THE POWER OF CONSENT

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The rising rape cases in the Philippines should serve as a wake-up call for parents and educators. Rape has been a major problem in our society, where some sexual predators remained unpunished while their victims suffered in silence.

Based on the data from Philippine National Police obtained by the Philippine Statistics Authority, rape cases in the country rose by 30.6% in 2019 at 2162, up from 1656 cases in 2018.

Various groups have launched their campaigns on sex positivity and empowerment in an attempt to create a society with less cases of sexual assaults. But we must not rely on these advocacies to do the job alone. Educating our children about consent and empowerment to prevent rape must start in our home and school.

Consent is a mutual agreement between two persons before engaging in a specific activity or behavior. There are words and gestures we can teach our children to help them understand the power of consent.

Children must learn the importance of asking permission. At their early age, we should teach them to ask permission first before hugging, kissing, or touching their playmates. In addition to that, kids should also learn to accept “no” as an answer. If a child insists on doing something after getting a “no”, he/she becomes a threat to the safety of other children. Teach kids that every “no” and “stop” from someone should be honored. As a result, they will be able to protect other kids by avoiding unnecessary advances.
Educating young people about consent and empowerment also cultivates values such as respect and compassion.

Rape culture must end. It’s a long way to go but we can always do something. Let’s start the change with our kids.

References: