

What is consent?

Consent means agreeing to do something. Sexual consent means actively agreeing to take part in a sexual activity. This might be touching, kissing, oral sex (going down, giving head), vaginal sex or anal sex.

Getting and giving consent before taking part in any sexual activity with a partner means you can both be sure that the sexual activity is wanted and agreed to.

Doing something sexual to another person without their **consent** is sexual assault or rape.

Ways to think about consent

- Did you and a partner both agree to sex?
- Did you both agree to every sexual activity you did?
- Did you feel you could say no to anything you didn't want to do? Could the person you were with say no to you?
- Is it what you wanted to do? Is this what the person you were with wanted to do?

Enthusiastic consent

Sex should be enjoyable for everyone. **Consent** is about saying yes to what you want, not just saying no to what you don't want.

You can use both **words** and **body language** to say or show what you want and don't want.

If you're not sure if your partner consents to something, always ask them.

Would you like it if I touched you here?

I would like to try...

What would you like to do?

Giving and withholding consent

- You can express what you **want** or **don't want** through words, body language, hand gestures, or facial expressions.
- If you're not sure if a partner consents to something, always ask them.
- Either you or the person you're with can withdraw your consent at any time.
- Even if you agreed to something at first, it's always OK if you change your mind.
- If a partner withdraws consent, or says they don't want to carry on, respect their choice and stop immediately.
- Even if you've consented to a sexual activity before, it doesn't mean you consent to it again.
- Just because you've consented to a certain sexual activity, it doesn't mean you've consented to every sexual activity.

Ways to identify consent

Consenting

Verbal signs (using words)

- I'm sure
- Don't stop
- More!
- I want to...
- I want you/it/that
- I still want to...
- That feels good
- Yes
- I love this
- I want to do this right now
- I'm ready
- I want to keep doing this
- This feels right

Non-verbal signs (using body language)

- Direct eye contact
- Suggesting sexual activity
- Pulling someone closer
- Actively touching someone
- Nodding yes
- Comfortable being naked
- Laughter and/or smiling
- Loose and open arms and legs
- Relaxed facial expressions
- Turning towards someone
- A satisfied hum or enthusiastic moan

I like it when you do that.

Not Consenting

Verbal signs (using words)

- No
- I'm not sure
- I'm scared
- Stop
- I want to, but...
- I don't want you/it/that
- That hurts
- Maybe
- I love you/this, but...
- I want to do this, but not right now
- I don't know how I feel about this
- I'm not ready or not sure if I'm ready
- I don't want to do this anymore
- This feels wrong

Non-verbal signs (using body language)

- Avoiding eye contact
- Not suggesting any sexual activity
- Pushing someone away
- Avoiding touch
- Shaking head no
- Uncomfortable being naked
- Crying and/or looking sad or fearful
- Tense, stiff, or closed arms and legs
- Turning away from someone
- Silence
- Whimpering or a trembling voice

This isn't working for me.



CONSENT

Giving it,
getting it,
respecting it!



Where to get help

If you've been raped or assaulted and you need urgent medical care, call 999 (or 112 from a mobile) and ask for an ambulance, or go straight to your nearest A&E.

You can also call 999 (or 112 from a mobile) if you wish to speak to the police.

A doctor, nurse, or trusted adult can help you get emotional support. They may have to talk about what happened with other people but they'll talk to you first.

Rape Crisis England and Wales

Support for people in England and Wales who have experienced rape, child sexual abuse or any kind of sexual violence
0808 802 9999 (Every day from 12pm - 2.30pm and 7pm - 9.30pm)
www.rapecrisis.org.uk

Rape Crisis Scotland

Support for people in Scotland who have experienced rape, child sexual abuse or any kind of sexual violence
0808 801 03 02 (Every day from 6pm – 12am)
www.rapecrisisscotland.org.uk

24 Hour Domestic & Sexual Violence Helpline (Northern Ireland)

Support, advice and signposting service run by Women's Aid for people of all genders in Northern Ireland who have been affected by domestic or sexual violence
0808 802 1414
www.womensaidni.org



I don't think
I'm ready
for that yet.

Consent, alcohol and drugs

When they're drunk or high, people can be less able to get or respect **consent**. They can become less willing or able to negotiate sexual activity, especially safer sex. For example, they might not talk about using condoms.

If you or a partner is too drunk or high, you can't legally **consent** to sex. Checking in with your partner will help you understand how they feel, as well as how drunk or high they are. If you're not sure, stop. Having sex with someone who is too drunk or high to understand what's happening is sexual assault or rape.

If you sexually assault someone when you're drunk or high, it's still a criminal offence.

Age of consent

It's against the law to have sex or sexual activity with a young person under the age of 16. This is known as the age of **consent**.

If you're under 16 and having sex or thinking of having sex, you can talk to a doctor, nurse or other professional about it. They have rules that they can only break your confidentiality if they think you or someone else is at risk of harm. They'll always talk to you first before telling anyone else.



Useful organisations

FPA

Information on sex and sexual health
www.fpa.org.uk
or www.sexwise.org.uk

Brook

Free and confidential sexual health services for people aged under 25
www.brook.org.uk

Childline

Help and emotional support for people aged 18 or under
0800 1111
www.childline.org.uk

The Mix

Free, confidential helpline and advice service for young people.
0808 808 4994
www.themix.org.uk

Disrespect Nobody

Information on consent and relationships for young people.
www.disrespectnobody.co.uk

Rise Above

Information on mental health and relationships for young people.
www.riseabove.org.uk

Switchboard – the LGBT+ helpline

For people who are lesbian, gay, bisexual, transgender, or other identities (LGBTI+)
0300 330 0630
www.switchboard.lgbt



www.fpa.org.uk

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If you'd like information on the evidence used or would like to give feedback email feedback@fpa.org.uk