



Somerset & Avon
rape & sexual abuse support



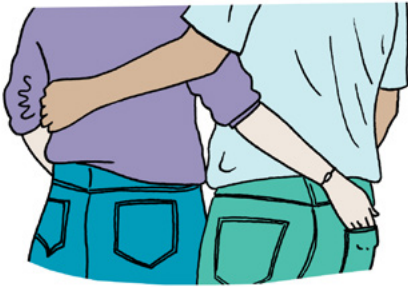
What is sexual consent?

easy read

What is sexual consent?



It's an agreement between people.



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

- Touch



- Kiss



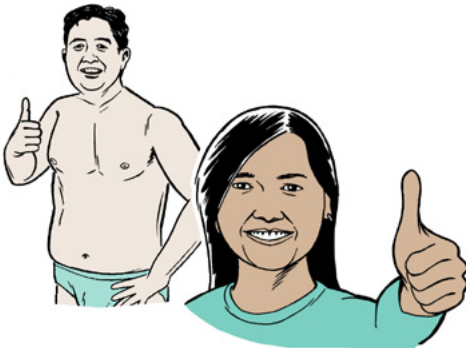
- Have sex

These things are known as sexual contact.

Why is sexual consent important?



- So that the people involved feel safe and happy



- So that you have control over your own body



- So you understand what is happening

Things to remember



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



16



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



It is ok to change your mind.

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



For example:

- A support worker



- A teacher



- A doctor

How do I give consent?



Talk to each other and check you are both happy.



Both people must understand what is happening.



Some people may also show they consent by giving positive signs.



Keep checking with each other. Remember that it is ok to change your 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

When someone can't give sexual consent

If any of these things are happening you must not have sexual contact with each other:



- They are asleep



- They are drunk



- They have taken too many drugs



- They do not understand what is happening

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



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

- A friend



- A support worker



- Your family



- Your GP or nurse



- A teacher