

Talking Consent with parents



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About Me

I have been working with young people for the last 20 years in various contexts including the areas of trauma, child protection, protective behaviours and preventative education group work. I have a strong rapport with young people and aim always to have them at the centre and forefront of my interventions. I am dynamic, knowledgeable, funny and interesting.

In more recent years I have focused my attentions on earlier intervention and group work in schools for kids, teens and parents. It has been my experience that young people learn best together in a safe and facilitated environment. My groups have extended in schools throughout Northern NSW and Sydney where I divide my living time. My parent/carer groups run both face to face and online and helps to continue the consent conversation at home and empower parents to feel more confident.

I am a conduit for kids' voices, using a collation of 20 years' experience and anonymous stories to create connection to important learnings from each other, particularly in the areas of consent, protective behaviours and bystander awareness.

I love my work, it continues to inspire and excite me when I see young people come together in a safe, creative environment to learn and share knowledge which they carry into their safer and more insightful future.

BIO

I have been working with young people for the last 20 years in various contexts including the areas of trauma, child protection, protective behaviours and preventative education group work.

1997-2000 1800 RESPECT Counsellor

2000-2003- Crisis counsellor Stepping Out Housing Program

2003-2018 NSW Health Sexual Assault Unit

Providing crisis and acute response to victims of sexual assault
Protective and preventative Education Programs in over 100 schools
throughout NSW

**2008-Current (private practise)
Talking Consent Education Program
Byron Mind Counselling**

**2018-Current
NSW Health Child Protection Counsellor**

Parent/Carer Session

How do you talk to your kids about their bodies?

About early ideas of consent?

About body autonomy?

We will address these and equip you with knowledge of how to help your child:

- To develop and maintain a positive self-concept**
- To understand self-awareness and identify feelings and ways to manage strong emotions**
- To understand early warning signs**
- Age appropriate understandings of body autonomy, consent and body sovereignty**
- Understanding personal safety issues and practising protective behaviours**
- Understand the role of gender within consent culture**
- Practising confident communication and understand healthy relationships**
- Identify support systems**

"I have found the Adoles-sense Program to be one of the most worthwhile programs around for our young students. Jane delivers a very powerful program where information around very sensitive issues is discussed with the students in an open, trusting and engaging way. I would highly recommend this program to all schools." **Virginia Pavlovich, Main Arm Public School**

Testimonials

"Jane came to our school to give a two-hour workshop to our year 10's last week on Protective Behaviours with a focus on consent. Let me start by saying that Jane is a fantastic facilitator, she has a very natural and down to earth approach and connected beautifully with the young people in the room. Her wealth of knowledge and experience shone through and students felt safe to open up and contribute their own experiences and thoughts. For me it brought to light the alarming statistics on sexual abuse and how each of us as individuals have a responsibility around consent which involves checking in with the other person and respecting their boundaries. I highly recommend this workshop to all High Schools."

**Anna Kuhlmann-Schlueter, School Counsellor
Shearwater Steiner School**

Talking Consent Testimonials

"The sessions around consent were informative, engaging and well received by students. The real life stories resonated with the students and stimulate robust discussions."

Cameron Johnson, Mullumbimby High School, Deputy Principal

"I truly thought your presentation was excellent, and just the right feel for our community, as did our Head of Primary. I've received some feedback from various parents who were equally impressed"

**Sarah Johnstone, Deputy Head of Primary
SCEGGS Darlinghurst**

"The comments I received from Year 12 were overwhelmingly positive. They really enjoyed your workshops and appreciated the opportunity to share their thoughts and ideas on the very topical, current issue of Consent. I have passed on the positive feedback to my colleagues involved with pastoral care and will recommend that Kambala run similar workshops in the future."

**Marion Rosen, Kambala Rose Bay Head Yr. 12 Teacher,
March 2021**

"The workshop was such a positive experience for my daughter with her friends. Jane's experience and gentle supportive approach is such a gift of guidance to our next generation of young positive empowered women. Highly recommended to all."

Mel, mother of teen 2019