

THE MOST IMPORTANT THINGS ABOUT SEX

The freedom to say yes!

- Partners agree to it
- Everyone involved is enthusiastic, willing, ready and able
- One person isn't forcing another
- Everyone is sober and no one is tricked or threatened.

Whenever you have sex, you need to make sure that your partner is enthusiastic about sex. Always make sure that your partner is comfortable with what's going on and that they are happy to move forward.

CONSENT TO ONE ACT IS NOT CONSENT TO ALL ACTS

There is no such thing as a 'natural progression' when it comes to sex. No-one is required to allow things to escalate if they don't want to. Consenting to an act ends when that act does.

Similarly, consenting to sex with a condom is not the same as consenting to sex without one. Removing a condom during a sex act without a partner's knowledge could be considered sexual assault.

WHERE TO GET HELP & MORE INFORMATION?

Metro:

SARC - Sexual Assault Resource Centre, Subiaco.

Freecall 1800 199 888
24hr Emergency (08) 6458 1828

South Terrace Clinic, Fremantle Sexual Health. (08) 9431 2149

SHQ - Sexual Health Quarters, Northbridge WA.
www.shq.org.au
Regional 1800 198 205
Metro (08) 9227 6178

Derbarl Yerrigan (Aboriginal Health Service) East Perth (08) 9421 3888
Perth Medical Centre, Hay Street Perth (08) 9481 4342

Regional:

Carnarvon Population Health (08) 9941 0560
Geraldton Midwest Public Health Unit (08) 9956 1950
Kalgoorlie/Boulder Goldfields Population Health (08) 9080 8200
South Hedland Pilbara Population Health (08) 9140 2377

For more information on safer sex see:
www.safesexnoregrets.com.au
www.headspace.org.au
www.getthefacts.health.wa.gov.au



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A LACK OF RESISTANCE IS NOT CONSENT
CLOTHES ARE NOT CONSENT
BEING DRUNK IS NOT CONSENT
YES TO ONE THING IS NOT YES TO EVERYTHING
A COERCED YES IS NOT CONSENT
A PREVIOUS YES IS NOT CONSENT
A CONFUSED YES IS NOT CONSENT
NOT RESPONDING IS NOT CONSENT
SILENCE IS NOT CONSENT
CONSENTING TO A PHOTO IS NOT CONSENTING TO SHARING IT
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WHAT IS CONSENT?

**CONSENT IS WHEN BOTH PARTNERS ENTHUSIASTICALLY AGREE TO A SEXUAL ACT.
THE ONLY WAY TO KNOW FOR SURE IF SOMEONE HAS GIVEN CONSENT IS IF THEY TELL YOU.**

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Consent is the cornerstone of any respectful relationship.

In order to have a positive attitude towards consent, you need:

- The belief in your right to decide
- The ability to communicate and implement your decision
- The maturity to understand what the sexual activity involves and the possible consequences
- Being in a relationship where your decision is recognised and respected

ALWAYS ASK BEFORE TOUCHING.

SAY SOMETHING LIKE:

CAN I KISS YOU?

CAN I TOUCH YOU?

CAN I TAKE THIS OFF?

**ASKING NOT ONLY RESPECTS
YOUR PARTNER, BUT CAN BE
SUPER SEXY AND ROMANTIC
TOO!**

If both partners do not enthusiastically consent to any sexual activity (including kissing and touching) a crime may be committed.

Being pressured or coerced into sexual activity is not only illegal, but can also cause lasting emotional damage.

Signs your partner may not be into an activity include:

- Not responding to touching
- Turning their face away
- Stiffening muscles
- Pushing you away
- Crossing their arms across their body
- Silence

If your partners does not enthusiastically consent or exhibits any of the above behaviours, you need to stop and talk to them. Trying to convince them to continue after they've said no is coercion. Give them some space and respect their decision.

WHAT TO SAY IF YOU'RE NOT COMFORTABLE:

If things are happening faster than you would like, try saying:

- I don't want to go any further than kissing, hugging, touching.
- Can we stay like this for while?
- Can we slow down?

IF YOU WANT TO STOP, SAY:

- No
- I want to stop

If the other person is not listening to you and continues when you don't want to, try excusing yourself:

- I need to go to the toilet
- I feel sick

**EVERYONE HAS THE RIGHT
TO SAY NO AND STOP
AT ANY TIME.**

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A PREVIOUS YES IS NOT CONSENT**