

# CONSENT

YOUNG PEOPLE'S

EXPERIENCES OF

*Setting & Respecting  
Boundaries*

Do you want to go further?

WHERE DO YOU WANT ME TO TOUCH YOU?

How does that feel?

Is this okay?

Is this still okay?

We can stop at anytime...



**Consent is important in every relationship, whether it's a casual hook-up, long-term relationship or anything in between. It's also important for people of all sexual orientations and gender identities.**

Consent involves people working to understand and respect their own boundaries as well as respecting other people's boundaries.

According to ACT laws, affirmative consent means a person must take active steps to be sure that they have established that someone does want to engage in any sexual activity before starting to do so. Anyone can change their mind about what they want to do, anytime.

It's crucial to "check in" regularly and pay attention to what someone is saying (or not saying), in addition to their body language and facial expressions.

This resource has been designed in collaboration with young Canberrans to help young people gain the knowledge, skills, and confidence to make well-informed decisions where consent is required.

"You're cute.

Can I buy you a drink when you finish work?"

**"NO, I'M NOT INTERESTED."**

"Come on, I know you want it. I've seen those smiley faces you draw on my coffee cup."

**"THEY'RE JUST DRAWINGS. IT DOESN'T  
MEAN I'M INTERESTED IN YOU."**

"Oh ok, sorry I misunderstood.  
Have a nice day."







“Are you feeling horny tonight?”

“Babe, you don’t need to apologise. How do you feel about cuddling instead?”



"...No, sorry. I'm actually  
feeling really tired."

"Keen! But, I need some Me Time first.  
I'm gonna start with a shower..."







The interactions depicted within this resource were developed from real-life experiences where young people have found it difficult to navigate consent, both when trying to communicate their own boundaries, and understand the boundaries of others.

This resource has been developed by Sexual Health and Family Planning ACT (SHFPACT) in partnership with the ACT Youth Advisory Council and supported by funding from the Australian Capital Territory Office for Youth Engagement.

This resource is intended to support the Youth Advisory Council's Consent Brochure, which was developed by young people, for young people from diverse backgrounds, gender, and sexuality identities.

The Consent Brochure provides clear information about boundaries, acceptable behaviours and encourages young people to respect other people's personal boundaries.

Find out why  
**Consent**  
is really  
**Hot**



# Canberra Youth Services, Support & Infomation

ACT Youth Coalition

Capital Region Community Services

Communities at Work

Multicultural Youth Service ACT

Northside Community Services

Winnunga Nimmitjiah

Woden Youth Centre

[youthcoalition.net](http://youthcoalition.net)

[crcs.com.au](http://crcs.com.au)

[commsatwork.org](http://commsatwork.org)

[mhub.org.au](http://mhub.org.au)

[northside.asn.au](http://northside.asn.au)

[winnunga.org.au](http://winnunga.org.au)

[wcs.org.au](http://wcs.org.au)

## MENTAL HEALTH

Beyond Blue

Canberra Rape Crisis Centre

Headspace

Kids Helpline

Lifeline Canberra

Service Assisting Male Survivors of Sexual Assault

[beyondblue.org.au](http://beyondblue.org.au)

[crrc.org.au](http://crrc.org.au)

[headspace.org.au](http://headspace.org.au)

[kidshelpline.com.au](http://kidshelpline.com.au)

[lifelinecanberra.org.au](http://lifelinecanberra.org.au)

[samssa.org.au](http://samssa.org.au)

## HEALTH

Canberra Sexual Health Centre

Sexual Health and Family Planning ACT

The Junction Youth Health Service

[canberrahealthservices.act.gov.au](http://canberrahealthservices.act.gov.au)

[shfpact.org.au](http://shfpact.org.au)

[anglicare.com.au](http://anglicare.com.au)

## LGBTIQ+

Diversity ACT

Meridian

Safe & Inclusive Schools ACT

LGBTIQ Directory Canberra

[diversityact.org.au](http://diversityact.org.au)

[meridianact.org.au](http://meridianact.org.au)

[saisact.info](http://saisact.info)

[lgbtiq.directory](http://lgbtiq.directory)



*We acknowledge the Ngunnawal people as traditional custodians of the ACT and recognise any other people or families with connection to the lands of the ACT and region.*



**CONSENT  
RESOURCES**



**CONSENT  
A HOT TOPIC**

## **WHERE TO GO FOR HELP**

Urgent Police or Ambulance – 000

ACT Police (non-urgent) – 131 444

Canberra Hospital and North Canberra Hospital Emergency

Department (Forensic & Medical Sexual Assault Care)

Canberra Rape Crisis Centre – 6247 2525

Service Assisting Male Survivors of Sexual Assault – 6247 2525

Lifeline (24h crisis support) – 13 11 14

1800RESPECT – 1800 737 732

Q Life (LGBTQIA+ peer support) – 1800 184 527

Kids Helpline – 1800 55 1800