CONSENT

YOUNG PEOPLE'S

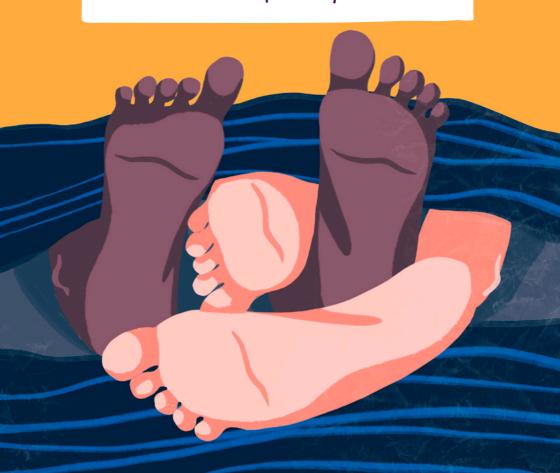
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EXPERIENCES OF

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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."

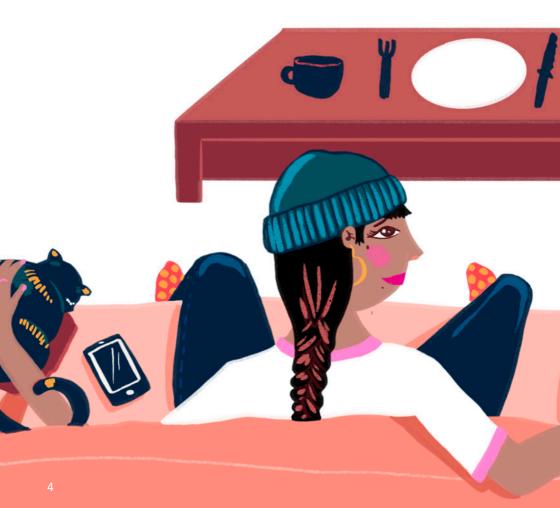
> "THEY'RE JUST DRAWINGS. IT DOESN'T MEAN I'M INTERESTED IN YOU."

"Oh ok, sonny 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..."

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Text Message Today 9:41 AM

I had an amazing time last night!

Hey! Nice to hear from you Yeah, I had a great time too.

Wanna try something more spicy next time? There's no pressure, I'd like to see you again regardless.

I'm open to new things, but not just yet. I'd like to get to know you better first.

No worries, thanks for letting me know. Are you free on Saturday? 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.



Canberra Youth Services, Support & Infomation

ACT Youth Coalition Capital Region Community Services Communities at Work Multicultural Youth Service ACT Northside Community Services Winnunga Nimmityjah Woden Youth Centre

MENTAL HEALTH

Beyond Blue Canberra Rape Crisis Centre Headspace Kids Helpline Lifeline Canberra Service Assisting Male Survivors of Sexual Assault

HEALTH

Canberra Sexual Health Centre Sexual Health and Family Planning ACT The Junction Youth Health Service

LGBTIQ+

Diversity ACT Meridian Safe & Inclusive Schools ACT LGBTIQ Directory Canberra youthcoalition.net crcs.com.au commsatwork.org mhub.org.au northside.asn.au winnunga.org.au wcs.org.au

beyondblue.org.au crcc.org.au headspace.org.au kidshelpline.com.au lifelinecanberra.org.au samssa.org.au

canberrahealthservices.act.gov.au shfpact.org.au anglicare.com.au

diversityact.org.au meridianact.org.au saisact.info 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.





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