

CONSENT IN RELATIONSHIPS



**A GUIDE TO CONSENT IN RELATIONSHIPS
FOR ADULTS WITH LEARNING DISABILITIES**

CONSENT

Consent is an agreement between two people. This means permission between two people to do something together.

This could be for anything from holding hands, to kissing, to having sex.

Consent is really important and if someone doesn't want to do something then there is **NO** consent.

Nobody should ever be made to do something if they don't want to do it.



**IF YOU NEED HELP TO SAY NO
YOU COULD ASK A FRIEND, SUPPORT WORKER
OR SOMEONE YOU TRUST TO HELP YOU!**



The age of consent for any sexual activity is 16. This means there can never be consent between an adult and someone under the age of 16.



A person cannot give consent if they are drunk.



A person cannot give consent if they are high on drugs.

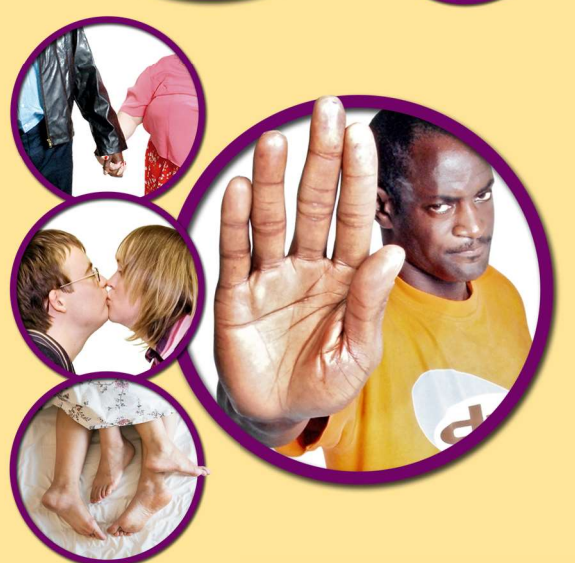


A person should never feel bad for saying no.



A person can take back consent at any stage during any activity.

This means if you are holding hands, kissing or having sex with someone and one of you changes your mind, there is **NO** consent and you should stop what you are doing.



SAYING NO

Communication is really important in a relationship, this means talking **AND** listening to each other.



If a person does not want to do something they should never feel scared to say **NO!** to make it clear they do not give consent.



NO! can be a very hard word to say sometimes so if a person does not give consent they could say, **"I'm not comfortable with that"**, **"I don't want to do that"** or even **"Go away"** – anything that makes it clear they are not saying yes.



If someone does not take no for an answer and keeps asking until the other person feels pressured to say yes - this is **NOT** consent!



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SHOWING NO

A person can also SHOW that they do not give consent with their body language. A person could:

Hold their hand up to show NO!

Walk away to show NO!

Back away to show NO!

Shake their head to show NO!

Thumbs down to show NO!

Shake their finger to show NO!



IF YOU SHOW NO! THROUGH YOUR BODY LANGUAGE, THERE IS NO CONSENT!



CONSENT AND THE LAW

Consent is really important for any type of sexual activity, including holding hands and kissing.



If consent is not given for sexual activity then this is illegal and a crime has been committed.



If you are aware of any crimes happening to you or anyone you know you should report it to the police.



If you are unsure if a crime has happened ask a friend, support worker or someone you trust for their advice.



You should never be made to feel like you should not report a crime.



**IF YOU NEED HELP TO REPORT A CRIME
ASK A FRIEND, SUPPORT WORKER OR
SOMEONE YOU TRUST TO HELP YOU!**



RAPE

Rape is when a man inserts their penis into the mouth, vagina or anus of another person without their consent.



SEXUAL ASSAULT BY PENETRATION

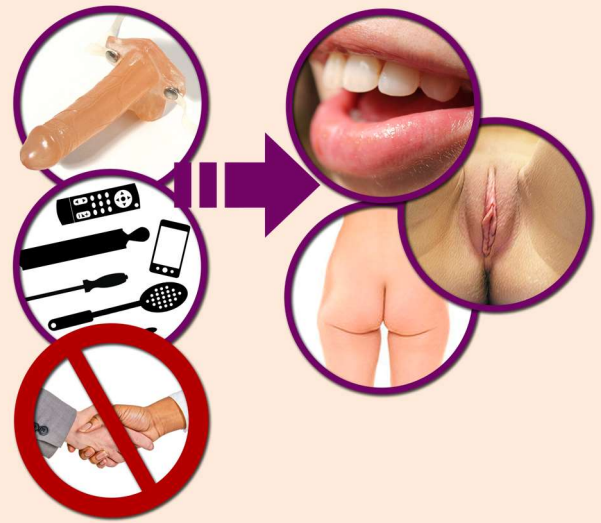
It is against the law for anyone, male or female, to put a part of their body or any item into the mouth, vagina or anus of another person without their consent.



Sexual assault by penetration can be someone inserting their penis or any other part of their body such as their fingers or hand into the mouth, vagina or anus of another person without their consent.



Sexual assault by penetration can also be someone inserting an item such as a sex toy or any other item at all into the mouth, vagina or anus of another person without their consent.



SEXUAL ASSAULT AND INDECENT ASSAULT

It is against the law for anyone, male or female, to kiss or touch someone else sexually without their consent.



Touching someone sexually is when anybody, male or female, touches another person's private areas such as their penis, vagina, buttocks, anus or breasts without their consent.



If someone is fully dressed but is touched sexually without their consent that is still against the law.



It is also against the law if someone, male or female, makes you touch their private areas such as their penis, vagina, buttocks, anus or breasts without your consent.



INDECENT EXPOSURE

It is against the law for a man to expose his penis or a woman to expose her vagina or breasts to someone else without their consent to cause that person alarm or distress.



Indecent exposure is when this is done on purpose and is often done for sexual reasons and to entice a sexual response.



GROOMING

It is against the law to build a relationship with anyone under the age of 16 to gain their trust and take advantage of them or abuse them sexually.



Building a relationship with anyone under the age of 16 can include meeting them in person, talking to them on the internet, texting them from your phone or any other contact with them.



**IF YOU, OR ANYONE YOU KNOW,
IS A VICTIM OF A CRIME YOU SHOULD
NEVER KEEP IT A SECRET!**



FALSE ACCUSATIONS

An accusation is when a person says somebody has done something bad or committed a crime.



A false accusation is when the person making the accusation knows this is not true.



False accusations can ruin people's lives and it is never right for a person to accuse someone of something they know that person did not do.



As an example of a false accusation, a person might have given consent to have sex with someone but changed their mind the next day because they did not enjoy it.



If that person then accuses the other person of rape, this would be a false accusation as there was consent before and during the sexual activity.



Consent cannot be taken back after sexual activity, only before or during sexual activity.

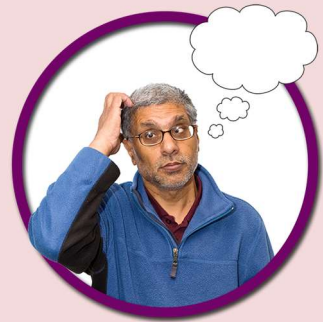


CONSENT QUIZ

Read the questions below and tick if you think there is or isn't consent?

The answers are at the bottom of the page, but please don't cheat!

Don't worry if you get a question wrong, the important thing is to think about consent!



Yes



No

A

Tony doesn't want to hug Janet but Janet keeps asking until Tony finally gives up and says yes to please her... **is there consent?**

B

Charlie grabs his girlfriend Emily's breasts without asking her... **is there consent?**

C

Betty goes out on a date with Alison. At the end of the night Betty asks if she can kiss Alison and she says yes... **is there consent?**

D

Harry is having a night in with his friend Steve. Steve falls asleep and Harry runs his foot up Steve's leg, touching Steve's penis with his foot... **is there consent?**

ANSWERS: A) Tony did not want to hug Janet and only said yes because she kept asking him and he didn't want to upset her, so there was no consent! B) Charlie and Emily may be a couple but Charlie should not grab Emily's breasts without asking, so there was no consent! C) Betty and Alison both wanted to kiss and Betty asked for permission, this means there was consent! D) Steve is asleep so there can be no consent for Harry to touch his penis with any part of his body, so there is no consent!

TRUE OR FALSE GAME

Read the statements below and tick if you think they are true or false?

The answers are at the bottom of the page, but please don't cheat!

Don't worry if you get a question wrong, the important thing is to think about consent!



True



False

A

Sheila agreed to have sex with Frank but then got drunk and passed out. It is still okay for Frank to have sex with Sheila even though she is passed out because she gave consent earlier... **is this true or false?**

B

John is forced to kiss Andy and the next day John is embarrassed. John is not sure if there was consent or not so he should talk to someone he trusts for advice... **is this true or false?**

C

Lucy is 19 years old and has started a relationship with Harry, who is 15 years old. It is against the law for Lucy and Harry to have sex... **is this true or false?**

ANSWERS: A) FALSE! It is not okay for Frank to have sex with Sheila. It does not matter that there was consent earlier on, there can be no consent if Sheila is now drunk and passed out. **B) TRUE!** John should not be embarrassed and if he is unsure about consent he should talk to a friend, support worker or someone he trusts for advice. **C) TRUE!** The age of consent for any sexual activity is 16. This means there can never be consent between an adult and someone under the age of 16.

WHERE TO GO FOR HELP

If something goes wrong in a relationship there are lots of organisations you can contact for help or advice, such as:

THE POLICE - To report a crime you can call the police on **101**. If it is an emergency or you are in danger you can call the police on **999**.

RAPE CRISIS CENTRES offer services for women who have experienced any form of sexual abuse.
www.rapecrisis.org.uk / 0808 802 9999

RASA MERSEYSIDE CENTRES provide services for men and women who have experienced any form of sexual abuse. **www.rasamerseyside.org / 0151 666 1392**.

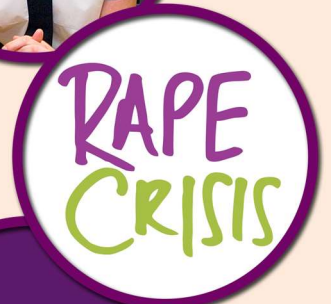
SEXUAL HEALTH CLINICS offer help for people who have experienced any form of sexual abuse.

To find your nearest Sexual Health Clinic you can visit **www.nhs.uk/service-search/other-services/Sexual-health-information-and-support/** or call **111**.

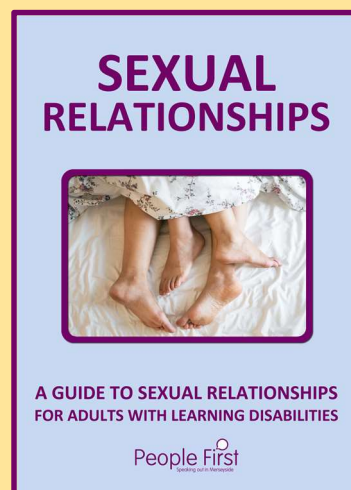
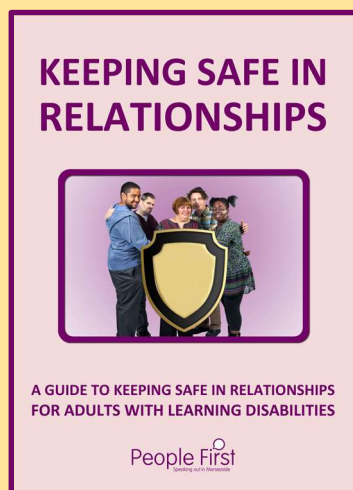
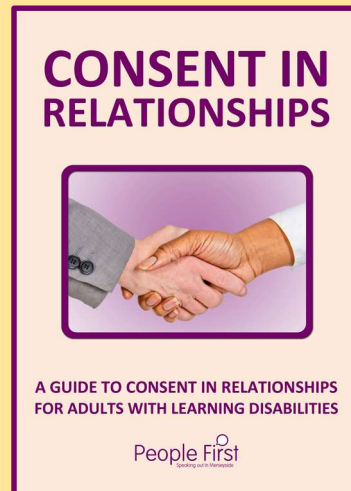
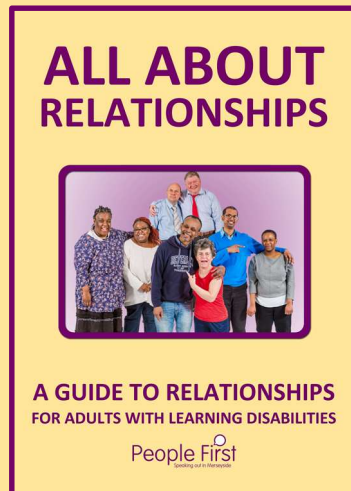
SURVIVORS UK provide a national helpline for men who have experienced any form of sexual abuse.
www.survivorsuk.org / 02035 983 898.

VICTIM SUPPORT provide emotional and practical support to people who have been the victim of a crime. **www.victimsupport.org.uk / 0808 168 9111**.

IF YOU NEED HELP TO CONTACT ONE OF THESE ORGANISATIONS, SPEAK TO A FRIEND, SUPPORT WORKER OR SOMEONE YOU TRUST FOR HELP!



THIS BOOKLET IS PART OF A SERIES ALL ABOUT RELATIONSHIPS FOR ADULTS WITH LEARNING DISABILITIES:



TO DOWNLOAD OUR OTHER BOOKLETS PLEASE VISIT
WWW.PEOPLEFIRSTMERSEYSIDE.CO.UK

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