

● **Ongoing**

● **Informed**

● **Enthusiastic**

**CONSENT IS...**

Young Women Know is a partnership project between The Young Women's Movement and NSPCC Scotland, designed to tackle unhealthy relationships and peer sexual abuse through peer led campaigns. This resource was made by members of Bold Girls Ken in partnership with Perth and Kinross Council, and aims to educate young people to know what consent is - on and offline.

**Know?**

**What is Young Women**



# WHAT IS CONSENT?

Every young person should know what consent is, what it looks like and what it feels like – on and offline.



There are instances when consent cannot be obtained or someone may not be able to consent, because of a mental health disorder or illness that means they are unable to make a choice.



The law states that someone cannot consent if they are asleep or unconscious.



There are specific laws surrounding consent online. It is illegal to take or share a video or photo of someone or yourself 18 years of age or younger engaging in sexual activity.



Human rights surrounding consent are embedded into the Universal Declaration of Human Rights.



Consent to sex must be given freely - meaning, no one should be forced into having sex and if someone feels frightened or threatened, they cannot freely consent.

**What does the law say about consent?**

## Where can I get support?

You can get support by calling Childline on 0800 1111 or by visiting [childline.org](http://childline.org) or calling the Rape Crisis helpline on 08088 01 03 02

If you are an adult with concerns about a young person you can call the NSPCC Helpline on 0808 800 5000.



What does consent look like?

Consent is enthusiastic and displayed by actively saying yes and positive body language e.g. eye contact, smiling, looking relaxed.

**"Do you want me to...?"**  
**"Does this feel okay?"**

How can I tell if someone is unsure about giving their consent?

It may be hard for someone to say direct words like 'stop' or 'I don't want this'. Be aware of non-consensual body language and don't be afraid to ask!

**"Are you comfortable?"**  
**"Are you sure you'd like me to...?"**

I'm in a relationship, do I still need to ask for consent?

Yes! You need consent throughout all relationships, all the time. Good communication is important, so everyone knows what they consent to.

**"I'd like to have sex tonight, would you?"**  
**"How do you feel about doing...?"**

If either of us have had a drink, does that change things?

Drugs, alcohol and other substances can make someone incapable of giving their consent, if you're ever unsure, the answer is no.

**"Do you want to keep going?"**  
**"Are you still keen to do this?"**

How do you know it's okay to send or ask for a nude?\*

*\*Producing and sharing nudes of under 18s is illegal.*

Consent is equally important online. Permission should always be shared ahead of time - both on and offline.

**"Would you like it if I sent you...?"**  
**"Are you open to sending...?"**

What can I do if I receive something I don't consent to?

If there's anything online that makes you uncomfortable, you can block, report it and seek support.

**"I'd prefer if you didn't send me photos like that in future."**  
**"I don't feel comfortable with that."**

Can I withdraw my consent?

You can withdraw consent at any time, and you should never feel pressured to continue if you feel uncomfortable.

**"I don't feel like doing this anymore."**  
**"Can we please stop?"**

What if we have had sex before?

Consent should always be gained and never presumed. You can change your mind even if you've had sex before.

**"Would you still like to...?"**  
**"I'm interested in doing... with you, do you want to?"**