

# SEXUAL CONSENT:



*do you get it?*

[www.PausePlayStop.org.uk](http://www.PausePlayStop.org.uk)

Sexual Consent:

# What's

# It

# Got

# To

# Do

# With

# Me?

Well, if you have sex or want to have sex, it's got everything to do with you.

Making sure you get and give consent before having any kind of sex with another person really matters.

You don't need to have a sit-down chat about it if you don't want to – but consent should always be clear.

Sex is only good when it's between people who have given their consent. Unless you both want it and are both capable of making a free choice, you are breaking the law.

If it's not your body, it's not your decision. Make sure you **get** consent. Know when to **Pause, Play and Stop**.



How do I

# Get Consent?

When you fancy someone and want to have sex, always check they want it too. Although it might feel awkward, finding out what they like and don't like will make sex much better.

Even if someone is aroused, it doesn't always mean they want sex.

There are easy ways to get consent without killing the mood.

Ask your partner what they want, how they want it and where they want it. Make it part of your foreplay. You can say things like...

- || Is this OK?
- || Does this feel good?
- || Can I touch you here?
- || Tell me what you like.

Listen to their answer. Use your instinct and empathy to sense what your partner is feeling and how they are responding. Look for signs that they are enjoying what you are doing and want it to carry on. Only do what you both agree to.

# When do I pause?

You should pause to consider whether you have got consent **every** time you have sex.

It doesn't matter if it is the first, the fifth or the hundredth time you're having sex, if you're in a relationship or you've just met – you must always have consent.

**So before you get it on: make sure you get it.**

▮ Pause to read your partner's body language. Are they saying yes but their body is saying no?

▮ Pause to ask if sex is what they want.

▮ Pause to listen to what they say.

▮ Pause to ask if it feels good.

▮ Pause to check no one involved is under 16. In England, Wales and Northern Ireland this is the age of consent. It is illegal for any kind of sexual activity to take place when one or more participants are under 16.

When you know the other person is happy to go ahead, you've got enthusiastic sex - fast forward to play.

# When do I play?

It is GREAT to enjoy sex as long as consent has been made clear.

Consent can be talked about directly or given through the actions, words and sounds of your partner.

Know the signs that show they want it, such as...

- ▶ Looking at you, smiling and nodding
- ▶ Being relaxed and happy
- ▶ Being enthusiastic and responsive
- ▶ Telling you what they want
- ▶ Responding to you with their body, including kissing you back and touching you

They might also say or whisper things like:

- ▶ 'I like that'
- ▶ 'That feels good'
- ▶ 'Do that again'
- ▶ 'Do it this way'
- ▶ 'Touch me here'

These signs show that the person you are with is happy and gives their consent to what is happening at that moment. If you have any doubts at all, ask.



# When do I stop?

If you have not got consent - or are in any doubt about having it - you should always stop.

Non-consensual sex is illegal. It is rape or sexual assault.

Sex is non-consensual if...

- Consent is assumed
- It is forced, pressured, unwanted or violent
- Your sexual partner is too drunk or too high to give consent
- Your sexual partner is asleep
- Your sexual partner doesn't understand what is happening

**Always stop** if you hear your partner say....

- 'No'
- 'I don't know'
- 'I'm not sure'
- 'Not now'
- 'I feel worried'
- 'Stop'
- 'Get off'
- 'F\*\*\* off'
- 'Don't do that'
- 'Ouch'
- 'Not again'
- 'Do I have to?'

Know the signs that mean you should stop, including...

- Stillness
- Silence
- Frozen or frightened expression
- Crying
- No eye contact
- Slurred speech
- Incoherent talking
- Flinching
- Rigid or tense body
- Shaking
- Confusion
- Resistance
- Passing out
- Sleeping

## The Law

The law is clear: having any kind of sex without getting consent is illegal and is rape or sexual assault.

The law says:

'A person consents if they agree by choice, and have the freedom and capacity to make that choice.'

'A person commits rape if they intentionally penetrate the vagina, anus or mouth of another person with their penis without consent.'

'A person commits sexual assault if they intentionally touch another person, the touching is sexual and the person does not consent.'

The law recognises that a person might not have sufficient capacity because of their age or because of a mental disorder. The amount someone has had to drink can also affect their ability to consent.

**If you repeatedly ask for consent and are refused, this can count as sexual harassment.**

# Get Involved

Find out more about active sexual consent on our website:

[www.PausePlayStop.org.uk](http://www.PausePlayStop.org.uk)

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Join the conversation:

#IGetConsent



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[www.sarsas.org.uk](http://www.sarsas.org.uk)