



Somerset & Avon  
rape & sexual abuse support



## What is sexual consent?

easy read

# What is sexual consent?



It's an agreement between people



The people should be all enjoying themselves.

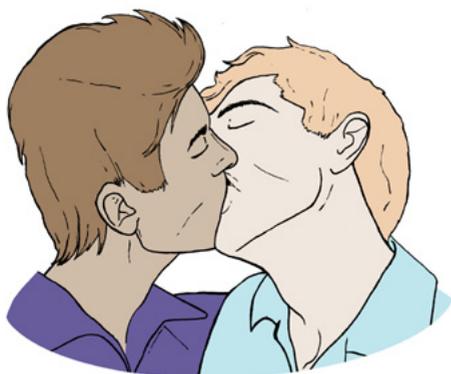


It means making sure with each other that it is okay to:

- Touch



- Hug



- Kiss



- Have sex

These things are known as sexual contact.

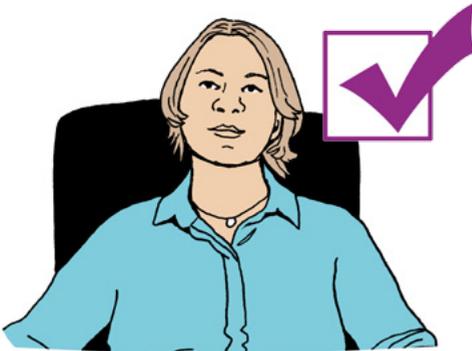
# Why is sexual consent important?



- So that the people involved are safe and happy



- So that you have control over your own body



- So you are aware of what is happening



It is against the law to make someone do something sexual that they do not consent to.



If you are going to have sex both people must be age 16 or older.

It is not okay to have any type of sexual contact with someone whose job is to support you.



For example:

- A support worker



- A teacher



- A doctor

## How do I get sexual consent?



Talk to each other-  
ask if they are happy



Some people may also show they consent by:

- Smiling



- Positive signs



Keep checking with them, they might change their mind



If you are unsure then you must stop and check

## If any of these things happen you must stop:



- They look unhappy



- They tell you they are unhappy



- They push you away



- They have stopped moving



- They are in pain



- They are crying

**Someone can't give sexual consent if:**



- They are asleep



- They are drunk



- They have taken too many drugs



- They do not understand what is happening

If any of these happen you must not have sexual contact with the person.

# What can I do if I am worried about consent or sex?



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## Contact SARSAS

phone:

**0808 801 0456**

or visit the website:

**[www.sarsas.org.uk](http://www.sarsas.org.uk)**



You can also talk to someone who you trust. For example:

- A friend



- A support worker



- Your family



- Your GP or nurse



- A teacher



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