

**For Immediate Release**  
**MOCK PRESS RELEASE**



## Healthy Relationships Workshop

Communicating Consent with Women Helping Battered Women Guest Speaker

COLCHESTER, November 10, 2015 – Starting November 16<sup>th</sup>, Saint Michael's College will be participating in Consent Week. On the Wednesday of next week, on the 18th at 7 pm, Emily Fredette from Chittenden County's Women Helping Battered Women will be coming to campus and hosting a Healthy Relationship Workshop in International Commons\*. This workshop will focus on the definition of consent, how to navigate discussions of consent within relationships and positive outcomes when talking about consent with an intimate partner.

This event will begin with a presentation by Emily about relationships, what a healthy one looks like, and sexual health, specifically talking about the importance of consent within such intimate interactions. The evening will also include small group discussions with scenarios to more fully process what consent should look like, feel like, and sound like, with an opportunity to regroup with the larger audience and reflect on the workshop. These smaller discussions will be facilitated by members of Professor Grayson's MJD 219-A, providing interactive opportunities to discuss with peers what consent means to each of us and how consent impacts our individual relationships as well as the Saint Michael's campus as a whole.

“I love the idea of discussing how talking about consent can have very positive outcomes, not just the absence of consent as a negative. Having these conversations within intimate partner relationships can really strengthen a healthy relationship,” Emily stated earlier this week.

Check out our Facebook page ([tinyurl.com/nt9cz2s](http://tinyurl.com/nt9cz2s)) for updates about this event and everything you need to know about Consent Week, and be sure to check your SMCVT emails for updates in the Saint Michael’s Daily Digest.

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About the company: the facilitator, Emily Fredette, is an Educator and Youth Advocate at Women Helping Battered Women. You can learn more about WHBW, Emily’s role and the services they provide locally at: [www.whbw.org](http://www.whbw.org).

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\*location subject to change