

Wanted and unwanted touching

Remember!

- 1 It is important to ask before touching someone. If you are not sure, ask the person.
- 2 If they say no or ask you to stop you have to listen and stop.
- 3 If you say no or tell them to stop they have to listen and stop.
- 4 Someone can always change their mind about being touched.

! There are many ways that people might show they do or do not want to be touched.



Additional resources

- SECCA library
- SECCA workshops
- www.secca.org.au
- www.secca.tribalhabits.com

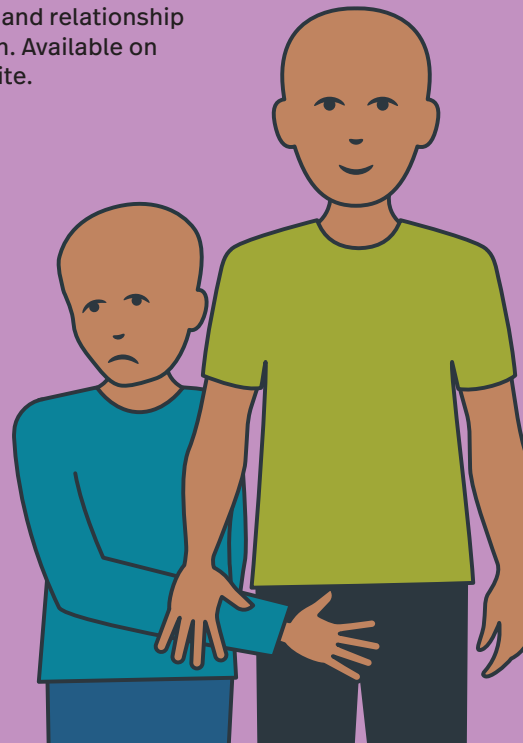
SECCA

SECCA is a NDIS registered service provider that supports people that live with a disability and their families and carers to provide education and counselling about sexual health, relationships and sexual expression. SECCA develops free resources that support sexuality and relationship education. Available on the website.

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Wanted and Unwanted Touching

A guide to understanding the differences.



SECCA Ability Relationships Sexuality

Wanted touch

People can say yes to being touched with their words or body language. People may also feel yes signs in their body.

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Yes can sound like:

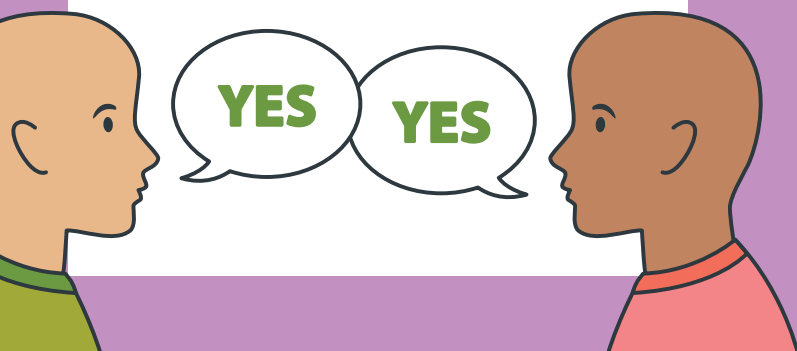
- "I like that."
- "Yes, I would like to do that."

Yes can look like:

- nodding
- smiling
- staying close to you.

Yes can feel like:

- a feeling of safety
- a comfortable feeling
- an exciting feeling.



Unwanted touch

People can say no to being touched with their words or their body language. People may also feel no signs in their body.

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No can sound like:

- "No, I do not like that."
- "I do not know, maybe stop."

No can look like:

- moving away from you
- frowning or an upset face
- shaking head.

No can feel like:

- being scared
- being unsure
- an uncomfortable feeling.



Consent

There are many ways to express consent.

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Ways to ask for consent:

- ✓ "Do you want to do ____?"
- ✓ "Are you feeling comfortable?"
- ✓ "Are you sure?"

Ways to 'take back' or withdraw your consent:

- ✓ "I want to stop now."
- ✓ "No, I have changed my mind."
- ✓ "Can we do something else?"
- ✓ "I am leaving now."

! Not all of these will be suitable for all people.

People express consent in many different ways.