



## Businesses for Health: TB & HIV

# World AIDS Day

# The Consent Shuffle



Welcome to the B4H **Consent Shuffle**—a fun dance to symbolise the process of negotiating consent and celebrating mutual agreement on safer sex practices. Teaching a group this dance will help you to talk about the steps involved in communicating consent and making responsible choices in a fun way.

### Sections of the Dance:

- The Approach
- The Proposal
- The Reconsideration
- The Re-approach
- The Agreement and Celebration

Any up beat music in simple 4/4 time. We used **Ed Sheeran - Shivers (Ooh, I love it when you do it like that)**

<https://youtu.be/ZuBU5YHx-vs?si=PxKav-J5P0k0BhQV>

**To start:** Partners face each other, (this can also be a circle dance with **partner 1** facing out (back to the centre) and partner 2 facing partner 1 in the outside circle

### Part 1: The Approach

**Partner 1** is considering approaching Partner 2 to discuss engaging in sex with condom use. Partner 2 is receptive but cautious.

**Partner 1** (steps forward on R) Partner 1 (steps backward on L). Counts: Quick (1), Quick (and), Slow (2), Quick (1), Quick (and), Slow (2) for the first six steps.

### Part 2: The Proposal

**Partner 1** is asking Partner 2 about having sex and suggests using a condom. The side slides represent the negotiation and consideration.

**Partner 1** takes Partner 2's left hand with their right hand and Slide to the Right. Both partners step side together over four counts. Slow slide step to the right. Slow slide to the Left: Counts: 1, 2, 3, 4 (slide right); 1, 2, 3, 4 (slide left).

### Part 3: The Reconsideration

**Partner 1** reconsiders their proposal and steps back. Partner 2 shows keen interest and steps forward, expressing enthusiasm.

**Partner 1** shuffles back "Gangnam Style" Step back Right (R), Left (L), Right (R), Left (L). Counts: 1, 2, 3, 4.

Partner 2 shuffles forward at the same time. Step forward Left (L), Right (R), Left (L), Right (R). Counts: 1, 2, 3, 4.

### Part 4: The Re-approach

**Partner 1** gains confidence and decides to approach Partner 2 again. Partner 2 is still receptive but waiting for clear communication.

**Repeat Part 1 Footwork:** **Partner 1**, Step Right (R), Left (L), Right (R). Partner 2 steps back. Left (L), Right (R), Left (L). **Counts:** Quick (1), Quick (and), Slow (2); Quick (3), Quick (and), Slow (4).

## Part 5: The Agreement and Celebration

**Partner 2** agrees to have sex with condom use. The spin symbolises mutual agreement and excitement. The celebration dance represents joy in consensual, safe sex.

**Partner 1 and Partner 2** join hands again. Partner 1 spins Partner 2 under their right arm over four counts. Counts: 1, 2, 3, 4. Spin back in the opposite direction over the next four counts. 1,2,3,4

**Celebration Dance:**

**Both partners perform an “running man/airwalk” or dance on the spot. Counts 1 to 8.**

**To make this a progressive circle dance**

During the celebration dance, **Partner 2** moves on to dance with a new partner. This reflects the ongoing nature of relationships and the importance of consent in each new encounter.

Part	Action	Count		Meaning
1	Partner 1 steps forward; Partner 2 steps back	Quick, Quick, Slow (1 and, 2), repeat	RL,R LR,L	Thinking about sex and condom use
2	Partners hold hands; slide P1's right then left	Slow slide R (1,2,3,4) each side) slow Slide L (1,2,3,4	Slide R Slide L	Discussing consent and condom use
3	Partner 1 shuffles back; Partner 2 shuffles forward	Shuffle back 1,2,3,4	RL, RL, RL, RL	Reconsideration and expressed interest
4	Repeat Part 1 steps	Quick, Quick, Slow (3 and 4) repeat	RL,R LR,L	Re-approaching with confidence
5	Partner 2 spins L then back; celebrate together	Spin 1 (Counts 1,2,3,4); spin back (Counts 5,6,7,8)	L R	Agreement and celebrating consensual safe sex

### Practice Tips for dancing and safer sex

To stay in sync, keep eye contact and communicate with your partner to stay coordinated. Let your facial expressions reflect the emotions of each part—curiosity, hesitation, joy. Have Fun: Enjoy the dance and the message it conveys.

### Discussion Points

Consent Communication: How does the dance illustrate the steps of negotiating consent?

Safe Sex Importance: Why is discussing condom use important in relationships?

Mutual Respect: How can we ensure both partners feel comfortable and respected?

Applying in Real Life: How can the lessons from the dance be applied to real-life situations?

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### Feedback

We'd love to hear your thoughts on this activity. Please share any feedback or insights you gained from participating in The Consent Shuffle.

**Remember: Consent is key, and practicing safe sex is a shared responsibility.**