

With Your CONSENT:

A Hands-on Workshop on Safety and Empowerment in the Arts

LESSON PLAN

by Carolyn Marie Wright

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1. Welcome & Objectives – 10 minutes

Participants will:

- deepen their understanding of the definition of *consent* in the following contexts: at home, at work, in art
- explore devised theatre activities – playwriting, improvisation, spoken word, movement
- discover ways to creatively express personal opinion
- brainstorm ways to use art to support and/or advance the society narrative surrounding consent and sexual assault

2. Intro to Facilitator and Host – 10 minutes

Carolyn Marie Wright – Artist, Educator, Activist

Must share: I am facilitator for the day; I'm not licensed as drama therapist. While catharsis and release may occur in workshop, we will not be offering treatment in session. We will provide info for local health and wellness services, if participants discover they want to seek support.

Adam Frank – Artistic Director, Ozark Living Newspaper

3. Ensemble Circle – breathe and stretch – 5 minutes

4. Community Agreements – 15 minutes

Establish location of chart paper with Community Agreements. Offer suggestions to start the list of key elements, and then add ideas from participants in session. Frame that this is a working document, and revisit this in between activities. At top of session, facilitator will request permission to make executive decision to step in and pause work if and/or when an agreement is disregarded.

Community Agreements include:

- Safety
- Respect
- Open mind
- Willingness to push yourself out of comfort zone
- Responsibility for personal bubble – test your boundaries, stay aware of boundaries, share with others if/when boundaries are challenged
- Be present
- Be curious
- Permission to laugh
- Permission to make mistakes
- Have fun!

5. **Introduce and identify:**

Safe Zone – introduce space in room for quiet time – a place to “press pause” and exit activity as needed. Identify this space with a sign on wall or clearly designate a section of the event space. For OLN workshop, we will use the anteroom for the safe zone. Be sure to introduce at top of session.

Parking Lot – a chart paper posted in room where you can “dump” or park the following: ideas, questions or “blurts.” Provide pens/markers. Refer to *The Artist’s Way* by Julia Cameron, if helpful, to give context for “blurts.”

6. **Warm Up – Ensemble Foundation – 20 minutes**

Name Game

Invite each participant to share:

- Name
- One reason why you are in the room today
- One thing that brings you joy

Facilitator note: observe energy in the group and record responses to joy. This is

the first stage to “take a temperature” of the room. Notice how and what each

participant shares. Be ready to return to joy and laughter if and/or when the workshop enters heavy or dark content.

Name & Power Pose

- This is a call-and-response game.
 - State your name and strike a pose of power. (Think superhero, strong choices). *What does power look like to you? It can be big or small, so long as it is a specific gesture. What is a gesture?*
 - 1st round – Name & Pose
 - 2nd round – speed through to review Name & Pose
 - 3rd round – share your Name & Pose then “pass the game” across the circle to somebody else by sharing that person’s Name & Pose. Continue to play game until all everyone has participated.
7. **Revisit agreements + add new ideas based on games – 5 minutes**
8. **Activity I: Artist Pages – 30 minutes**
- Writing prompt worksheet provided, including:
 - I am...
 - To me, consent means...
 - I hope...
 - Artist choice to skip prompts, write “out of order” or go in own direction if inspired to keep writing.
 - Create a 12-line monologue – with option to share writing aloud.
 - Select 5 prompts and write them down, skip a line in between.
 - Fill in transition sentences between prompts.
 - Add a 2-line conclusion or thesis to end. Think Shakespearean sonnets. Permission to rhyme if you please! Can be an invitation or a pitch to the listener as if he/she/they may have the next line and turn it into a dialogue. Option to write a stand-alone piece.
9. **Artist Choice: continue writing or take a break – 15 minutes**
10. **Reconvene: breathe, stretch, revisit Power Poses – 5 minutes**
11. **Check in:** Challenges? “A ha” moments? How are we doing? What do we want explore in 2nd half of workshop? Provide optional road maps.

12. **Monologue Sharing – 20 minutes**

Introduce sharing criteria:

- Applause – before and after
- No peer review or critique
- Hold space for others to speak and share
- Reminder, invitation, permission to breathe
- Group share – ask for volunteers.
- Thank participants for their sharing, listening and supportive energy.

13. **Activity II: Living Newspaper – 30 minutes**

- Carousel of images and articles posted around the room
- Circle round and identify the 1 that “speaks loudest” to you
- Write a 3-line mini play with the following criteria:
 - Introduce beginning/middle end format.
 - Explain that the image is the middle of the scene. Imagine what happens if the image suddenly activates and you enter a monologue or dialogue already in process.
 - Write this middle line of dialogue (Line 2 of 3)
 - Add a beginning line of dialogue that occurs the moment before this image (Line 1 of 3)
 - Add a final line of dialogue (Line 3 of 3)
 - Permission to rewind or fast forward – time jump.
 - You are the playwright; the scene can be what you factually understand to be the reality according to the news, or you can create a fictionalized storyline inspired by your personal reaction to the image.
- Allow 10 minutes for writing.
- Group share – ask for volunteers

14. **Check in:** Challenges? “A ha” moments? How are we doing?

15. **Q&A – 10 minutes**

Time to ask about workshop, facilitator tips and/or for whatever reveals itself.

16. **Reflection Circle – Word or phrase of the day – 5 minutes**

Deep breath, in through nose, out through mouth.

Thank participants for attending and sharing the space.

Writing Prompts

Facilitator – Carolyn Marie Wright

February 3, 2018

1. I am...
2. I am made from...
3. I am here today because...
4. To me, consent means...
5. I fear...
6. I challenge...
7. I question...
8. I worry...
9. The problem is...
10. The solution is...
11. One idea or action I want to take is...
12. With the power to change society's perception about consent, I will say...
13. With the power to change society's perception about consent, I will do...
14. With the power to change society's perception about consent, I will be...
15. One thing I wish people who think differently than I do understand is...
16. I hope...
17. I wish...
18. I pray...
19. I promise...
20. Twenty years from now, I hope future generations describe our society as...

Sample Monologue Draft - Outline

Facilitator – Carolyn Marie Wright

February 3, 2018

1. To me, consent means...
2. [transition sentence]
3. I am here today because...
4. [transition sentence]
5. I wish...
6. [transition sentence]
7. With the power to change society's perception about consent, I will say...
8. [transition sentence]
9. One thing I wish people who think differently than I do understand is...
10. [transition sentence]
11. Conclusion or Thesis – Sentence #1
Ie. Twenty years from now, I hope future generations describe our society as...
12. Conclusion or Thesis – Sentence #2

Example Monologue

Writer – Anonymous

* Consent was Given to Publish this Monologue

To me, consent means F*ck Yes

Verbal and physical and emotional agreement to engage

To participate

F*ck Yes

Without a doubt Yes

Not maybe Yes

Not maybe no

No f*ck maybes

No f*ck nos

No means no

It's more than that

F*ck Yes

I wish more people were talking about consent

I wish more people were experiencing consent

I wish I were as comfortable talking about sex at age 18 as I am today

Am I really that comfortable today?

Or am I trying on this cloak of confidence

F*ck Yes

Twenty-five years from now, I hope future generations describe our society as

Change makers

Peacemakers

New rule makers

Consent seekers

Pleasure seekers

Safety keepers

F*ck Yes

Let's talk about sex

F*ck Yes

Let's talk about consent

F*ck Yes

Let's talk about you

F*ck Yes

Let's talk about #metoo

Selected Resources:

<http://affirmativeconsent.com/whatisaffirmativeconsent/>
<http://www.latimes.com/opinion/op-ed/la-oe-farrow-woody-allen-me-too-20171207-story.html>
<http://time.com/time-person-of-the-year-2017-silence-breakers/>
<https://www.rollingstone.com/music/features/kesha-and-dr-luke-everything-you-need-to-know-to-understand-the-case-20160222>
<http://variety.com/2016/film/news/last-tango-in-paris-rape-scene-consensual-bernardo-bertolucci-1201933117/>
<https://www.nytimes.com/2017/10/20/us/me-too-movement-tarana-burke.html>
<https://www.nytimes.com/interactive/2017/12/13/opinion/contributors/salma-hayek-harvey-weinstein.html>
<https://babe.net/2018/01/13/aziz-ansari-28355>
<https://www.theguardian.com/commentisfree/2018/jan/16/aziz-ansari-story-missed-opportunity>
<https://www.cnn.com/2018/01/24/us/larry-nassar-sentencing/index.html>
<https://mobile.nytimes.com/2018/02/04/opinion/metoo-law-legal-system.html?referer=https://t.co/h2bBMY741z>

Hotline Info:

uca.edu/counseling/sexual-assault-education/
<https://acasa.us/>
<https://www.timesupnow.com/>