

Youth Discussions: A Conversation on Consent Joshua Center Video Transcript

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Mini Lecture Series: Navigating Affirmative Consent

by Celeste Coler

So today I want to talk about consent in a more comprehensive way than I feel I was ever taught consent through my experience with consent education. So let's go through the basics. When we hear the words consent, we usually think of sexual consent, but consent goes well beyond that. And one way to ensure that we're practicing consent in the sexual context, where consent is crucial is to practice it in less serious contexts. So actually asking for permission is a form of consent that we use in social contexts. Obviously, consent is more nuanced. And we're going to get into why that is.

What is affirmative consent? Is a new idea of consent that really encompasses a lot of the nuances and complexities that sometimes come with getting consent from another person. So it starts off with this idea that consent is always required. It is always necessary no matter how well you know someone, no matter how comfortable you think that they feel with you. There are reasons why consent can be complex. And you always need to be aware of that whenever you're going into an intimate situation. Many people have heard the saying, "no means no." But affirmative consent actually says, consent is not the absence of a no, but a presence of a yes. And that yes, can be verbally articulated, or physically articulated, really, depending on what boundaries you and your partner have. So in order to get affirmative consent from your partner, or for another person to get affirmative consent from you, it means that that consent must be enthusiastic, voluntary, ongoing, clear and freely given. And we're going to go more in depth about what each of these words mean, in terms of consent.

It's important to think of consent as an ongoing process. Consent can always be withdrawn, or you can change your mind as well. Someone who's consented to one sexual behavior may change their mind and wish to stop or may not want to engage in another sexual behavior beyond what they've already consented to. This is why talking about consent and boundaries explicitly and continuously helps ensure that each person's boundaries are respected and not violated. So what this means is that a healthy consent and hookup culture is present, when it's just as easy to say no as it is to say yes, right? So this is really engaging with that idea of voluntarily and freely given consent.

So let's talk about gray area. It's important to understand gray area, because this is where some people get confused about consent, how to ask for consent, and how to give consent. So when you are in an intimate situation with someone, and they say, "No," "I don't know," or "Maybe," that is not an opportunity for them to be convinced into doing something that they're not comfortable with. The goal is not to get them to say yes, it's not to make them change their mind. It's this idea that consent is keeping the door open, but not pulling someone through.

Hearing "Okay, fine," that also does not mean yes, because that can lead to pressuring, pestering and guiltning someone. And that's considered coercion. So that means that consent was not voluntary, which, as you remember, was one of the main traits of consent that we need, in order for consent to be affirmative.

I feel it's also important to acknowledge why someone may not feel comfortable speaking up when asked for consent. It's really important to make sure everyone feels comfortable and safe enough in their environment to be able to say no. So some things to be aware of is that power dynamics can be one reason why someone feels uncomfortable saying no. Freezing is not being able to communicate what you need in that moment out of fear or anxiety. And that means that you as someone's partner have the responsibility to check in with them and to be aware of these dynamics that might make them feel uncomfortable giving or receiving consent.

Let's talk about ways to ask for consent. It's all about leveling up. That's what makes consent continuous in a relationship. It's important to consider taking things slowly and in steps, and making sure that each step is okay with your partner. Don't let anything progress past someone's comfort level. It's important to continuously check in especially when substances are involved because maybe when someone began the interaction, they felt completely clear headed, and were able to give clear consent. But that might not necessarily be true for the duration of your time together.

And it's on you to ensure that your partner's on the same page as you and it's on your partner to ensure that you're on the same page as them. It's a sense of responsibility that all people engaging in intimacy need to have. It's also important to take no with grace, and this is all about going back to what we said about creating safe and comfortable space for someone to say no. But it's important to use phrases, like "I appreciate knowing where your boundaries are," when someone says no or says their limits and boundaries.

Some other ways to ask for consent are listed below here. This graphic here really encompasses a lot of the main features of affirmative consent. And affirmative consent is actually at the intersection of these four traits. So it needs to be clear, voluntary, knowing and ongoing. And if you were lacking one of these spheres of consent, then that consent cannot be affirmative. I hope that you learned something amazing about consent, and that you can share this with your peers. Thank you.

Youth Discussions: Consent

Thank you so much Celeste. Thank you. Um, so this presentation is going to be kind of the basis for our conversation to come. And I think that the importance of Celeste sharing that is to give to have someone who is doing this work every day at like a university level be able to communicate kind of what she wished she would have known in a high school setting, but also the importance of it in the college setting. I know as a lot of you look forward to that in the future. So I think that's really important. So thank you so much Celeste. Okay, so we will jump into the discussion now. So we're first just going to ask you about any initial thoughts and questions you

had about Celeste's presentation. And then once we kind of run out of initial thoughts, we'll go into some specific questions.

I really appreciated the part where she mentioned that consent wasn't about getting a yes. Because I feel like that's not emphasized enough. It's just about, oh, like, if someone says yes, then you can proceed, but it's never about the fact that that person doesn't have to say yes, and that like, you shouldn't be trying to get to a point where you're both okay with it if you're not, and I really appreciated kind of bringing light to that because even though it's like a, you know, common sense kind of thing, she still did a good job articulating it.

And to add on to what Lucia was saying, I think, a really important part of that part of the presentation and, you know, not trying to get someone to say yes, is after like, it should never be harder to say no, than it is to say yes. So there shouldn't be a bunch of like, steps that the other person makes you go through after you say no.

I guess I just have like a little question. Not without going into the specifics, but like, at what point in like, either, like, platonic or like, on that scale of like, touching or like leveling up do you think like, it's important to ask for consent. Because some things, like hand holding, like, that's also sort of like, unclear, you know? So yeah.

I would absolutely say it depends. During my time as an advocate at CMC, I've met people who have a lot of different levels of boundaries. So someone who may have already experienced some form of trauma might say any touching makes them feel uncomfortable, if it's not, if they don't get consent for it beforehand, or if they're not expecting it. So some people say, you know, someone putting their hand on my shoulder makes me incredibly uncomfortable. So that's something to definitely navigate and that's difficult because no one owes you their story when they're talking about their boundaries. No one needs to explain why, oh, actually, this form of touching that's really normalized in society actually makes me really uncomfortable. But at the same time, obviously expecting that everyone practices consent on any form on you know, very basic forms of touching is not something that I think will be wildly widely practiced in society. So I would definitely say that there is some forms of body language that you can read from and so on the very fundamental basic forms of touching say hand holding, body language can say a lot. You know, how close someone is standing to you. I think it's not until you feel as though someone, especially if you're doing something for the first time someone would say well, like this is moving a little bit too fast from me, or I'm not comfortable with this. I also think if you create a space in which someone feels comfortable saying no, then you can always, you know, make small efforts to get closer to them. And then if they've if you create a space in which they feel comfortable saying no, then they'll say no. And I think that that's, that's definitely one area in which a lot of people face confusion about, you know, especially in relationships with someone, you know, do I still have to ask for consent if we've been doing certain acts for months at a time? And I would argue, yes, because that's part of ongoing consent. But some relationships also have different forms of communication that work really well for them. And I think it just depends relationship to relationship.

That's really helpful. Thank you.

Um, so one of our first question Celeste and I were hoping for you all to answer is: Is this information that was taught to you at your schools? Was it a part of the curriculum? And if it wasn't what was different about this information? Or what was the same? So we just kind of wanted to see if in your middle schools and if your high schools, this was something that was discussed? Or if it's something that is lacking? And like any thoughts you have about that? That'd be really helpful. Thank you.

Okay, well, okay, so I am part of Teen Council of Planned Parenthood, and I've been part of that for a very long time. And so, which is an organization that's partnered with Planned Parenthood where a group of teenagers meets every week to talk about sexual health education, and then we go around to different schools around the greater Seattle area and teach back to other schools. And at my actual school, we had never had Teen Council come and speak. But we also really didn't have an in-depth look at consent. I think that like, throughout our like, like, PE classes or throughout, like the life skill classes, like our teachers didn't talk about consent, but they really just like mentioned it. And until recently, when, like, a group of students have put pressure on the administration to be like, hey, let's actually look at consent, because this is a huge thing that we need to like address, we've started seeing more progress and like more in depth conversations about it, but also, these conversations are really just the laws. And I think that that's where consent can get really murky is that like, typically, we have these like, older adults talking about consent in a way that's like, here are the laws. And this is how you don't get in trouble. But that's not what's important, like it is, but like, it's way more important that every party feels comfortable. And that like we're not just following the law, but like, everyone, again, it's ongoing, and that we're following freely given, it's reversible, and it's informed, and it's enthusiastic. And it's specific, those are so much more crucial than just. Oh, are you 16? Okay, and that's the consent in Washington. So then we're, so I think that that is where like schools kind of struggle is that they have actual things that they need to teach students because of laws. But also, that's not what students need to learn, they need to learn the actual content. That's less kind of just talked about. So yes, but not in depth, if that makes sense.

And something that I've noticed in my school as well, is that we only have one year of kind of like health in high school, and that's freshman year. And that's kind of a mix of PE as well. So probably only like half the years focus on actual health. And like an even smaller portion of that is focused on sex ed and consent. And I think that's like a very big issue. Because we have two to three years of kind of like another like health life skills class in middle school. But again, like that's focuses on everything. So you only get one year, freshman year and maybe like a week is focused on like a week or two is focused on sex ed, and even a smaller portion is focused on consent. So I think that's a big issue. Because yes, having those classes in middle school is great, but they should really continue throughout like the duration of high school. And like definitely college still, but especially high school preparing for high school culture and college culture. Yeah, I just think it's kind of disappointing that like at my school, we really don't have that and just feel somewhat like negligent because that's definitely like the prime time that this learning is very useful. Yes. Oh, sorry.

You can go

Okay. I have a pretty similar experience in my school as Aliyah. Um, we only have about about a week of sex education. And it's just a small amount of time. And it's just like, it's like, and it's not repeated, like like math would be implemented like in your brain so that it's just something that everyone knows all the time, like 10 plus 10 plus 10 is 20 or something like that.

Um, to add on to what Aliyah said, I think that you know, in high school is when you most need it, like in seventh grade consent isn't the first thing on my mind. I would rather just be like sleeping or something like that. And so When you're in high school, that's when, you know, it's really necessary to have that information when you can actually apply it. And I think it's disappointing to see that people think you learn it once and their job is done like, no, their job isn't just to teach you, it's also to protect you. And if people are ignoring that side of it, then, you know, we need to restructure the way we teach kids about this, because this is about life. It isn't just about school and education.

I think also, one of the things that comes with kind of having sex ed and consent, condensed within a bigger, like health program at schools is it doesn't leave a lot of time to kind of get into intricacies or to answer questions. It's, you know, sometimes in math class, like, you spend a really short time on one subject so that you can move on to the next because there's a schedule, I think that doesn't lend itself well, to talking about consent. And I think it leaves a lot of programs missing a really important explanation. So maybe you talk about how consent has to be ongoing. But you don't really dive into what that means or what that can look like.

Yeah, I agree with what everyone said. I think also, they don't, what would I think would be helpful for me would be if at school they talked about, they gave like examples, and like things people actually say, like you did in your presentation versus like, you have to have an affirmative, yes. And you have to not be drunk or whatever, or be under the influence of something. But if you could actually see the language that people are using.

To add on to this, I got an anonymous question through chat about what toxic hookup culture is. And I thought this is a good question to apply this. So toxic hookup culture is basically a culture in which boundaries are not respected. And there's certain normalized actions that perpetuate sexual violence on every level. And I think one way in which my school taught sex education, that I think I did little to actually educate people is that we, as a school considered a culture as a greater culture, right, we didn't think about the ways in which culture also belongs in schools. And there's a culture and friend groups, and there's a culture, in grades and among your peers, that's much more insular than you see in, you know, an entire Seattle area, for example. And I think that the school did little to integrate personalized sex education into sex education that really addressed the issues within specific smaller communities, and didn't address the issues of ways in which toxic hookup culture could happen at specific schools and smaller communities. So thank you for whoever sent in that question.

Um, okay, so I think one of the next questions is, do you ever have discussions with your friends about consent? Are your friends advocates for it? Or is it ever discussed as a cliché? And I think that I can personally relate to this question. I have some friends who are super open to talking about it, they have planned parenthood stickers on their laptops, and some who might make fun

of it when the school talks about it at an assembly. So we would love to hear about any of your thoughts about that, and the ways that it is integrated or not integrated in your social circles.

I don't think that me and my friends talk about it that much. Because I really only like talk to a couple people as of right now. And so I think it's something that doesn't come up because we don't believe it's important. Like we're constantly using social media as a platform to talk about and like address rape culture, and the culture that amplifies that instead of amplify survivors and people who are endangered by that. And so I think we do it more outwardly than inwardly. And I think that it's a matter of like, when it comes up, I think we are like, even though we don't talk about it now, I think we're prepared to address it. Because of like, the environment that we went to school. And so I hope that that, like Celeste said, you know, kind of giving people like knowledge of like, you know, culture and how culture can impact how we talk about consent. And I think that that's a really important thing, because it's even though it is about specifics, it's also important to, you know, create an environment where people are open and receptive and that safe for people because it's a really vulnerable thing. And when we don't respect that part of it, we can make it really difficult for people to talk about it and you know, apply it in their life.

One thing that I would say is I think these discussions are definitely becoming more normalized in a really good way. Because I think that, like Jude mentioned, he's on Teen Council. And I think, like different ways like that. And different, like youth boards are really allowing a space for teens to come together and talk about this and talk to their friends about it. And also, like many of you will know, if you're on Teen Councils, so then they can come to you for resources and different things. And I think that different youth organizations like that really allow, like, a healthy culture around that like, and one that's definitely growing, because I think in the past, or in my experience, at least, it's definitely been kind of cool to have talked about it in like a jokey way. I guess. Like, oh, like "No means no." And it's just kind of been like thrown around, I guess, without really like the true meaning of what it is like the importance of it. But I think that it's definitely becoming normalized in a really good way that people feel comfortable talking about it to their friends and to adults. So I think that that's a good thing.

One other I mean, I think that it sort of speaks I mean, within my friends, we don't really talk about consent specifically. And I think that speaks to, you know, it just hasn't been normalized very much. Um, so it's not really something that you even think about. But I think it also is part of like a larger problem where, I mean, maybe, especially with girls, but in general, like, we feel embarrassed or like shameful talking about our experiences. And so I think that, I guess consent, as part of the larger discussion about sexuality, and sex ed is really like, something that we're missing just in like social life.

What Evie was saying, excuse me, um, I feel like consent is a very vulnerable sub like subject and like, with certain friends, I would be able to talk about it with. But with others, it would be harder. So like this, because if it's like vulnerability, and how difficult it can be to discuss with some people, I feel like it really depends for me, and like Aliyah was saying, as you know, we're moving on into becoming more talked like talked about, it's easier to talk about it with people you're less closer to.

I also think I think that, um, a lot of times, like, whatever most people are saying is that some people, some friends feel a lot more comfortable talking about it, and some and some don't. And some don't really talk about it. And I think that it's just a matter of being comfortable. It's just about like, not being comfortable with talking about it and not having it be normalized. So with the thing that she was talking about, that he's doing, is important to make that normal.

Yeah, I agree. I think it's definitely becoming more normalized to talk about consent and everything. However, I feel like, there still is like a stigma around like sex ed, or, like, at my school, there was like a sex and drugs assembly that all the sophomores go through. And like, there's still people make a lot of jokes surrounding it. So that could lead to people feeling uncomfortable talking about consent, but I do believe it is becoming more normalized as we grow up.

I guess just what, what makes you all want to care about this? And what do you think would make your peers more willing to engage in these difficult conversations, I guess.

I always grew up in a household that was just kind of always like spewing like consent. And like, I just grew up in a household that was like, barely talking about sex education and stuff. So like, I've always been interested in this stuff. And then like, I just decided, kind of when I entered high school that I was like, super, you know, I it's just, it doesn't even feel like a thing that we should have to feel passionate about. Every single person should feel passionate about it. Because like, all parties should be consenting. Because otherwise, it's just not like it's not fun. Like I don't, it's just so obvious and blatant. So like, I just have always been like, oh, this is an important topic. And then like, I definitely like, as a guy, I definitely am, like, surrounded by other guys who aren't making the most politically correct comments or jokes. And so I was like, okay, there's actually something problematic in our culture um and like, I wanted to make it and help make a more consent culture. And so then I joined Teen Council and I started talking more about that, and just kind of making normalizing it more. To answer your second question, the way that I think is to get talking about consent. I think that like, one of the best things that has come out recently is Sex Education, the TV show, I think that like TV shows and media that is like promoting consent, and healthy sex education, and inclusive sex education is really helpful because I probably have more conversations about consent through that TV show with my friends than actually sitting down and be like, so what do you guys think about consent? So I think media and all that kind of stuff.

I agree with I think I have a I have pretty similar experiences as Jude. Um just in my house, this sex education is a normal topic. But it's not -- that's not the case in every house, every household. So I think that just having that conversation in schools from a pretty young age is important, just so that people grow up with that topic. Yeah.

Sorry, Aliyah.

Okay.

Um, I definitely agree with Henson, I think that my parents have always made a lot of resources accessible for me to explore. And it wasn't until I got into middle school that I realized that wasn't the case for a lot of other kids. And in order to learn what they needed to learn, or to answer their questions, they really had to seek out those resources for themselves. And it wasn't something that was just kind of falling into their laps. And so I think that's something that definitely needs to be worked on. And I think making a lot of information and a lot of resources more accessible, whether that be through media, or through changing up how we talk about consent in school, or through parents, I think it just needs to be more accessible, and it shouldn't be on the kid to go out and try to find those resources for themselves.

Yeah, I completely agree in adding on what you're saying, Vivian. I think that's definitely the job of schools and different like organizations in schools, like Advocates, to kind of instill this in kids' minds, because I have one friend who never grew up talking to her mom about periods, or sex or anything, it was just not a conversation in her household. And she was a little bit like shocked and confused that like it was a conversation and other people's households, and that that it was so normalized. So I think, and like, to all different households are completely okay, and awesome. But I think that it's on the job of schools to really normalize that conversation, because not everyone is going to have a household that's like, yeah, sex is cool, and awesome when it's done consensually. And it's not really normalized and accepted. So I think it's really on the job of schools and different organizations, to normalize that and allow a place for kids without those opportunities at home, to normalize and talk about it.

I think that one thing that's really important, like, furthering that discussion, is talking about consent and normalizing it in the media. Like, I think Jude said about Sex Education, like what media really shapes our culture. And so if we're not, if we're using that instead to promote culture about like, you know, like rape apologists and all that stuff, then we're gonna, you know, that's going to feed into how we think about consent and whether or not we respect it. And so, I think that, you know, I've noticed, just like in this conversation that this question definitely had, like a lot of participation. And I think it's because I think that having teens, perhaps lead consent, or lead discussions around consent makes it feel more familiar, because it can feel like a foreign concept when you're like, you know, like 12 years old, and your sex ed teachers like telling you about it, and you're just kind of like, oh, that's never gonna matter. But when, you know, a fellow teen, or like a friend is talking to you about it, it feels accessible, because it's something you can connect over. And I think that's something that is really lacking in like a traditional classroom environment, and also having smaller groups, because it's hard to talk about it with, like, you know, a big classroom. And so if you had like, the smaller intimate groups, you can talk about something that's like, also, you know, very intimate and personal. And I think that that would definitely make it easier to answer, you know, all the questions that people have.

I think one thing that locked in my own sex education from my middle school and high school was my sex education was a very heteronormative. And there was not a lot of education that went beyond sexual relationships between a man and a woman. And it wasn't until I got to college, where I really started learning the gender inclusive language, I started using more language like partner because making mean implying that it's between a man and a woman really cuts a lot of people out of the conversation. And I think that one way to engage more high schoolers with sex education is by making it more relatable for everyone involved. And part of

that is by talking about intercourse between people of the same gender, people on other sides of the spectrum of gender, all of that, which I think really lacked and going off of what Lucia said, I think the idea of having students leading these conversations on campuses was really important because when I stepped foot on my college campus, and I saw such empowered individuals talking about consent, I saw that they weren't ostracized for their passion about these social issues. I found that I really gravitated towards that. And I found that a lot of the people on Advocates are athletes and that really normalized conversations of consent, in the locker room and between smaller sports communities and I thought that was really important. And so being taught consent education from an adult that you can't really relate to who's not really using contemporary language, or really speaking on behalf of everyone in the classroom, I think really isolates people and makes them not want to engage in the conversation any further because they think this isn't for me, you know.

Okay, great. So another one of your questions. In the Celeste's presentation, she talks about affirmative consent and how only verbal enthusiastic freely given yes means yes. What do you think about this? And is this a message portrayed in media or in your school curriculums? I know Jude's talking about Sex Education, the show. So if there's other examples like that, where you see that being implemented, that's a great thing to kind of talk about or love to hear your thoughts about that. At my school, during sex education, we definitely talk about yes means yes now. But I don't think that going into that on one of the slides that Celeste had there was like, "Okay, fine," doesn't mean yes. And I think that's something that isn't really made clear when you're just saying yes means yes. And I think that, again, going back to just that, you know, schools haven't really been going into the intricacies of what consent means. And I think "No means no," was very clear cut, and pretty easy to understand. And so then when you go into this more, "Yes means yes" and affirmative consent there's a lot more complications to that. And there's a lot more that needs to be understood. And you can't just leave it to that sentence to explain it all.

Yeah, I think, wait can you hear me? Okay.

I think all I really ever heard from health class and stuff was "No means no," like, I think I vaguely heard like, "Yes means yes," but they didn't go into detail about like, silence doesn't mean yes, or like, maybe doesn't mean like convince me. And I've also kind of noticed that, I mean, it's true, that health class only took like, a week or two weeks. And then if you got sick, and you missed that class, and that's all you have for the rest of high school, I feel like especially at my school, if you want to learn about that stuff, and you are interested about that stuff, you kind of have to go out of your way to find like a club, or like a separate group that's gonna discuss that to find support, and that instead of it just being like mandatory, and instead of it being like a required thing for everybody to learn about.

I feel like that statement can really oversimplify consent sometimes. And I think that, you know, consent is complicated, and that it can sometimes be misleading to make this really like concrete rule when consent can be super fluid.

I have follow up question for anybody. And especially for people who like Julie were sharing that you have to go out of your way at your school to find a club or organization that is discussing

topics like these, do people get involved? For example, in Julie's situation like do people get involved and seek out those clubs? Or is it something that because it's not accessible people aren't like accessing or trying to participate in?

I think that yes, some people do seek them out. But it's often the people who already know something, and who are already like very interested in like Jude saying, like, talking about his experience. And there's already people who, like basically know what consent is and like are wanting to teach others. But it's more of the kids who are really making a joke about it and laughing during consent class and different things like that are the ones who really need it, but aren't the ones seeking it out because they think it's a joke and not important. So I think like what's been said, like it really needs to be instituted into curriculums. And kind of like forced on people if they don't want to learn it, because it's something that people need to learn. But so many people, especially the ones that really need it aren't the ones who are going to be seeking it out themselves.

I agree with what Aliyah said, because I think that the people that need it the most are the people that aren't going to all the like clubs or after school things that you would be able to learn about it. And so I think that it would be really helpful if you're able to learn it more in class instead of like having to go out of your way. Because then I think that the people that make fun of it, it might make them uncomfortable in a way. And so if it's more like normalized in classrooms, and then health classes and stuff, it would be more of a normalized conversation for everybody in different settings.

So I'm aware that there's a lot of schools across the country in which talking about sex education is not normalized or for a variety of reasons schools do not feel like it's their place to be informing students on these topics. And that's not always students who can, you know, challenge their schools in order to bring on sex education programs. So in this case, what are other ways to get information out to youth that you think are accurate and say you have a peer who says that they like Aliyah said they have a peer who can't have these conversations with their parents, and their schools are not doing an adequate job teaching consent. What resources would you give to them? What have you guys found has been really informative? I know that Jude talked about Sex Education, does anyone else have any examples of ways in which they've learned a lot about consent culture recently?

Um, definitely, like on Instagram. And, like, if you there's probably ways you can, like, look under hashtags. And then also YouTube has like a bunch of really amusing videos about it. And you can always, you know, look up, like articles on that. And then also, having a support group of friends is really helpful, because you can all talk about consent together and find resources for each other. So I would just say like, definitely building like a strong platform where people who you trust or you know, who are your age, or who you can talk to.

I, sorry, I agree with Lucia, I think one of the really important things that I have found is that the conversations that I get the most out of are with my peers, and with my friends, who we have the same shared experiences, and we are part of the same school culture or sports team or whatever. And so we're able to kind of use language and experience that we've all shared. And I think that's something that's really important in exploring your own thoughts about consent, and

learning new things. I also think that, um, Planned Parenthood is a really great resource. I know in middle school, for a day, we took like a field trip to Planned Parenthood and got a bunch of presentations and talked about it. And in high school, they sat us down at computers for an hour to explore the website.

Thank you so much for participating in this, um, this went really, really well, way better than I expected. So thank you all for being here and being so engaged. And I know this is not an easy topic to discuss. So I really appreciate all of your vulnerability, and insight. So thank you so much.

No, I just want to say thank you guys so much for being involved in this and I look forward to this being a format that we can use to be more accessible to more people.