

Consent with Others



**TEACH US
* CONSENT**

About Teach Us Consent



We are Teach Us Consent.

We are youth-lead non-for-profit organisation.

We are fighting for a world free from sexual violence.

We believe consent education is for everyone.

You can find out more at www.teachusconsent.com



About this Book

This book is about consent.



We will tell you how to practice consent with others.

We will give you examples on things to say.

Some of the words in this guide might be tricky

.

That is okay.



You can ask a trusted person to read this with you.



You can talk together about what it means.

It is okay to ask for help.



What Consent Means



Consent means you get to choose what happens for you.

You can choose things like:



- what happens to your body



- what activities you do



- who you want to spend time with



Consent with Other People



Consent means the other person gives a loud and keen **yes**.



Yes

They can show consent by words or actions.



We always ask for consent before doing anything with another person.



If someone does not say yes, you must stop.



Everyday Consent

Consent is important for everyday, not just for sex.

You can practice consent with:



- family



- friends



- at school or work



- online



Personal Space and Touch



We always ask before we touch someone.

We always ask before we touch someone's belongings.

You can say:



- **would you like a hug?**



- **can I borrow your shirt?**

When we ask, we show we care about the other person.



Consent Online



We always ask before you take a photo of someone.



We always ask before you post a photo of someone online.

You can say:



- **can I take a photo of you?**



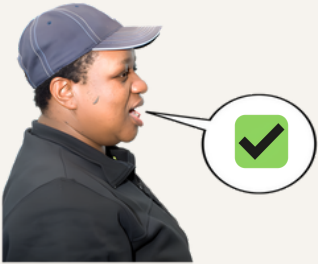
- **can I share this picture?**



Yes Sounds Like



Someone saying yes can sound like:



- **yes, you can**



- **let's keep going, this is good**



- **I'm happy to do this**



Yes Looks Like



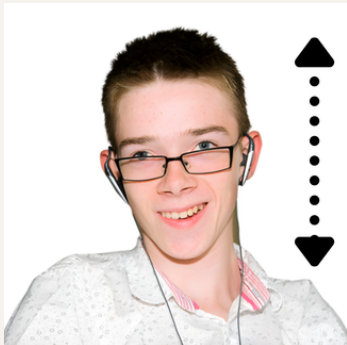
Someone giving you consent can look like:



- someone leaning in closer to you



- someone smiling and making eye contact



- someone nodding



No Sounds Like



Sometimes people say no by sounding unsure.

They might say:



- **not now**



- **I don't know**



- **maybe**

You must stop if they do not say yes.



No Looks Like



Sometimes people say no through actions:



- they might look upset or worried



- they might move away



- they might go quiet



Checking Consent



If you think someone does not want to keep going you must stop and check.

You can ask:



- **are you okay?**



- **do you want to keep going?**



- **would you like to take a break?**



When someone changes their mind



Sometimes people change their mind.



When someone tells you yes last time, they are not saying yes now.



Everyone is allowed to change their mind.



This is why we ask and make sure every time.



Asking for Consent

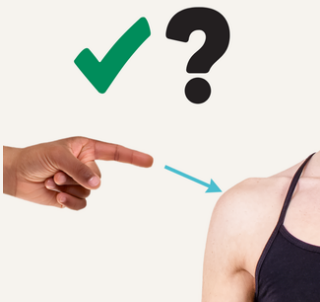


We always ask for consent for each different activity.



Everyone must know what they are saying yes to.

You can say:



- **can I touch you here?**



- **i'd love to kiss you. Can I?**



Asking for Consent



You only do the activity that someone says yes to.



If you want to do other things, you must ask.

You can say:

- **I like making out with you. Do you want to go further?**
- **does this feel good? Do you want to keep going or change something?**



Why we practice consent



Practicing consent with others builds trust.



It helps us feel closer to the people we are with.



This is because we are making them feel safe.



Consent shows we care about the other person.



Support Helplines

1800RESPECT Provides support for people who have experienced:

- sexual assault
- domestic and family violence

You can call them at **1800 737 732**

Available 24 hours a day, 7 days a week.

Lifeline provides support and counselling for people experiencing:

- depression
- suicidal feelings
- stress

You can call them at **13 11 14**

Available 24 hours a day, 7 days a week.

13YARN provides culturally safe support to Aboriginal & Torres Strait Islander people.

You can call them at **13 11 14**

Available 24 hours a day, 7 days a week.



Support Helplines

Kids Helpline provides counselling and advice for young people.

You can call them at **1800 737 732**

Available 24 hours a day, 7 days a week.

Mensline Australia provides counselling for men who are experiencing:

- mental health concerns
- domestic and family violence
- relationship concerns

You can call them at **1300 789 978**

Available 24 hours a day, 7 days a week.

Qlife provides peer-support for LGBTQI+ people wanting to talk about:

- sexuality
- gender
- bodies
- relationships

You can call them at 1800 184 527

Available 3pm to 12am(midnight) AEST, 7 days a week.

