



Sex and consent

Having sex is not a race or a competition. Once you are 16 years, it is up to you to decide when you want to have sex. Positive sex involves respect, care, safety and enjoyment for everyone involved.

Deciding to have sex

There are different reasons you might decide to have sex, which may include:

- ▶ You're a virgin and want to try it
- ▶ You've had sex before and like it
- ▶ You're in love and it feels right
- ▶ You see it as a sign of commitment
- ▶ You're curious and want to experiment
- ▶ Your friends are doing it.

It's a good idea to think about:

- ▶ What you do and don't want in a relationship
- ▶ What you do and don't want from sex
- ▶ How you can make sex a positive experience for you and the other person.

Positive sex is about making sure there is respect, safety, consent and enjoyment for everyone involved, no matter what sexual preference.

The type of sex seen in porn is NOT positive sex and is not what people enjoy.



Your body belongs to YOU

Once you are over 16, you decide when, who with and how far you wish to share it.

*Your body, your choice.
Their body, their choice.*

Sex can be

<i>Healthy, positive</i>	=	Fun	Pleasurable
		Satisfying	Respectful
		Equal	Safe

<i>Unhealthy, negative</i>	=	Frightening	Damaging
		Regrettable	Painful
		Controlling	Degrading

Legal sex

- ▶ Both aged 16+ (or 18+ if a person in authority is involved, such as a teacher, coach, tutor, etc.).
- ▶ Mentally aware.
- ▶ Not drunk or drugged.
- ▶ Not pressured, tricked, threatened forced or coerced.
- ▶ Not unconscious or asleep.
- ▶ Both freely agree.
- ▶ It is **legal** for a person to **change their mind** during sex and **withdraw their consent at any time**, and to **consent to some acts but not others**.
- ▶ **You don't have the right to sex** because you bought someone a drink, you are their partner, you had sex with them before, they showed interest in you or any other reason.
- ▶ **Sex without consent** is a crime and can result in sex offence charges, fines, jail time and a criminal record.

Important points

Make sure you are both 16 years or older.

Be sure having sex is what you **both** really want.

Choose the right time and place and always use a condom.

For some people, sex is new. It's best to go at the pace of the less experienced person and check they are okay.

Be aware of manipulative and controlling behaviours - they can be warning signs of abuse.

Trust your gut instincts - if things don't seem right, they probably aren't.

Look out for your friends and others. If someone is unwell or in danger, get help.

You deserve to feel safe and respected during sex. You don't have to perform any sexual acts, or let the person do things to you, that you do not want. You don't have the right to force others into sexual acts they don't want. Both you and the other person have the right to stop at any time.

Beware of mixing sex and alcohol

- ▶ It is difficult to give and receive clear consent when drunk.
- ▶ Many people have sex while drunk, that they later regret.
- ▶ Many young people get sexually assaulted and raped while drunk.
- ▶ Many young people get sexually assaulted and raped after drinking and falling asleep at a party.

Remember: Positive sex involves respect, care, safety and enjoyment for everyone involved.



Tips for getting it right

- ▶ **Take notice** of the other person's body language. If you notice any signals that they may not be enjoying things - **STOP and TALK**.
- ▶ **Ask**. Saying nothing is not consenting. The safest way to check with someone about sex is to ask.
- ▶ **Speak up**. If you are not feeling comfortable or enjoying what is happening, speak up.

Do you want to go further?

I want to stop here

No

I don't want that

Is it okay if I touch you?

Let's take it slowly

Let's stop now

If you need help...It's a good idea to save these numbers in your phone in advance.

Services in WA

Sexual Assault Resource Centre (SARC)

A free 24-hour emergency service providing medical and counselling services for people who have experienced a recent (within 14 days) sexual assault. Counselling for any sexual assault/abuse experienced recently or in the past is also available to people of all genders aged 13 years and above. Call SARC on **(08) 6458 1828** or Freecall **1800 199 888**.

WA Police Sex Assault Squad

To report a sexual assault call **(08) 428 1600**, visit your local police station, or call police on **131 444**

Police assistance and reporting (not emergencies)

Call 131 444

Emergency Call 000 Police, Fire, Ambulance