

Consent Principles



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 what is consent.

We will tell you what is not consent.



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



Sexual Consent



Sexual consent is when people say yes to sex.



Having sex or doing sex acts without consent is not OK.



We always check and ask for consent when having sex.



Consent Principle 1



Consent is a clear yes.



You can say yes with words.

You can say yes by actions:



- Nodding your head



- Sign

Yes



Consent Principle 2



Consent is your choice.

No one is allowed to push or force you to say yes.

This means:



- No one should keep asking after you say no.



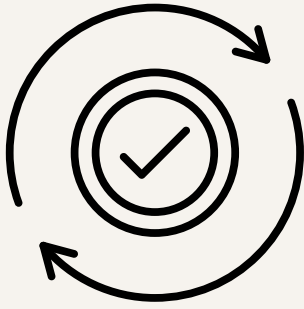
- No one should make you feel bad so you say yes.



- No one should use drugs or alcohol to make you say yes.



Consent Principle 3



Consent is given every time you do something.



Everybody must say yes each time.



Just because you said yes once, doesn't mean you say yes every time.



Everyone can say no and stop at any time.



Consent Principle 4



You can only say yes when you know what is happening.

It is not true consent if:



- You have had alcohol or drugs.



- You can't think clearly.



- You are asleep.



Consent Principle 5



Consent is for one thing at a time.



Saying yes to one thing is not yes to everything.

Example:



Saying yes to kissing does not mean yes to sex.



Age of Consent



In Australia, there is a legal age for saying yes to sex.



This means people have to be aged 16 or 17 and older to legally say yes to sex.

It is against the law if one person is 16, but the other person has more power:



- A teacher



- A support worker



- A coach



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.

