -We would love to see you there.**

\*OSPI <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>

\*\*[http://www.teachsafeschools.org/bully\\_menu5-2.html](http://www.teachsafeschools.org/bully_menu5-2.html)

Additional Resources:

<https://wespeakaboutit.org/>

<https://alteristic.org/services/green-dot/green-dot-high-school/>

<http://www.teachconsent.org/facilitators>

<https://www.ccasa.org/wp-content/uploads/2014/01/Sexual-Harassment-Prevention-in-Schools-Curriculum-Manual.pdf>

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