

# A Conversation on Consent

It's important to educate young people about healthy relationships, including the topic of sexual consent. Sexual consent is the clear and enthusiastic agreement between all parties involved to engage in sexual activity. It is a crucial aspect of any sexual encounter and ensures that everyone involved is comfortable and feels respected. This can help young people develop healthy relationships and respect for each other's boundaries. Talking openly and honestly can empower young people to make informed decisions and prioritise their own wellbeing.

## Empower confidence. Start the conversation using these strategies:

- 1. What sexual consent means:**  
A clear and enthusiastic agreement to engage in sexual activity that it is essential for all parties involved.
- 2. Consent must be ongoing:**  
Consent must be given at each step of a sexual encounter and can be withdrawn at any time.
- 3. Open communication:**  
Encouraging open and honest communication about their feelings, desires and boundaries.
- 4. Respecting boundaries:**  
Respecting someone's decision if they say "no" to any type of sexual activity, even if they have consented in the past.
- 5. The concept of coercion:**  
Coercion, manipulation or threats are never acceptable and are not a valid form of obtaining consent.
- 6. Drugs, alcohol and consent:**  
Being under the influence of drugs or alcohol can impair judgement and make it difficult to give informed consent.
- 7. Power imbalances:**  
There may be power imbalances in a relationship that can affect a person's ability to freely give or receive consent.
- 8. The importance of self-care:**  
Taking care of oneself, both physically and emotionally, and not engaging in sexual activity that makes anyone feel uncomfortable.
- 9. Non-consensual sexual activity:**  
Non-consensual sexual activity is a serious crime and can result in serious legal consequences.
- 10. It's okay to talk about consent:**  
Encourage children to talk about consent and to never hesitate to ask for help if they have any questions or concerns.