

Penn Violence Prevention's NSO Program: Consent Circles



Penn
Violence
Prevention

UNIVERSITY of PENNSYLVANIA

Decorative swirls in purple and green at the top left, and a yellow swirl at the bottom left.

Consent Circles

- Friday, 8/25 all day from 9am-4pm
- 75-minute session per PHINS group
- Hosted by Penn Violence Prevention & 30+ trained student educators
- Largest prevention program on Penn's campus

Goals

- Equip incoming students with skills to practice consent
- Inform students of resources on campus for people impacted by interpersonal violence

what's covered:

- group agreements
- definition of consent
- elements of consent
- consent in daily life
- healthy relationship behaviors
- unhealthy relationship behaviors
- how to support a friend
- resources at Penn

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 **Planned Parenthood®**




Day-Of Logistics

Groups 61-90: 9:30-10:45am

Groups 91-120: 11:00am – 12:15pm

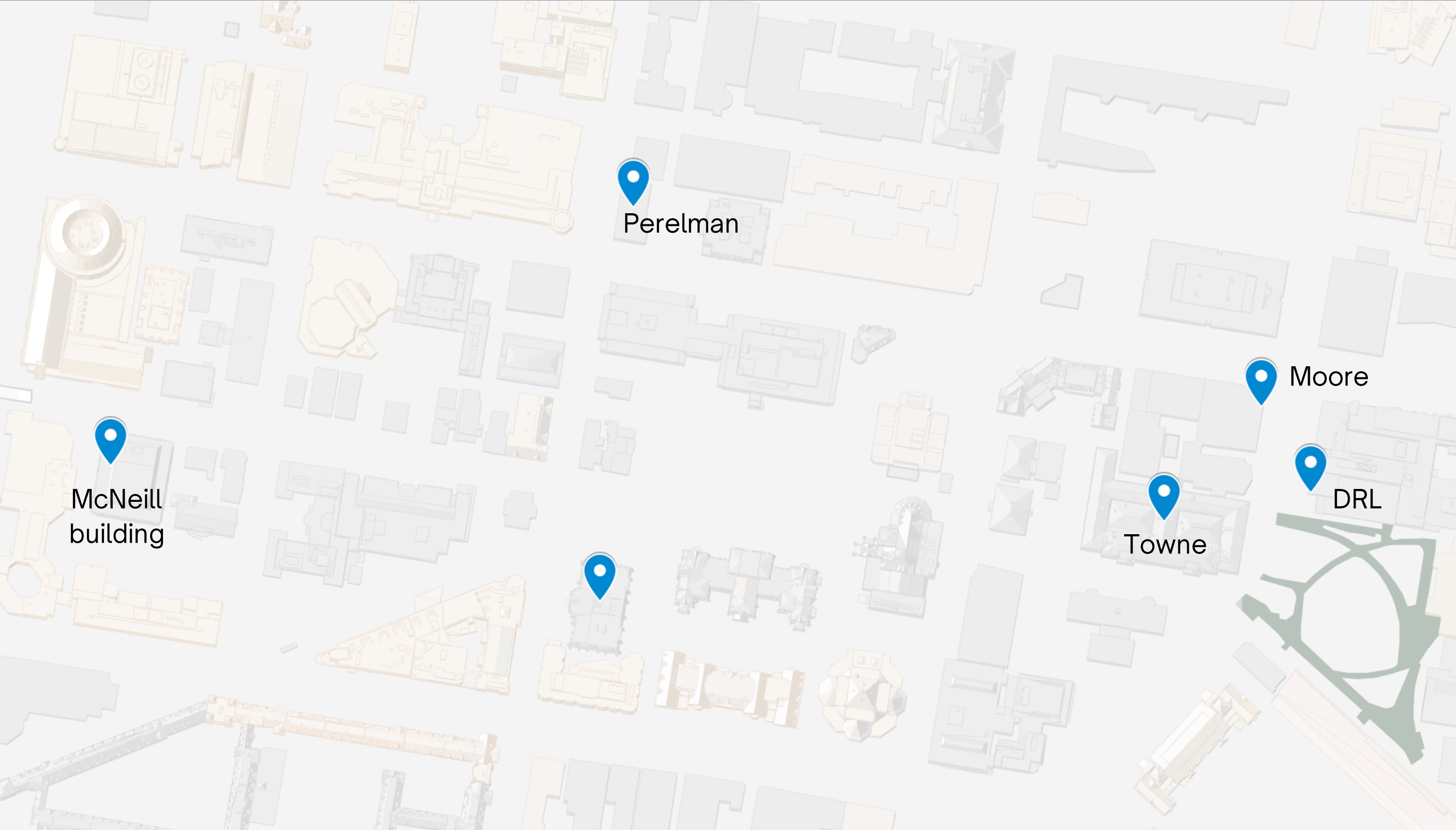
Groups 1-30: 1:15 – 2:30pm

Groups 31-60: 2:45pm – 4:00pm



PHINS' Role in Consent Circles

- Greet students! Create a welcoming space
- Help them find their Consent Circle location
- Direct students to nearest all-gender restrooms
- Contact Julie at PVP if a student is in distress



Perelman



McNeill
building



Towne



Moore



DRL

Frequently Asked Questions

What is Consent Circles?

Consent Circles is a mandatory New Student Orientation program. Consent Circles are conversations led by college students that equip incoming students with skills to practice consent and informs them of resource on campus for folks impacted by interpersonal violence.

Who is taking attendance?

PHINS are not responsible for taking attendance for this program! The student facilitator in each circle will show participants how to record their attendance.

What if someone does not want to participate in Consent Circles?

Penn Violence Prevention and New Student Orientation recognize that conversations about interpersonal violence can be intense, particularly for survivors of trauma. Those who anticipate feeling triggered by discussing interpersonal violence with their peers can opt out of the workshop and instead fulfill this required program by other means. Students can email PVP@vpul.upenn.edu to opt out of this program. Opting out will not be granted solely for scheduling concerns/conflicts.

What should I do if someone contacts me because they're upset?

Provide a warm and empathetic response. Offer to connect them with a confidential resource on campus, such as Penn Violence Prevention or another resource: <https://pvp.universitylife.upenn.edu/resources/>

How NOT to Respond



DON'T **INTERROGATE**



DON'T **PROMISE** A PARTICULAR OUTCOME



DON'T TRY TO **'FIX'** IT, GIVE ADVICE, OR SOLUTIONS



DON'T **DOWNPLAY** OR **MAKE LIGHT OF** THE SITUATION



DON'T **PRESSURE** DECISIONS OR MAKE **ASSUMPTIONS**



TRY **NOT TO GET ANGRY** OR **OVERLY EMOTIONAL**



DON'T **BLAME** OR **JUDGE** THEM – FOR WHAT HAPPENED, HOW THEY FEEL, ETC

How to Respond



Make clear your **role** and level of **confidentiality**



Actively listen and validate the student's concerns and need for support



Mirror their language



Ask the student what their **immediate needs** are



Discuss the confidential **resources & reporting options**



Offer to connect the student to resources



Follow up with the student according to their comfort

Student Feedback:

"What did you like about Consent Circles?"

- "Talking about consent with people my age"
- "Comfortable space to discuss uncomfortable topics"
- "Very comprehensive and nuanced discussion of consent and relationships"
- "Helpful to know that it was given to every student at the beginning of our Penn careers, to ensure everyone knows how to respond and to act, and sets a baseline of understanding for everyone."
- "Please keep this as a mandatory NSO event every year, it is extremely constructive and necessary"

**“Thank you - I really appreciate you
taking the time to do this
and protect future survivors.
It was comforting to know Penn cares
and confronts this issue proactively.”**



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Thank you!

See you on Friday 8/25!



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