

Consent Matters

Sexuality and Empowerment

The world is waking up to an uncomfortable awareness. Sexual stereotypes, coercive behaviour and harassment that once were overlooked and their impacts minimized are now being called out as unacceptable and abusive behaviours. Our children need to be guided so that they end up on the right side of change. This session will look at how to have open discussions around sexually exploitive topics in a way that does not condemn our children for behaviours of other people. Instead, we will set our children up to be allies for the empowerment of others. We will learn how to address biased language, how to understand active consent and how to ensure psychological safety for all around sexuality.

Session outline

- How to Start the Conversation
- Body Positivity and Ownership
- A Look into Language
- Explaining Active Consent
- How to Challenge “isms” in Others
- Useful websites and resources

Session Includes

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions



Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators in behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.