

Let's Talk About Consent





Content Warning

For many people, talking and learning about consent can sometimes bring up difficult emotions and memories. This resource also includes images of people kissing and touching as well as partial nudity.



Consent

Consent is a type of agreement or permission for something to happen. Giving consent means yes and not giving consent means no. When we talk about consent in this resource, it is about your body. You have a right to choose what happens to you.



Capacity

Decision-making capacity means being able to fully understand what will happen and what it means when you make certain decisions.



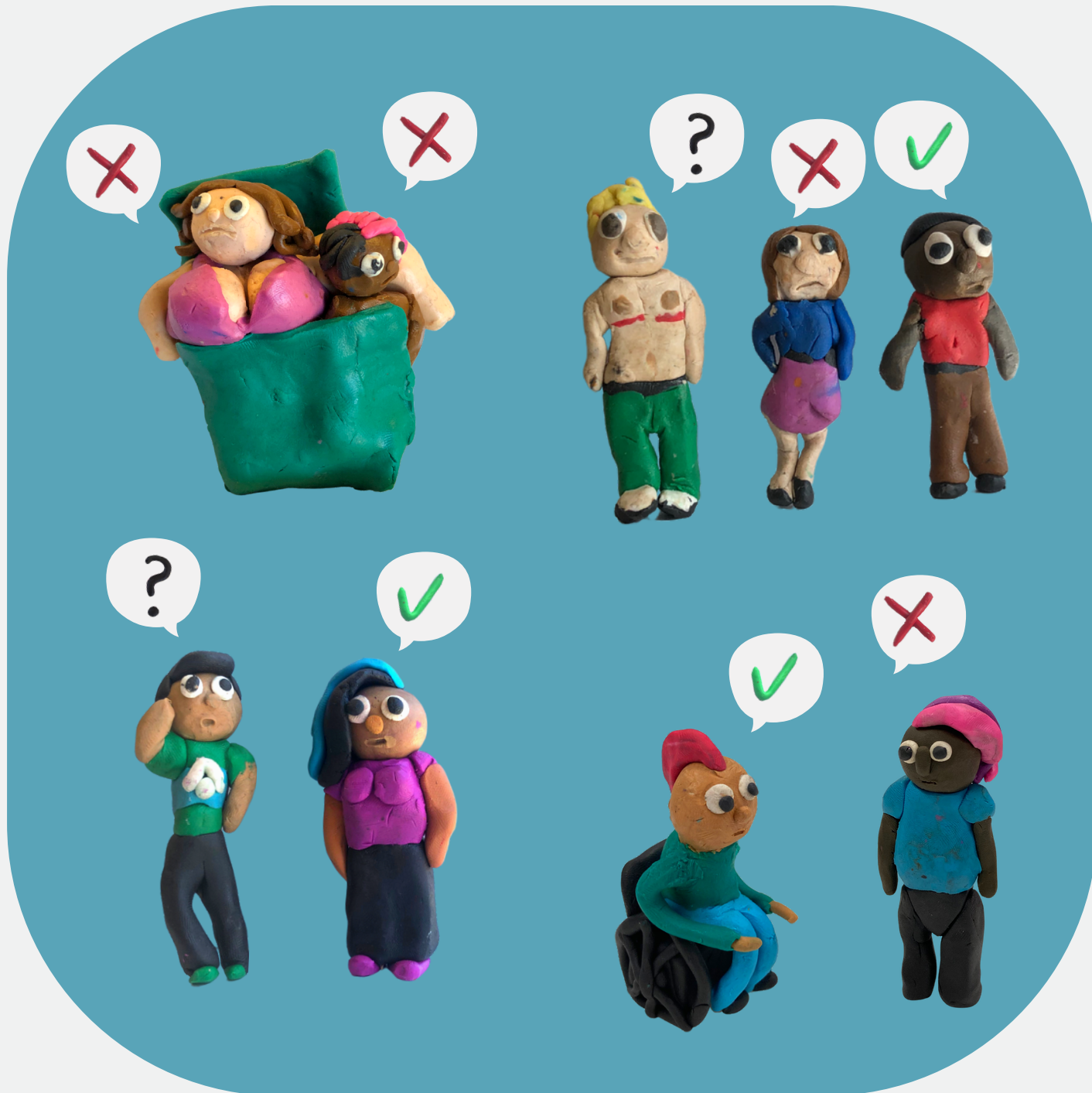
Self care

Learning and talking about consent can be difficult.
It's important to look after yourself and do things
that make your body, heart, mind and spirit feel
good.



Sexual consent

Sexual consent is when everyone freely agrees that they want to be sexual with each other and how that will happen.



Non-consensual sexual act

A non-consensual sexual act is when anyone experiences any unwanted sexual activity, or if someone cannot consent because of their age or capacity. This is not okay and is illegal.



Who needs to get consent?

It is the responsibility of all people to get consent. Everyone needs to be able to give clear consent for every sexual activity.



Checking in with yourself

You might not always know if you want to be sexual.
That's why it's good to ask yourself questions like:
Am I comfortable? Do I want this? Do I feel safe?
How is my body, heart or spirit feeling? If you don't want
to, or are unsure, it's okay to say so and stop.



Checking in with others

It is the responsibility of all people to communicate and check in with each other throughout all sexual activity. You could do this by asking questions like "Do you want to?" "Is this okay?" "Can I kiss you?" or "Does that feel good for you?"



Free from pressure and worry

Consent must be freely given. People should not trick, pressure or threaten you into engaging in sexual activity. If you feel pressured into sexual activities then this is not consent.



Changing your mind

You can change your mind at anytime, for any reason, and withdraw your consent, even if you consented at first. If a person withdraws consent, this needs to be respected and sexual activity must stop immediately.



Legal age of consent for oral and penetrative sex

In Western Australia the law says you have to be 16 years old or older to consent to sex. The law defines sex as any penetration of the vagina or anus (with a body part or object) or oral sex. A person 15 years old or younger cannot legally consent to sex in WA.



Legal age of consent for sexting

In Australia, the law states that all people must be 18 years old or older to make, keep, send or ask for sexualised images, videos, messages or texts (even of yourself). This can be treated as child pornography and serious legal consequences can apply.



Position of power

If there is a position of power in the relationship (like a boss, sports coach or teacher), then all people must be 18 years or older to consent to sexual activity. Even if all people are 18 years old or older, relationships should involve equal power for everyone.



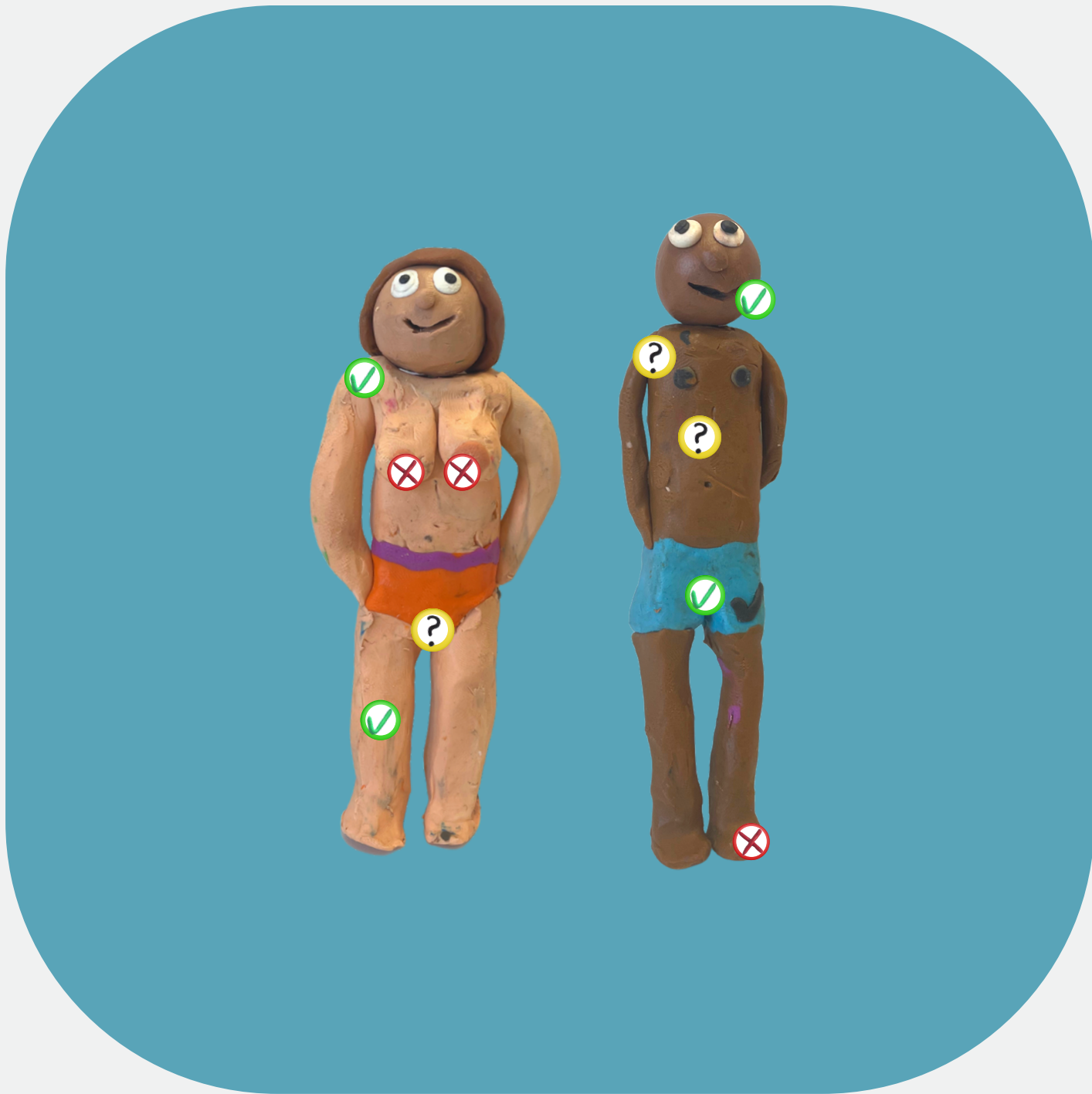
Legal age of consent around the world

Different countries and states have different laws around consent and what they consider to be sexual activity. If you are overseas or in another state, the laws of that place apply to you.



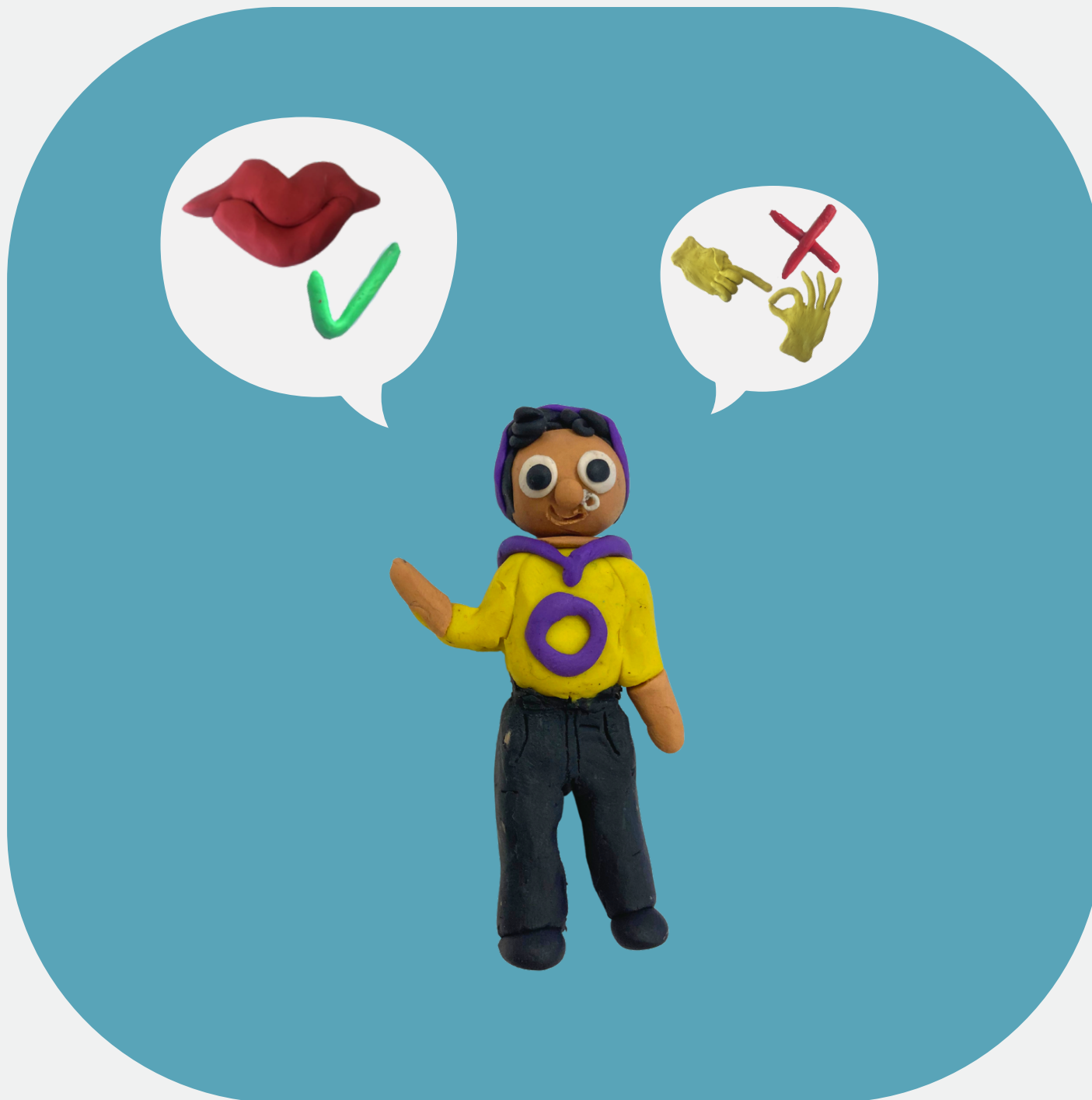
Drinking and taking drugs

If people are using alcohol and/or other drugs, it may be difficult for them to make informed decisions. This can affect a person's ability to get, give and not give consent as well as withdraw consent. If you want to have sex with someone, it's important to consider if they're able to give consent.



Specific areas of the body

Some people like some parts of their body being touched and not others. Saying yes to sexual activity involving one specific area of the body does not mean someone has consented to sexual activity in other areas.



Specific sexual acts

Some people like to do some sexual acts but not others. Saying yes to one form of sexual activity does not mean someone has consented to other acts. Make sure you check in regularly.



Contraception

Contraception is a method used to prevent pregnancy. To be able to give informed consent it is important for everybody to discuss if/when contraception will be used, so everyone knows the likelihood of pregnancy occurring.



Protection for sexual activity

Barrier methods (condoms, dams and gloves)
protect people against STIs and BBVs.

It is important for partners to discuss what (or
if) barrier methods will be used during sex.



Non-consensual condom removal

It is a form of sexual assault to tamper with or remove a condom during sex without the consent of every person involved.



Reproductive coercion

Reproductive coercion is when someone forces choices around contraception and pregnancy on someone else. This is a form of abuse.



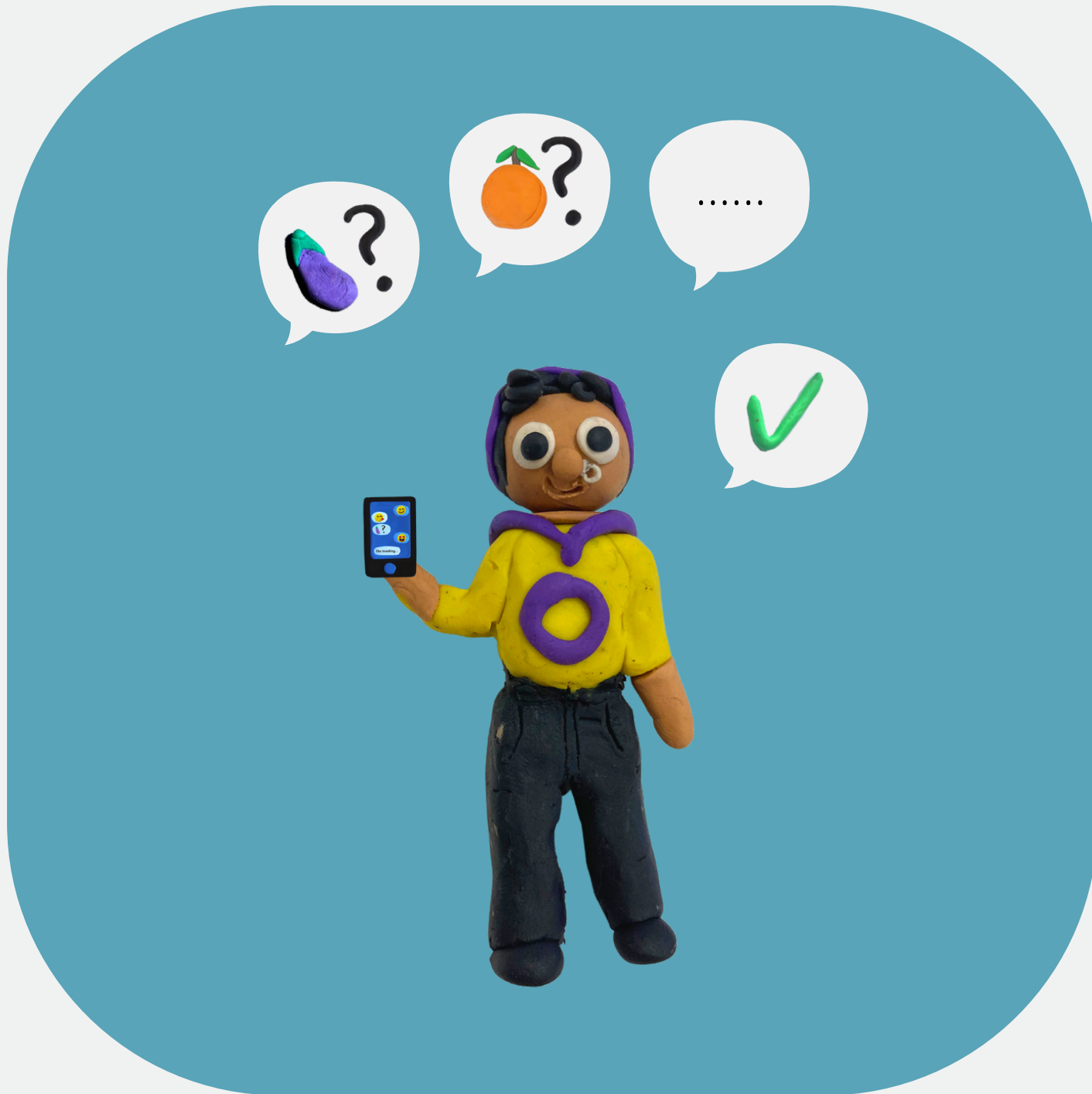
STI's and BBV's

Everybody should discuss when they were last tested for a sexually transmitted infection or blood borne virus. It's important to get tested regularly so you know your status and how to protect yourself and others.



Consent in a relationship

Consent is required for every sexual act in every type of relationship, even if you are in a partnership or married. Everyone always has the right to say no to sexual activity and this should always be respected.



Digital and online consent

Consent also applies to digital and online experiences such as nudes, porn, sexting, phone sex and videos. You should always ask for consent before sending sexualised content.

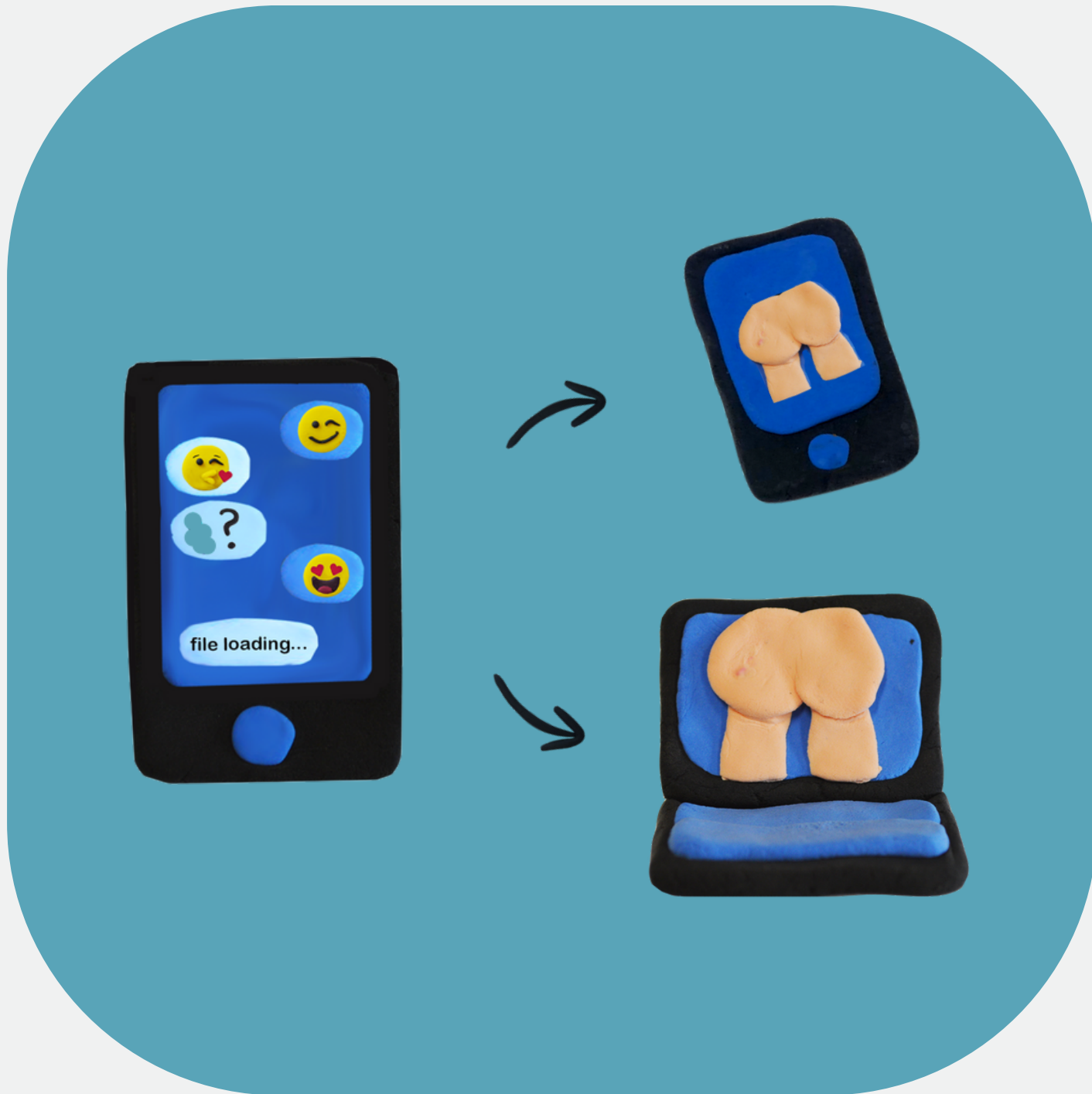


Image-based abuse

Image based abuse is when you share explicit or intimate images of someone without their consent. It can also be known as revenge porn. This is against the law.



Everyone has the responsibility to get consent from their sexual partner/s. Everyone has the right to give their consent or not give their consent.