



How do I know if a person has given consent?

Remember that consent **MUST** be given verbally. If the person is too drunk to speak but nods or gives a thumbs up, this doesn't count as if they are not sober enough to speak, then they are not sober in enough to think clearly and give what we would call **affirmative consent – consent you can trust to be valid**. Of course, a person could change their mind too. It's always best to be 100% clear, even if it means feeling a bit silly and stating exactly what you want to do. 'Are you sure you want to have sex with me now?' isn't so hard to say though, is it?

How do I draw boundaries?

Remember that nobody else should have control of or access to your body unless you want them to. This is true whether you're male, female, in a relationship, single, young, old, married, straight, gay, whatever your culture. Do not feel pressured into doing anything that you don't want to do, whether by an individual person or by feeling like you're an odd one out if you don't. Saying 'no' should always be enough – no means no.

How do I know what's OK and what isn't in a sexual relationship? The key thing to bear in mind is consent. You must ensure that you have the consent of your would-be partner before any kind of sexual activity takes place. If that person isn't interested, then it's not going to be consensual (mutually agreed upon) sexual activity. If it's not consensual sexual activity, then it's not sex: it's sexual misconduct, sexual abuse, sexual assault, or even rape. Coercing somebody to have sex with you, even if no physical violence is involved, is still sexually abusive behaviour.

Consent and the law:

If two 13 – 15 year olds engage in consensual sexual activity and both know that the other is under 16, they could both be found guilty of an offence with a penalty of up to 5 year's imprisonment.

If one party is under 13 and the other under 18 it is statutory rape punishable by up to life imprisonment.

Rape has a penalty of up to 15 years in prison. Sexual assault has a penalty of up to 10 years and you could be put on the sex offenders register.

Personal space- having enough distance between you and another person

Physical contact- when one person touches another person. If you don't want to be touched, then this is 'unwanted contact.'

Inappropriate contact- When someone touches you who shouldn't, or in a way they shouldn't

Consent – to give permission for something to happen.

Non-consensual – doing something without someone's permission.

Non-consensual sex – the word we usually use for this is rape.

Where to get more help and support

NSPCC Helpline: 0808 800 5000 (24 hours, every day)
www.nspcc.org.uk

Childline Helpline: 0800 1111(24 hours, every day)
<https://www.childline.org.uk>

Rape Crisis Helpline: 0808 802 9999 (12-2:30 and 7-9:30) www.rapecrisis.org.uk

Survivors UK – Male Rape and Sexual Abuse Support
www.survivorsuk.org

RASAC (Rape and Sexual Abuse Support Centre)
National Helpline: 0808 802 9999 (12.30 & 7-9.30)
www.rasasc.org.uk

