

SARSAS

*Listen.
Believe.
Support.*



What is sexual consent?

Easy read

What is sexual consent?



It's an agreement between people.



The people should all be enjoying themselves.

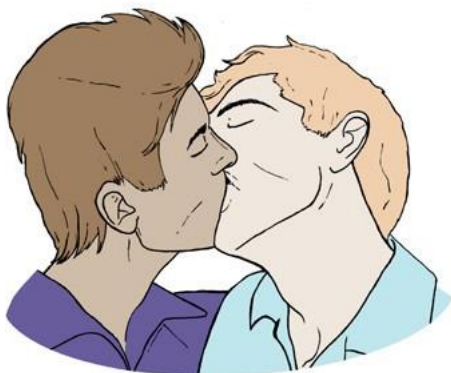


It means making sure with each other that it is okay to:

- Touch



- Hug



- Kiss



- Have sex

These things are known as sexual contact.

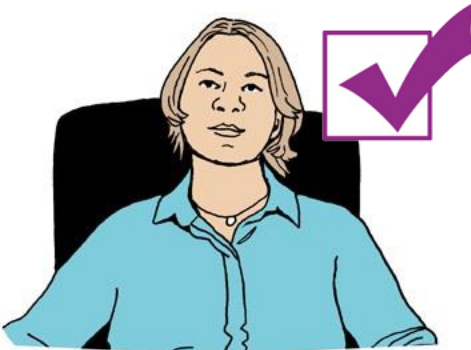
Why is sexual consent important?



- 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.



16



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?

SARSAS

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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



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