



# **#CONSENT**

## **PWR**

A guide for youth  
on the prevention of  
sexual violence as  
a manifestation of  
gender-based violence

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#CONSENTPWR. A guide for youth on the prevention of sexual violence as a manifestation of gender-based violence

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# **#CONSENT PWR**

Ensuring women's sexual freedom and taking firm action in the face of any kind of aggression is fundamental to combating gender-based violence. This guide aims to be a useful tool for information, awareness-raising and prevention, especially for women who are unaware of the sexual violence they suffer, which is the result of a culture characterized by widespread subjugation of men, including in matters related to sex. In fact, many women have lived with situations of sexual intimidation that have gone unreported due to shame and social stereotypes linked to this culture.

Today we can celebrate that the level of tolerance towards any act of sexual harassment or bullying is decreasing, although there is still a long way to go, especially in the younger generations, among whom we must promote healthy behavior and respect in any environment. Because crossing limits makes you an aggressor or a victim; because sexual aggressions, no matter how small they may seem, are gender-based violence. And finally, we have said "enough is enough".

**Sara Simón Alcorlo**  
**Minister for Equality**

# 1. #METOO

#SóloSiessí

#HermanaYoSíTeCreo

#SeAcabó

#BalanceTonPorc

#MeToo

#NiUnaMenos



So many slogans, and you still don't know what we're talking about? Pay attention, we explain it super clear in 2 words:

## **RAPE CULTURE**

Culture? Yes, you read that right.

There is a cultural background that tends to justify sexual violence, downplay its importance, generate impunity for certain acts of aggressors and blame the victim, becoming part of the collective culture.

## **Do these comments ring a bell?**

**“What was she wearing when she was raped?”**

**“That’s what she gets for being drunk.”**

**“When women say no, they really mean yes.”**

**“She was getting turned on and didn’t say no.”**

## Reflection 1: Culture of fear

"Who is to blame: the one who dresses as she pleases or the one who rapes?" "Who is to blame: the one who gets drunk or the one who rapes? Who is to blame: the one who says NO or the one who rapes? Who is to blame: the one who gets turned on or the one who rapes?"

If you have answered: THE ONE WHO RAPES you have answered correctly, and you will get it that this is not a game, not a slogan, not an opinion... this is a **CRIME** committed by an **AGGRESSOR** and that harms a **VICTIM**.

As a consequence of the rape culture, a **culture of fear** emerges suffered by girls and women. *"Don't come back alone", "write to me when get there", "be careful", "watch your drink", "better take a taxi", "be careful", "don't provoke anyone", "keep your mobile in your hand", "don't get too drunk", "be careful", "even if it takes longer, walk in a lighted area", "be careful", "be careful!", "BE CAREFUL!"*

With these messages, it seems that it is the girl who is responsible for taking care of herself, protecting herself and not being assaulted.

**So let's be clear:  
There is NO  
assumption that  
the victim is  
responsible, the only  
guilty party is the  
one who commits the  
crime, the one who  
RAPES, the one who  
ASSAULTS, the one  
who HARASSES.**

## Reflection 2: Heteropatriarchy

Okay, so if we understand this, we can move on to the second reflection: why does this rape culture exist and continue?

Have you heard of the **heteropatriarchy**? (remember the slogan "it's not an isolated case, it's called patriarchy"). It is the system of male domination that maintains the subordination, inequality and invisibilization of women vis-à-vis men.

Patriarchy is the basis of violence against women, which, according to the UN in 1993, is any act of violence that results in physical, sexual or psychological harm, suffered by women simply because they are women.

Sexual violence is "gendered" in that it is both a cause and consequence of male control and disproportionately affects girls.

(Source: [geoviolenciasexual.com](http://geoviolenciasexual.com))

Against this backdrop, it is very common for girls to have to experience situations that are apparently not so serious, such as compliments, or, in crowded places, a man rubbing his genitals against a girl.

### Sound familiar?

These attitudes are so widespread that they become normalized and therefore invisible.

If we add to this the little or no sex education we have and the fact that the consumption of **pornography**, which mostly shows submissive women dominated by men and a representation of sexuality that eroticizes sexual violence, we find ourselves faced with an explosive cocktail that... **BOOOM!!!!** leads to the **legitimization of sexual violence**.

**[Did you know that... 89% of pornographic content contains violence, mostly against women, and the most searched categories are “degradation”, “rape” and “incest”?**

**(Source: Violence Against Women. Bridges & Wosnitzer)]**

## Reflection 3: The law

Are all these reflections really covered by the law?

Of course, these are offences that are covered by our criminal code: any sexual acts **without the consent** of the other person are determined as **sexual assault**. This is enshrined in the Comprehensive Guarantee of Sexual Freedom Act.

In our community, sexual violence is contemplated as another manifestation of gender violence in the Law for a Society Free of Gender Violence of **Castilla-La Mancha**. This law covers

sexual assault, sexual abuse and sexual harassment, understood as any behavior, whether verbal or physical, of a sexual nature that has the purpose or effect of violating the dignity of women and creating an intimidating, degrading or offensive environment.



[https://www.boe.es/  
buscar/doc.php?id=-  
BOE-A-2018-17065](https://www.boe.es/buscar/doc.php?id=-BOE-A-2018-17065)



Information is power, so let's make some legal concepts clear to you in a simple way.

## What is sexual violence for you? What acts, words, or ways of relating to each other do you think are sexual violence?

**Violence is not the same for a boy as it is for a girl.**

If you are a girl, you may be familiar with some of this: street harassment (whistles or compliments), feeling cornered by a group of guys in a narrow passage, having to get rid of "annoying" guys when they don't accept a NO because what you feel like is dancing, or even being touched (patted on the rear "as a joke").

However, if you're a guy, you might be more familiar with hearing your friends talk about a girl being a great shag, the sniggers generated by another colleague bragging about what he's done to her in bed, receiving naked pictures of a colleague to pass on, or taking advantage of "someone" when she was drunk.

**Have you ever thought of them as sexual violence? Have you ever been in a similar situation?**

Let's consider *the law*:



## SEXUAL ASSAULT

Any act that infringes on the sexual freedom of another person without that person's consent.

*Q: Is it sexual assault if someone lifts your skirt "as a joke" without your consent? Is it sexual assault if someone whispers something "dirty" without your consent? Is it sexual assault if someone grabs you by the waist without your consent? Is it sexual assault for someone at a public event, in the emphasis of a victory, to "give you a little kiss" without your consent?*

**R: Yes, yes, yes and yes! They are sexual assault.**

Surely you've already realized that CONSENT is the key here.

The law says that consent is only understood to exist when it has been freely manifested through acts that clearly express the will of the person.

In short: the absence of a no is no longer enough to argue the typical justification "she didn't say no". **Now only yes means yes.**



**Insisting on having sex, pressuring her to do certain sexual practices without her being convinced, manipulating her into believing that it is a demonstration of love, blackmailing her with disappointment if she does not do what he wants, getting angry or threatening to leave the relationship... ALL of this is SEXUAL VIOLENCE.**



## RAPE

Rape is a type of sexual assault, but it is specifically criminalized when there is carnal access through the member of another body (penis, fingers...) or objects.

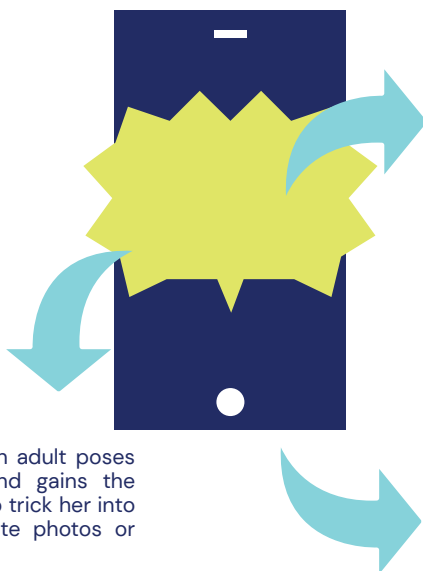


## SEXUAL HARASSMENT

This occurs when, in a work, teaching or similar relationship, a person requests sexual favors and provokes an intimidating, hostile or humiliating situation in the victim.

And in the age of **digitalization**, what about those acts that are behind a screen? Well, if such acts violate a person's sexual privacy, **they are also criminal offences.**

It may sound like a vocabulary lesson, but these are some of its manifestations:



### Grooming:

This is when an adult poses as a minor and gains the trust of a girl to trick her into sending intimate photos or videos.

### Sextorsion:

It is threatening the victim to publish and disseminate her private and sexual images or videos in order to get what the perpetrator wants.

### Revenge Porn:

It is the publication of videos or intimate images of the victim on social networks, revealing their identity in order to harm them, often as a form of revenge.

*"But let's not exaggerate either, I haven't recorded any video, I only received a photo of a colleague's tits and I passed it on to another group because everyone has already seen it."*

It's no exaggeration, that is also a crime.



**So now you know, if you receive something like this on your screen, you can do something too: stop it, report it.**

And while we are on the subject of "legalistic issues", we would like to remind you that when a person is a victim of a sexual offence, **there is no longer a differentiation** between sexual abuse and sexual assault (as before the *Law on Integral Guarantee of Sexual Freedom*). It does not matter whether or not force was used to commit the assault, what determines the offence is that **there was no consent**.

A shift to a more humane approach is needed. In the face of sexual assault, victims can react in different ways: to

be paralyzed (in shock), to be left alone or to defend themselves, but all reactions, **we insist, all of them**, have the **same value** and should therefore have the same legal protection. This way, the focus is placed on the perpetrator and the power he wields by committing the aggression, and **the victim is no longer blamed**.

**You decide which side you are on**

**3.**



**#Hermana  
YoSíTeCreo**

# Let's play a game...



## Myth or fact?

Read the following statements and answer whether you think they are a myth (a widespread but false idea) or a fact:

		MYTH	FACT
1	The majority of sexual violence is committed by people they know		
2	Male biology means that boys are often unable to control their sexual urges		
3	Sexual violence in a relationship is not a crime, one is pleased through love		
4	Sexual violence has traditionally been and continues to be an instrument of armed conflict		
5	If there is no penetration, it is not violence		
6	In most sexual assaults there are usually no outward signs of violence		
7	Girls with disabilities (intellectual or physical) are at higher risk of sexual assault		
8	Sexual assaults are isolated cases		
9	Most rapes occur at night and in public spaces such as on the street		
10	Sexual assaults are generally under-reported		

## We'll give you the answers:



(1) **FACT:** 80% of sexual assaults are perpetrated by people known to the victim.



(2) **MYTH:** That boys cannot control their impulses is not true, most aggression is premeditated.



(3) **MYTH:** If your partner is pressuring you to have sex, if you are subjected to certain practices, if he is hurting you, or if he is violating your privacy, he is sexually assaulting you.



(4) **FACT:** In times of crisis such as armed conflicts, sexual assaults or rapes are ways to terrorize the population, humiliate the victims and show the dominance of the victor.



(5) **MYTH:** If you missed this one, you're missing the point... Whether or not there is penetration, any sexual act without consent is sexual assault.



(6) **FACT:** Most sexual violence does not leave a physical trace. Leering, masturbating in front of someone, cornering someone, touching in the subway, sending a video or pressuring for sex without using force is also sexual violence...



(7) **FACT:** Although any woman is susceptible to sexual assault, women with disabilities may be at greater risk: they may experience violence from their caregivers, face greater barriers to reporting, and being believed is more difficult as they are often dependent on others for their full independence.



(8) **MYTH:** Despite the fact that sexual assaults often take place in private contexts and are often hidden, data indicate that **44%** of women have experienced some form of sexual violence.



(9) **MYTH:** Most sexual assaults are carried out by people known to the victim, such as friends, neighbors or relatives, and usually take place in the victim's own home, in regular settings or in the offender's home.



(10) **FACT:** It is estimated that **only 8%** of victims report (Macro-survey 2019). Most of the girls who did not report say that they did not do so out of shame, fear of not being believed or fear of the aggressor.

If you want to dig deeper and keep up to date with the real statistics, we recommend you visit the following website: <https://geoviolenciasexual.com/3-radiografia-de-la-violencia-sexual-las-cifras/>



# 4.

## #TodosLosCuerpos Son Válidos



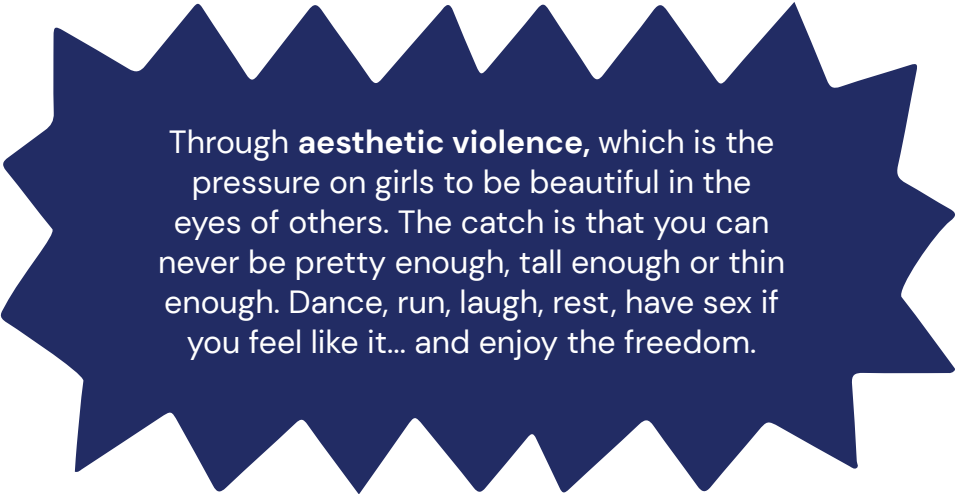
**Let's talk  
about  
diversity**

**Different is cool, and if  
they want you to look like  
the usual, run away!**


Under the banner of “normal,”  
boys have been expected to  
act, to insist, and girls to obey.  
**So normal is not always best.**

The fact that we consider “normal” ideologies such as “some bodies are better than others” or “some people are physically better than others” can make some people feel inferior or disadvantaged compared to *normal* people (neurotypical, white, heterosexual, thin...). No way, cutie. If being desired means being thin, white, and always waiting for the approval of others, we’re not interested. Pleasure should be at the core, to be free and to have fun, and for that, any body will do.

## How do they control us?



Through **aesthetic violence**, which is the pressure on girls to be beautiful in the eyes of others. The catch is that you can never be pretty enough, tall enough or thin enough. Dance, run, laugh, rest, have sex if you feel like it... and enjoy the freedom.



**Fatphobia:** is an attitude of social rejection towards bodies that are not thin. It is a social disease but with individual symptoms suffered by people with fat bodies, who internalize and blame themselves for this fatphobia. This is what we call **internalized fatphobia**.

A slim body is not a sign of health. Having a fat body is not a symptom of illness. Health is acquired through healthy habits and healthy living. Bodies come in all shapes and sizes and all have the right to be wanted, cared for and loved.



If you have a **disability**, whether mental or physical, don't let it limit you. Persons with disabilities want and have sex. Ask yourself who you like, where you would like to do it with the person you desire, how would you do it? All that is needed is skin and an intimate space. Don't be fooled, you can have sex with whomever you want, with people who are disabled, neurotypical or non-disabled, but always with your consent.

## Sexual and gender diversity

There is also diversity in desire (sexual orientation) and identities (gender identity). Regardless of your gender, you may like girls or boys. You can also like people in general regardless of their gender.

Regardless of the genitalia you are born with, your gender expression can be diverse, vary and flow.

**The era of “normal” is no longer fashionable. Diversity is having options to live your life according to your reality. To be proud of our bodies, be they fat, thin, small or big; of our abilities, be they typical or diverse, of our skins, be they white, brown, black... Of our desires, be they for women or men.**

# 5.

## #ConSentimiento

We all say we are against abusive behavior, so what do we want? **Healthy behavior!** And... what is healthy behavior...?

Healthy behavior is when they count on you, that they listen to you, that they cook that dish you love, that they answer your messages, that they respect your limits, that they are interested in how you are, that they value you.

So, what is abuse? They manipulate you ("if we're not going to fuck, then why did you come here?"), giving you the silent treatment (after a week without news, they say: "I'm fine, I'm busy"), being blackmailed ("if you really cared about me, you would sleep with me").

In order to have an equal relationship, i.e., a healthy relationship, two ingredients are essential: empathy and assertiveness, and what is the result?

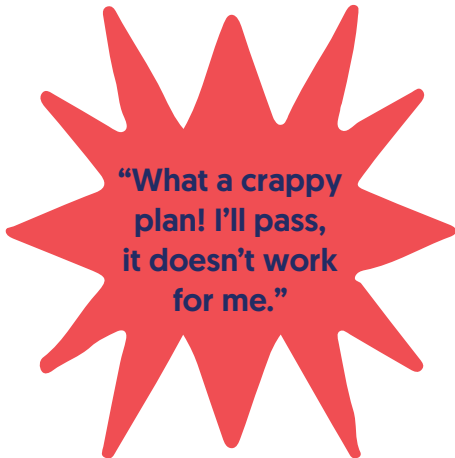
## Assertiveness + empathy = emotional responsibility



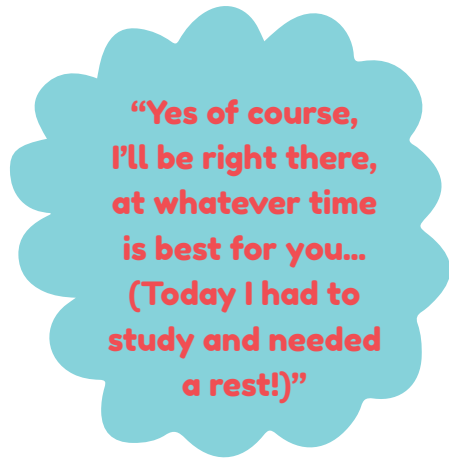
**Assertiveness** is related to communication. It is about setting limits in an appropriate way, saying no, explaining ourselves, but **not** justifying ourselves.

There are two types of non-assertive communication. For instance, if my babe or a friend proposes a plan and I don't want to...

### Violent communication:




### Submissive communication:



Some ideas for assertive communication:

1. *I am very tired, and I'd rather take care of myself and stay at home*
2. *I don't really like that plan, can we do something else?*
3. *I need to focus on tomorrow's exam. When I'm free, we'll meet up!*


**Sexual assertiveness** is important because culturally we still lack comprehensive sexuality education, and if we don't know what we like, it will be more difficult to communicate to others what we need or what gives us pleasure. Therefore, it is essential for us to know what we like, what we want and, very importantly, what we don't want.



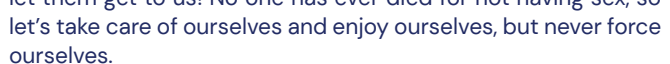
Even if we get an A in assertiveness, it is of little use if we do not have the other side of the coin, or rather, of emotional responsibility: empathy.

**Empathy** is the ability to put yourself in the other person's shoes with that person's circumstances (not yours!) and is essential for relating to others. How can we put it into practice?

- **Ask the other person what they need, if it is OK, if they like what you are doing.**
- **Understand their non-verbal language, do not act without making sure they are enjoying what you are doing. It is important to always adapt to the slower pace, if someone needs to go slower, we slow down the pace.**
- **If a person is hesitant, unsure about something, respect them and give them all the time and space they need.**



**Having sex is not a necessity, we don't need it to survive.** Yes, it is a human characteristic. We are sexed beings, but don't let them get to us! No one has ever died for not having sex, so let's take care of ourselves and enjoy ourselves, but never force ourselves.



**Sexual consent** is the verbal or non-verbal agreement to participate in a sexual encounter between two or more people. It is a way of making agreements, but the key lies in **desire**, which is the main feature of consent.

Therefore, for consent to be real, it has a number of characteristics:

**It is desired:** driven by desire.

**It is reciprocal:** all those involved must want it.

**It is specific:** a person may wish to engage in one particular practice, but not another.

**It is reversible:** a person can change his or her mind at any time.

**It is up to date:** the persons involved should make sure that the consent is still valid and that the encounter is still desired.

**It is voluntary:** it is not consent if it restricts the other person's freedom of choice.

**It is consensual:** reaching agreements through communication and listening is a tool that favors relationships based on desire and consent.

Let's go further, let's dig deeper and talk about **consensus**. When we think of consent, one person proposes and the other responds. However, when we think of consensus, both sides, all sides, talk, negotiate, respond, question. We are talking about cooperation and negotiation and this is **sexy**. What is not sexy is to be forced, to be tricked, to have to pretend. Being told yes is sexy, mutual is sexy, talking about sex is sexy: Consensus is erotic!

What is needed for consensus?

**Assertiveness:** to set limits, to know how to say no.

**Communication:** to know how to express what you like and what you don't like, what you are comfortable with and what you are uncomfortable with.

**Recognizing emotions:** learning and accepting responses that are sometimes not direct, but which show disagreement (non-verbal language, silences, neutral attitudes...).

**Learn to explicitly ask for permission** before engaging in any behavior.

We have the right to **change our minds** without guilt, whenever and however we want.

**Make no mistake: without consent, it is violence.**

## 6. #SeAcabó



# If you are thinking of assaulting someone... it's so easy, don't do it!

- ✗ If you're walking down the street and you meet a girl, leave her alone. Your compliment is of no interest to anyone.
- ✗ If you are out partying and you see a girl dancing or having fun with her friends, leave them alone, girls know how to have fun with each other.
- ✗ If you're hooking up with a girl, whether it's your girlfriend, your flirt, or a friend, but you see that she's not enthusiastic, ask her if it's okay or if she wants to continue.
- ✗ If you find it fun to be alone in class, recess, gym...with the girl you like, but you see that she doesn't... it's easy, empathize and leave her alone.
- ✗ If you've been angry because you were told that she doesn't want to do a certain sexual practice, reflect on why it bothers you so much, consider whether you think that your opinion matters more than hers or whether you have more right to enjoy yourself than she does. Perhaps in this way you will realize that this anger can lead to coercion.
- ✗ If you and your friends want to tinker with artificial intelligence and make a montage with the face of a colleague on a naked body, stop it, it's not funny at all! The force and pressure of viral messages and the impact on a colleague's life, it's not a game, it's not funny, it's a crime.

**It is very important to make sure that the other person is in a situation where they can say NO. Check your insistence and the context.**

# If you have suffered any kind of sexual violence, remember:



<https://institutomujer.castillalamancha.es/recursos-y-servicios/centros-de-la-mujer/red-de-centros#zoom=7&lat=4833886.53383&lon=-332243.52936&layers=BTT>



It is a crime and you can report it.



Your skirt was not short, you can walk freely wherever you want, the street and the night are yours too!



Having sex is OK, not respecting your consent is a crime.



**IMPORTANT: You were not to blame**, only the aggressor bears that responsibility.



Lean on your network: your friends and family can help you.



If you are not sure what has happened, don't worry, just go back to your support network. Tell people you trust about what happened and seek professional support. Go to your local women's center and explain the situation.



If you feel judged by the person listening to you, don't insist on convincing them, you have the right to have doubts and to be acknowledged. Get away from that person but don't isolate yourself, look for support from other people who do believe you.



On internet you can also find a large support network. Movements such as #metoo #cuéntalo #seacabó, collect testimonies of other women victims of sexual violence.



Reach out to others who you think may have gone through the same thing or seek out therapeutic support groups, it will help you not to feel alone and you may find important references to move forward.



Rest, take care of yourself and do activities that give you pleasure.

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## If you are a friend of the victim, family member, partner, acquaintance...



**Listen to her** carefully, ask her how you can help her and empathize, tell her how sorry you are that she has had to go through this.



**Don't judge**, doubting is part of the process. Give her the time she needs.



Offer to **accompany** her to make a report or to go to a victim support center.



If you are a boy, **break the gentleman's agreement**. Don't collaborate in making demeaning jokes about girls. If they want to take advantage of someone else, object. Leave groups that are disrespectful and promote inequality. If you are part of a group in which you cannot express yourself freely, stay away. Evolve, the machos and male chauvinists are not cool.



If you are a witness to sexual violence:

- » Approach the victim and ask how he or she is doing.
- » If it is a friend or relative, oppose the aggressor.
- » Report it.



If you are in a group, pay special attention that the victim feels supported and acknowledged.

## If you decide to report it, here are some things to keep in mind:

As a society, we have much to contribute to prevent revictimization.

**Acknowledgement of harm is restorative.**

**Collective recognition of harm is healing.**



The most important thing is to be safe and to feel safe.



If you are in pain or injured, go to the emergency room for treatment.



If there are genetic traces (semen, saliva) do not wash, go to your medical Center so that a sample can be taken.



Don't clean the area, don't wash the clothes... they could serve as future evidence.



Go to the police station as soon as possible, it is a painful and sometimes time-consuming process, but filing a complaint in time will help to bring it to a successful conclusion.



You may be familiar with this word: **revictimization**.

Revictimization is the way in which a person is repeatedly made to be a victim, judged and questioned for the traumatic event: the situation of sexual violence.

# 7. #NoEstásSola

If you have been sexually assaulted, if you are a victim or survivor, you can find resources available here that can be of great help.

## Emergencies

- 112 emergency services
- Permanent helpline for victims of gender violence:
  - **016 Services:** telephone 016 (whatsapp 600 000 016)
  - **Telephone line 900100114**

## Support resources in your province and/or municipality:

- Integral Sexual Assault Intervention Program



- Castilla-La Mancha Network of Women's Centers



- **REVELAS** Child Sexual Abuse Prevention and Intervention Program



- At your local festivities, look for the **Violet Point**

