

Consent Policy

Understanding Consent at SASS

Your Choices Matter

At Sexual Assault Support Service (SASS), we believe you have the right to make informed choices about your support.

We will work with you to help you understand:

- ✓ the services we offer
- ✓ what counselling involves
- ✓ how your information is used
- ✓ your rights and choices
- ✓ any important risks or limitations

We want you to feel informed, respected and involved in decisions about your support.

What is Consent?

Consent means saying "yes" to something because you understand what it involves and you want to agree to it.

Consent should be:

- ✓ your choice
- ✓ informed
- ✓ specific

You can ask questions before making a decision.

You can take time to think about your choices.

You can change your mind at any time.

What Will We Explain?

Before you start counselling, we will talk with you about:

- what support we can provide
- what counselling may involve
- the possible benefits and challenges of counselling
- how we keep information private
- situations where we may need to share information to help keep people safe
- your rights and responsibilities
- your right to withdraw consent at any time
- how to make a complaint or raise concerns
- how we use your data for reporting purposes

We encourage you to ask questions at any time.

Consent is an Ongoing Conversation

Consent is not something that only happens once.

We understand that people may need time to process information, especially after experiencing trauma.

We will continue checking in with you throughout your time with us to make sure you:

- ✓ understand what is happening
- ✓ feel comfortable with the support being provided
- ✓ have opportunities to ask questions
- ✓ know that you can change your mind

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Your Right to Choose

You have the right to:

- ✓ accept or decline support
- ✓ ask questions
- ✓ request more information
- ✓ take time before making decisions
- ✓ change your mind
- ✓ withdraw your consent

If you decide not to consent to something, we will discuss any impact this may have on the support we can provide and explore other options where possible.

Privacy and Confidentiality

We take your privacy seriously.

Information you share with us is generally kept confidential.

There are some situations where we may need to share information, including when:

- someone is at serious risk of harm
- a child or young person may not be safe
- we are required to do so by law

If this happens, we will explain what information may need to be shared and why, wherever it is safe and appropriate to do so.

Professional Supervision

To provide safe and high-quality services, SASS counsellors participate in professional supervision.

This means counsellors may discuss their work with an experienced supervisor to support best practice and client care.

Where client information is discussed, identifying details are removed wherever possible.

Children and Young People

When supporting children and young people, we consider:

- their age
- their level of understanding
- their safety and wellbeing
- legal requirements

Depending on the situation, a parent, guardian or authorised caregiver may need to provide consent.

We will also seek and respect the views of children and young people wherever possible and support them to be involved in decisions that affect them.

Accessible and Inclusive Support

We recognise that everyone communicates and understands information differently.

We will work with you to provide information in ways that meet your needs. This may include:

- ✓ plain language explanations
- ✓ interpreters

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- ✓ translated information
- ✓ other communication supports

We are committed to providing services that are welcoming, inclusive and culturally safe.

Questions or Concerns

If you have questions about consent, confidentiality or your support, please talk with your counsellor or the SASS admin team.

We want you to feel informed, respected and supported throughout your time with us.