

HOT SPICE

H - Honest

Time for some truth-telling! Being honest with ourselves and others means doing a little soul-searching. So, grab your inner compass and ask: Are you vibing with your values? Are you sticking to your personal boundaries like a champ? Do you feel all warm and fuzzy, or is social pressure sneaking in like an uninvited guest? And hey, those same questions apply when it comes to keeping it real with others too!

O - Ongoing

Consent is not just a quick game of “yes” or “no,” folks! It’s more like a continuous chat: a “yes” today might turn into a “no” in just 20 minutes. We’re all human, and our minds can do a little dance —what we want now can totally change later, and that’s perfectly fine!

T - Talked About

We’re talking about the art of chatting! Sure, it can feel like diving into a shark tank, but it’s the most crystal-clear way to spill the beans on what you really want!

S - Specific

Every individual involved in an interaction holds the power to make decisions about the who, what, why, and how of an intimate experience. It’s essential to understand whether we are granting or receiving consent for the specific actions we participate in.

P - Present Moment

Establishing consent in the present moment is crucial. Like ongoing consent, it cannot be assumed from earlier interactions during the week, as circumstances can change rapidly. Therefore, it’s essential to regularly check in and secure consent in the current context.

I - Informed

When we seek or grant consent, it’s crucial to understand the associated risks and any other relevant details, including age, relationship status, and more.

C - Changeable

Consent can be revoked at any moment, without the need for explanation, even during an ongoing interaction. It is crucial to honor individuals’ autonomy and their right to change their minds.

E - Enthusiastic

This means zero guesswork! Everyone involved should be pumped and ready to roll, free from any outside stress. It’s all about sharpening our radar for body language and tuning into those sneaky non-verbal signals. Plus, let’s not forget the magic of keeping those communication channels wide open!

The HOT SPICE acronym is a helpful tool to understand consent. It ties together the importance of self-awareness, communication skills, the law, and other important factors that should always be considered.

Bradshaw 2020

On Consent & Alcohol/Substance-Use

Many adults choose to use substances, such as alcohol or drugs, as part of their social lives. The presence of substances can impact someone’s ability to give informed and voluntary consent and can impair how others may interpret consent.

So, can someone be under the influence and still give consent? The answer is yes, **but...** It can make things more complicated, and we should know how to practice consent even when it may be complicated.

Communicating and interpreting consent in the presence of alcohol and substances requires us to recognize the signs of intoxication while also paying attention to verbal and non-verbal communication. In short, if someone is too intoxicated and are showing signs such as slurring their words, stumbling, going in and out of consciousness, or showing other behavioral changes, they cannot consent.

Consent is often seen as a simple agreement, but it is actually complex and influenced by power imbalances, cultural pressures, and psychological factors.



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CONSENT

BASICS

GET IT, GOT IT?

Sometimes asking and getting a ‘yes’ isn’t consent, and not every ‘yes’ is created equal. Sometimes ‘yes’ actually means ‘no’, because the question shouldn’t have been asked in the first place. - Cheryl Bradshaw, 2020

Sexual Assault Awareness

On Consent Conversations & Rejection

Rejection is a normal part of life. Embracing the potential for rejection without taking it personally allows us to create spaces where everyone's boundaries are respected. It strengthens trust while also reinforcing the idea that consent is freely given and can be withdrawn at any time, without fear of negative repercussions.

Tips and Tricks

- Practice Active Listening! When someone says no or expresses discomfort, listen without interrupting and acknowledge their feelings.
- Detach from the Outcome! Understand that rejection is not a reflection of your worth.
- Respond with Kindness! If someone rejects an idea or request, it can sometimes make us feel upset or defensive.
- Responding positively and with kindness will help to strengthen the relationship.
- Prioritize Emotional Well-Being! Although rejection is normal, it can also feel difficult. Try to engage in activities that help you feel grounded or supported, whether that's talking to a friend, journaling, or practicing mindfulness.

On Consent Conversations & Awkwardness

By reframing awkward conversations, we can start to view them as a positive and necessary step towards open and honest conversations. With practice, what once felt awkward becomes natural and empowering!

Tips and Tricks

- Start Small! You might begin with simple, low-stakes conversations to get comfortable discussing consent. For instance, asking a friend if they're okay with a hug.
- Use "I" statements! For your requests or concerns, use "I" statements to communicate your needs clearly and non confrontationally.
- Normalize the Conversation! Practice bringing up consent in everyday situations, like planning activities together, sharing stories, or deciding on a shared meal.
- Acknowledge the Awkwardness! It's okay to admit that a conversation feels awkward.
- Practice Self-Compassion! Acknowledge that it is okay to feel nervous or awkward.

On Consent Conversations & Boundaries

Establishing and respecting boundaries is the core of consent. By openly discussing and honouring each other's boundaries, we can create a culture where consent is valued.

Tips and Tricks

- Talk about Boundaries Early! In any relationship, whether personal or professional, try to take the initiative to talk about boundaries early on.
- Respect & Reinforce Boundaries! If someone sets a boundary, respect it and honour it.
- Reinforce their decision by acknowledging it with a positive response, such as, "I'm glad you told me"

Let's sprinkle a little consent magic into our daily lives and relationships! By doing so, we can whip up a world that's not just safer, but also bursting with respect and empowerment for everyone involved!

Information adapted from: Real Talk about Sex & Consent, what every teen needs to know - CHERYL M BRADSHAW