UNDERSTANDING CONSENT

IN NEW RELATIONSHIPS



THE Lotus PROJECT

Safety
Empowerment
Evolution
Knowledge

Consent

Consent

LET'S TALK ABOUT CONSENT

WHAT IS CONSENT?

CONSENT IS A KEY INGREDIENT TO A HEALTHY RELATIONSHIP OR SEXUAL ENCOUNTER, TOGETHER WITH RESPECT, TRUST AND COMMUNICATION.





CONSENT MEANS THAT BOTH YOU AND THE OTHER PERSON(S) HAVE FREELY GIVEN PERMISSION TO ENGAGE IN ANY INTIMATE SEXUAL ACTIVITY





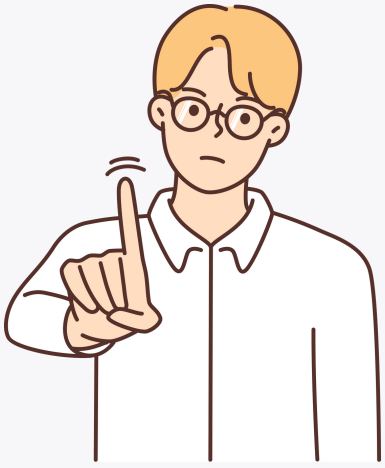
THE AGE OF CONSENT IS 16. IF A PERSON OVER 16 HAS SEXUAL CONTACT WITH SOMEONE UNDER 16, THIS IS AN OFFENCE. (SEXUAL OFFENCES ACT 2003).

ANYBODY UNDER THE AGE OF 13 IS NOT LEGALLY CAPABLE OF CONSENTING TO SEXUAL ACTIVITY. THIS IS ALSO AN OFFENCE, (SEXUAL OFFENCES ACT 2003).

IF SOMEONE IS UNDER THE INFLUENCE OF DRINK OR DRUGS, OR IS INCAPACITATED, THEY AREN'T ABLE TO GIVE CONSENT TO SEX

REMEMBER: CONSENT+RESPECT+TRUST+COMMUNICATION







IT DOESN'T MATTER WHAT GENDER OR SEXUALITY YOU ARE, IF SEX IS ON THE CARDS, THEN **BOTH OF YOU** MUST GIVE CONSENT FREELY.

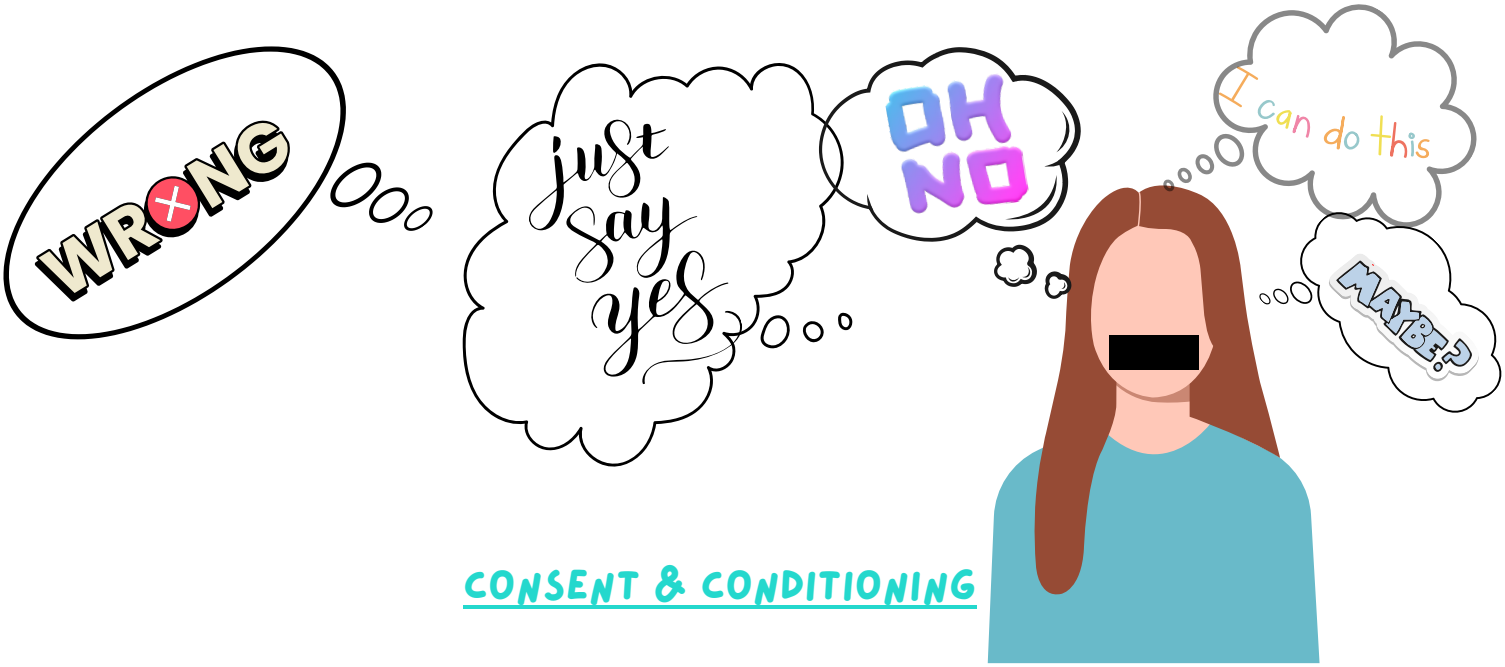


WHEN SEX IS CONSENSUAL IT MEANS THAT **EVERYONE HAS AGREED.**



FORCING A PERSON TO DO SOMETHING THAT THEY DON'T WANT TO DO OR PUTTING PRESSURE ON A PERSON TO CONSENT IS SEXUAL ASSAULT.

ANY TYPE OF UNWANTED SEXUAL CONTACT IS SEXUAL ABUSE



CONSENT & CONDITIONING

DUE TO OUR EXPERIENCES, VALUES AND THE INFLUENCES THROUGHOUT OUR LIVES, WE CAN SOMETIMES **FEEL WE HAVE TO SAY YES** TO SEXUAL CONTACT EVEN IF WE DON'T WANT TO.

IT MIGHT BE BECAUSE WE ARE IN A RELATIONSHIP WITH THAT PERSON, OR WE FEEL WE ARE IN A POSITION THAT MEANS **WE CAN'T SAY NO.**

SOMETIMES IT ISN'T SAFE TO SAY NO, SO OUR SURVIVAL INSTINCT WILL KICK IN AND WE WILL "GO ALONG" WITH, OR NOT BE ABLE TO RESIST UNWANTED SEXUAL CONTACT.

JUST BECAUSE WE MAY NOT HAVE SAID THE WORD NO, IT DOESN'T MEAN WE CONSENTED

REMEMBER: CONSENT+RESPECT+TRUST+COMMUNICATION

WHAT IF YOU CHANGE YOUR MIND?



WE ARE ALL ENTITLED TO CHANGE OUR MINDS,
EVEN IN THE MIDDLE OF A SEXUAL ACT.

JUST BECAUSE WE'VE HAD SEX WITH SOMEONE BEFORE,
IT DOESN'T AUTOMATICALLY MEAN THEY HAVE
A RIGHT TO SEX WITH US IN THE FUTURE.

YOU CAN GIVE CONSENT TO A SEX ACT AT ONE POINT,
AND THEN REFUSE ANOTHER TIME.

THIS VIDEO EXPLAINS IT REALLY WELL:-
HTTPS://YOUTU.BE/PMON_0164KC



DOES YOUR PARTNER RESPECT CONSENT?

THESE ARE SOME OF THE RED FLAGS THAT YOUR PARTNER
DOESN'T RESPECT CONSENT:-



THEY IGNORE YOUR WISHES AND NON-VERBAL CUES
WHICH COULD SHOW YOU ARE NOT CONSENTING TO SEX
SUCH AS:-
YOU PULLING AWAY FROM THEM OR MAKING EXCUSES.
OR
THEY GUILT TRIP YOU OR PUT PRESSURE ON YOU INTO
DOING THINGS YOU DON'T WANT TO DO
OR
THEY WILL BEHAVE OR REACT IN A WAY , WITH
ANGER, RESENTMENT OR SADNESS IF YOU DON'T
INSTANTLY CONSENT OR IF YOU SAY NO
OR
THEY WILL MAKE YOU FEEL BAD, AS IF YOU OWE THEM.
MAYBE IF THEY GAVE YOU A GIFT THEY WILL
EXPECT SEX IN RETURN OR FEEL ENTITLED BECAUSE
YOU ARE MARRIED OR SEEING EACH OTHER.



REMEMBER: CONSENT+RESPECT+TRUST+COMMUNICATION

HEALTHY CONSENT

IS MINDFUL OF PHYSICAL AND NON- VERBAL SIGNS OF CONSENT BOTH IN YOURSELF AND YOUR PARTNER



- ARE YOU BOTH SAYING "YES, LET'S DO THAT"?
- DO YOU FEEL ABLE TO SAY, "NO, I'M NOT UP FOR THAT"
- IF EITHER OF YOU SAYS NO, IS IT ACCEPTED WITHOUT NEGATIVE CONSEQUENCES (SULKING, SILENT TREATMENT, PRESSURISING, ANGER ETC.)
- IF YOU START BUT ONE OF YOU WANTS TO STOP, IS THAT OK?
- BODY LANGUAGE SAYS YES (LEANING IN, RELAXED, OPEN, INITIATING)
- STOPPING IF BODY LANGUAGE SAYS NO (PULLING AWAY, TENSE, AVOIDANT)
- UNDERSTANDING IF SOMEONE IS ASLEEP OR UNDER THE INFLUENCE OF DRUGS OR ALCOHOL, THE ABILITY TO CONSENT IS NOT THERE, EVEN IF YOUR PARTNER SAYS THEY REALLY WANT TO DO IT!

SILENCE DOESN'T AUTOMATICALLY MEAN A YES – TALK AND DISCUSS IT.



HAVE CONVERSATIONS, ESTABLISH BOUNDARIES AND TALK OPENLY ABOUT WHAT YOU ARE BOTH COMFORTABLE WITH.

THIS WILL EMPOWER YOU TO DECIDE HOW YOU WANT TO BE TREATED

EXPRESS YOUR SEXUALITY IN WAYS THAT ARE IN LINE WITH YOUR VALUES



ACCEPT ONE'S OWN SEXUAL ORIENTATION AND RESPECT THE SEXUAL ORIENTATIONS OF OTHERS.

ACCEPT ONE'S OWN GENDER IDENTITY AND RESPECT THE GENDER IDENTITIES OF OTHERS

REMEMBER: CONSENT+RESPECT+TRUST+COMMUNICATION

SEX SHOULD BE A POSITIVE EXPERIENCE FOR ALL PARTICIPANTS

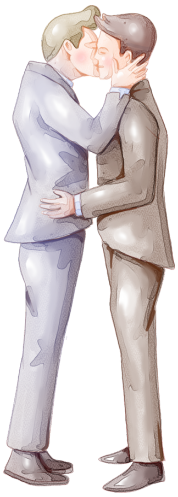


YOU ARE ALLOWED TO HAVE BOUNDARIES, PREFERENCES, MOODS, KINKS AND CONFIDENCE

YOU CAN EXPLORE BEING CELIBATE, CURIOUS, LOVING, SOLO AND UNSURE



YOU CAN BE EMPOWERED TO EXPRESS YOUR FULL SEXUAL SELF, WHEN YOU WANT TO AND WITH WHO YOU WANT TO :-



BUT ONLY WHEN
YOU GIVE YOUR CONSENT

REMEMBER: CONSENT+RESPECT+TRUST+COMMUNICATION





calan DVS™

Providing sanctuary.
Inspiring change.