

Book 2 of 2

Introduction to Sexual Consent

A book about sexual consent for people of all abilities.



S CCA Ability Relationships Sexuality

SHFPACT
SEXUAL HEALTH AND FAMILY PLANNING ACT

Introduction to Sexual Consent

A book about sexual consent for people of all abilities.



Free advice and support

If anything in this book makes you feel worried or unsafe, free advice and support is available all day, every day, online or by telephone through the following services.

13YARN

Aboriginal or Torres Strait Islander Crisis Support

☎ 13 92 76

1800RESPECT

National Domestic Family and Sexual Violence Counselling Service

☎ 1800 737 732

Kids Helpline

Support for people aged 5 to 25 years old

☎ 1800 55 1800

Lifeline

National Crisis Support

☎ 13 11 14

QLife

LGBTIQ+ Peer Support, available 3pm to midnight

☎ 1800 184 527

This book uses words and concepts from the SoSafe Framework. SoSafe is a set of visual and conceptual tools to promote social and sexual safety for people of all genders and ages with intellectual disability or who are Autistic, and the people who work with them. The SoSafe Framework is owned and managed by SHFPACT.

Disclaimer

There are many images in this book. All of the images are drawn pictures. Some of the images are of **private body parts** and sexual topics. These images are anatomically and biologically correct to support learning. Images help people learn and teach.

Sexuality Education Counselling and Consultancy Agency (SECCA) and Sexual Health and Family Planning ACT (SHFPACT) have intended to provide information that is accurate at the time of printing.

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ISBN 978-0-6453372-9-7

Thank you to our
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We thank and acknowledge the contributions of:
Jordina Quain

This project is managed by SHFPACT and is funded by the Australian Government Department of Social Services. There are two books in this series. The first book is about **consent**. This is the second book and is about sexual **consent**.

SECCA is proud to live, work and love on the lands and by the waters of the Whadjuk people of the Noongar Nation. We pay our respects to their Elders past and present.

SHFPACT acknowledges the Ngunnawal people as traditional custodians of country in the region our organisation operates, and recognises any other people or families with connection to the lands of the ACT. We pay our respects to Elders past, present and emerging, and acknowledge the continuing and enduring connection to the lands, waters, flora and fauna. SHFPACT acknowledges that sovereignty was never ceded.

Australia always was, and always will be, Aboriginal land.

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Introduction

This book is to help you understand sexual **consent**.

Sexual **consent** helps you feel **safe** and comfortable in **sexual relationships**.

Sexual **consent** helps other people feel **safe** and comfortable around you.

This book will tell you why giving and getting sexual **consent** is important.

It will give you information on the laws related to **consent**. Laws are rules meant to keep people **safe** and are enforced by police.

This book will tell you about:

- ✓ Your **rights**
- ✓ Sexual **consent**
- ✓ Communicating sexual **consent**
- ✓ Healthy relationships
- ✓ **Consent** when using the **internet**
- ✓ The law
- ✓ **Sex workers**
- ✓ **Sexual violence**



Some words will be **bolded**. This means you can find out more about this word in the glossary at the end of this book.

There are lots of words and pictures in this book.

You can ask a **trusted person** to look at this book with you. A **trusted person** is an adult that you know well, that you like and that helps you. This may be your support worker, **OK helper**, a friend or a family member. They can also read the book with you.

How to use this book

Who this book is for

This book is for everyone. It is designed so you can read it yourself or with a **trusted person**. This is called supported reading. You can read it with a support worker, **OK helper**, a friend or a family member.

Pages on the left-hand side

- From page 8 to page 46, the left-hand pages are written in Easy English to be clear and short
- These pages have larger letters and pictures.



Glossary

At the end of this book, you will find more information for yourself or your **trusted person** and a glossary of the **bolded** words.

Pages on the right-hand side

- The right-hand pages are written in plain language
- These pages have more text to help you learn more about the topics
- These pages can also help your **trusted person** read and understand the topics
- Your **trusted person** can read these pages before they support you
- This can help them answer your questions, talk with you about the book or know where you can get more help.



On the pages on the right-hand side you will find questions to help you apply what you learned.

Sexual safety is important for everyone. This book focuses on sexual **consent** to help increase your **sexual safety**. Sexual **consent** is when you communicate, understand and **respect** the boundaries of yourself and others for **sexual activities**.

People can use different names for **sexual activities**, such as sex, making love or doing it. This book uses the term **sexual activities**. This includes vaginal sex, oral sex, anal sex, kissing and other **sexual touch**. Before you read this book you may want to read the first book in the series which gives an introduction to **consent**.



You can read this book by yourself. You can read this book with a friend, **OK helper**, support person, carer, parent or teacher.

Your rights

You have a lot of **rights**. **Rights** are like rules about what a person is allowed to be, to do, to have or to experience.

Your **rights** might be about your body or what others can do to your body. This is called **body autonomy**.

You can agree or disagree about what happens to you or your body. People should **respect** that decision. This means that they listen to you and should only do something if you have agreed.

Other people have the same **rights** as you. This includes **rights** about their **body autonomy** and what you can do to other people's bodies. The **rights** of other people need to be **respected**. This means that you listen to them and should only do something to another person if they have agreed.

You have the right to:

- ✓ feel **safe** at all times
- ✓ tell a **trusted person**, like an **OK helper**, about anything
- ✓ make choices about your own body and what happens to it
- ✓ have access to relationships and sexuality education
- ✓ explore and define your own **sexual orientation** and **gender**
- ✓ share your feelings and be listened to
- ✓ decide when, if, where and who you do **sexual activities** with
- ✓ have **safe** and pleasurable **romantic** and **sexual relationships**
- ✓ decide if, who and when to marry or have kids
- ✓ tell someone no or change your mind at any time
- ✓ be listened to about what you want to happen to your body
- ✓ be free from **sexual violence**.

You have a lot of **rights**. These are some of them.

Sexual consent

Sexual feelings

Relationship types

Healthy relationships

Sexual consent

Yes and no

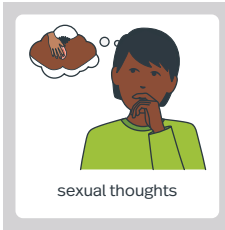
Remove consent

Safer sexual activities

YES



Sexual feelings

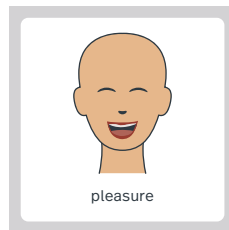
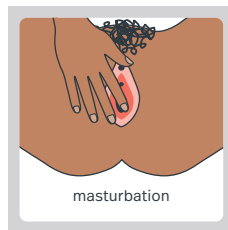
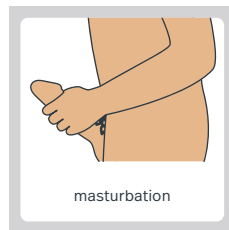


Many people are sexual people. Some are not.

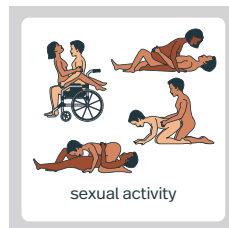
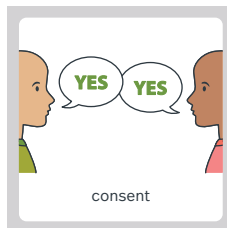
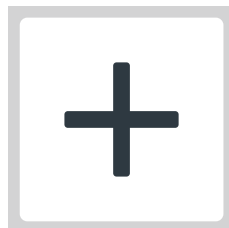
Sometimes you may have:

- sexual thoughts
- sexual feelings.

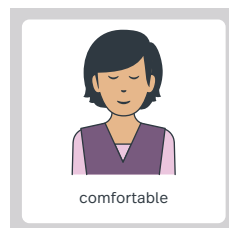
You could touch yourself for pleasure by **masturbating** if you are in a **private place**.



You could do **sexual activities** with other people if you are in a **private place** and all people **consent**.

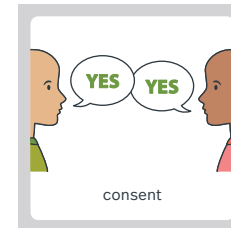
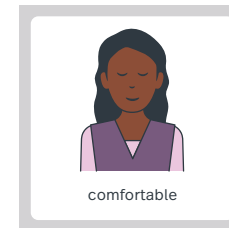


You should feel **safe**, happy and comfortable about any **sexual activities** you do.

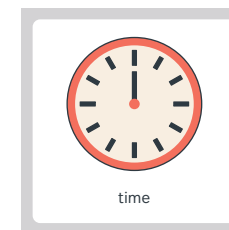


Sexual feelings

Having sexual thoughts and feelings is an important part of life for many people. **Sexual activities** are healthy if they are **safe**, comfortable, feel good and there is **consent**.



Many people can be comfortable about being sexual. Others may not be comfortable being sexual or having sexual thoughts and feelings. People may have many different sexual feelings or sexual thoughts. These sexual thoughts and sexual feelings may change over time.



It is important that you only act on sexual thoughts or feelings if you are in a **private place**. In a **private place** you could:

- ✓ touch yourself for pleasure by **masturbating**, including by using **sexual aids**
- ✓ do **sexual activity** with another person if there is **consent**
- ✓ read, listen or watch **pornography**.



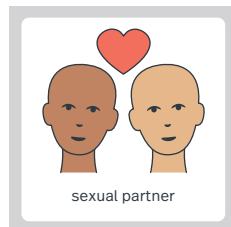
What can you do if you are in a **public place** and have sexual feelings or thoughts?

Relationship types

There are many types of relationships.



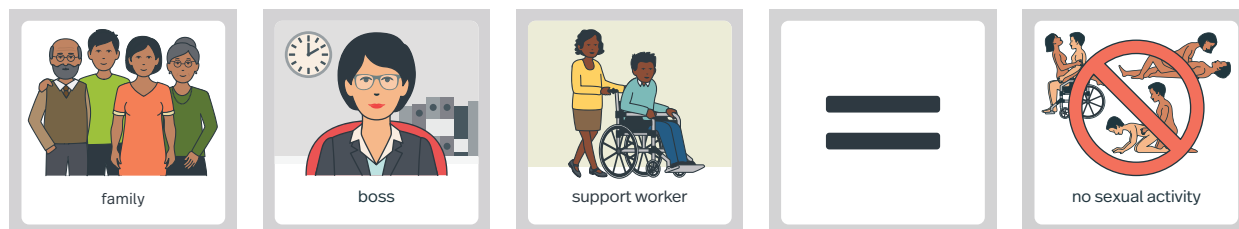
In some relationships it is okay to do **sexual activities**.



You can do **sexual activities** with a **sexual partner**. This could include someone you are dating or married to. You do not have to be in a **romantic relationship** with someone to do **sexual activities** with them.

In some relationships it is not okay to do **sexual activities**.

You cannot do **sexual activities** with your family members, your boss, your support worker, your doctor, your teacher or your coach.



If you feel threatened or pressured to do **sexual activities** with someone then there is no **consent**.

Relationship types

Everyone has different types of relationships. In each relationship type different types of touch are allowed.

Sexual activities can be done with a **sexual partner**. Your **sexual partner** is usually someone that you are dating or married to. It can also be someone you are not in a **romantic relationship** with. You always need **consent** to do **sexual activities** with another person, even if you are dating or married.

Sometimes the law may state that there can be no sexual **consent**. For example there cannot be **sexual activities**:

- ✗ between a **health professional** and a patient
- ✗ between family members
- ✗ between an adult and a person under 18 years of age.

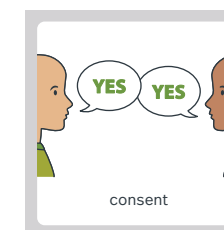
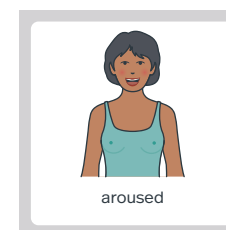
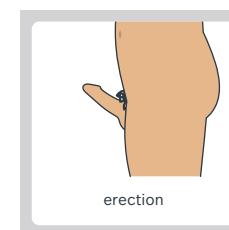
In a **sexual relationship**:

- ✗ you should not feel pressured or **coerced** into **sexual activities**
- ✗ you should not feel threatened or worry someone will harm themselves or someone else if you do not do **sexual activities** with them.

There is no **consent** if you worry that a **sexual partner** will leave you if you do not do what they say.

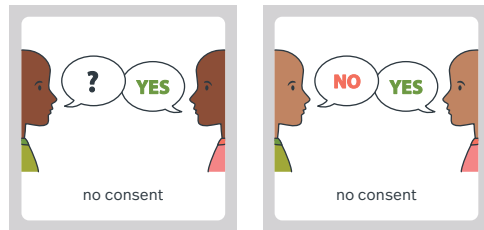


Signs of physical arousal, including erections and flushed cheeks do not mean there is **consent**.



What other relationship types do you have in your life?

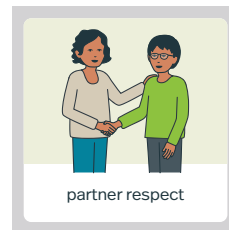
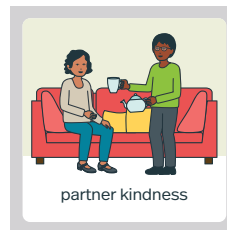
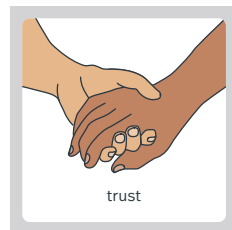
Healthy relationships



In healthy relationships all people in the relationship have control over their bodies and have equal decision making.

People should have positive feelings and experiences with their **sexual partner**.

These positive feelings include trust, **safety**, kindness and **respect**.



In a healthy **sexual relationship** the sexual **rights** and boundaries of everyone are **respected**.

If one person has more **power** over another then this is not a healthy relationship.

If someone forces or pressures you to agree to **sexual activities** there is no **consent**.



Boundaries are limits you set about what you do and do not like for yourself and your body. All people have the right to set their own boundaries and for them to be **respected**.

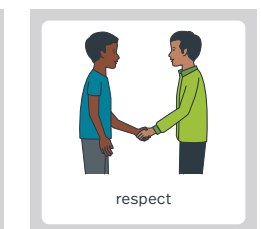
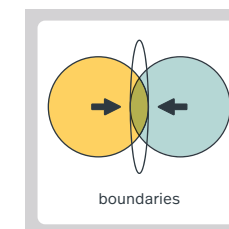
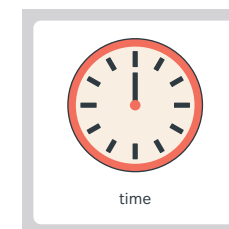
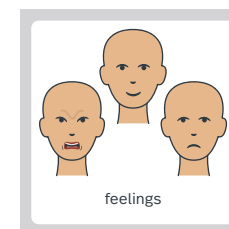
Healthy relationships

In a healthy relationship all people **consent** to be in the relationship. This means they agree they want to be in the relationship. In a healthy relationship all people have positive feelings and experiences. Sometimes in a healthy relationship people may disagree. But people in healthy relationships talk about the problem and work together to fix it.

If you are in a healthy **sexual relationship**, you should be able to:

- ✓ share your feelings
- ✓ check how everyone feels
- ✓ give yourself and your **sexual partner** time
- ✓ check all people's **rights** are being **respected**
- ✓ check all people's boundaries are being **respected**.

In a healthy relationship people can spend time together and spend time apart. This includes people being able to spend time with their friends or family without their partner there.



A healthy relationship means both people are equal, have control over their bodies and have equal decision making. If one person has more **power** over another then this is not a healthy relationship. There is no **consent** if someone uses their **power** to try and get your **consent**.

There is no **consent** if people do not have their **rights** or boundaries **respected**. **Consent** cannot be given if you are forced or threatened.



What other feelings might you have in a healthy relationship?

Sexual consent

Everyone has boundaries. Your boundaries may change as you get older. Your boundaries may also change at different places or with different people.

Boundaries for **sexual activities** can include:

- the **sexual activities** you do and do not like
- sexual behaviours you do and do not like.



When you think about doing **sexual activities** with another person, sexual **consent** needs all people to be:

- ✓ given all the information they need
- ✓ asked what they want to do
- ✓ given time to make their choice
- ✓ included in decision making
- ✓ free to choose yes or no
- ✓ excited and happy to do the **sexual activities**
- ✓ aware of the things that could happen and risks
- ✓ able to change their mind or stop at any time.



Going on a date with someone does not mean you or the other person have to do **sexual activities**.

Sexual consent

Consent is needed before and during **sexual activities**. **Consent** must be for specific **sexual activities** discussed and agreed on.

For example, when your **sexual partner** wants to kiss you at the movie cinema.

Before

Your **sexual partner** can ask you if they can kiss you. It is your choice to give **consent** or not. If you give **consent**, they can kiss you.

During

You and your **sexual partner** can show enthusiastic **consent** through body language. Your **sexual partner** can ask if they can kiss you more. If you tell them you are uncomfortable, they no longer have **consent** and should stop. If you are comfortable, they can continue. You can change your mind at any time. It is important to ask for **consent** when you want to do **sexual activities**.

For example, when you want oral sex from your **sexual partner** during **sexual activities** in a **private place**.

Before

You can ask your **sexual partner** if they can give you oral sex. It is their choice to give **consent** or not. If they give **consent**, they can start to give you oral sex.

During

You and your **sexual partner** can show enthusiastic **consent** through spoken words, phrases, facial expressions, gestures, sign language, body language and an Augmentative and Alternative Communication (AAC) device. If your **sexual partner** does not show signs of enthusiastic **consent**, you should stop and ask them if they want to continue. If the answer is not an enthusiastic yes, then the answer is no. Your **sexual partner** can change their mind and remove **consent** at any time. You can also change your mind and remove **consent** at any time.



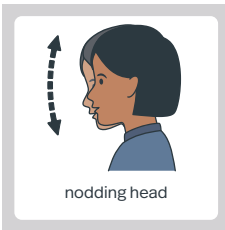
How do you know if another person is giving you **consent**?

Yes and no



Enthusiastic **consent** can sound like:

- ✓ yes!
- ✓ sounds good!
- ✓ I would love to!



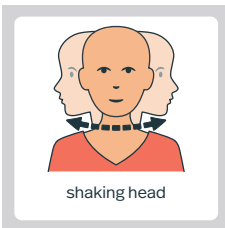
Enthusiastic **consent** can look like:

- ✓ nodding or thumbs up
- ✓ big smile
- ✓ moving closer



No **consent** can sound like:

- ✗ no
- ✗ stop
- ✗ I am not sure



No **consent** can look like:

- ✗ shaking head
- ✗ not moving or moving away
- ✗ silence and looking down



If someone is asleep, they cannot **consent**. If a person is drunk or has taken too many drugs they cannot **consent**.

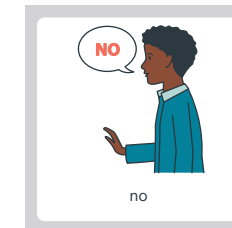
Yes and no

When considering how to respond to someone asking for **consent**, it is important to consider how it will be understood by all people involved in the **sexual activities** or behaviours.

You should try to give someone a yes or no in a clear way so the other person can understand. You can tell someone yes or no using spoken words or phrases. You can also show someone yes or no through facial expressions, gestures, sign language, body language and your AAC device. **Sexual activities** should only happen if there is an enthusiastic yes. If the answer is not an enthusiastic yes, **sexual activities** must not happen.

Other factors that may influence a person's ability to **consent** and mean they are not **consenting** include:

- taking drugs
- drinking alcohol
- being asleep, sleepy or drowsy
- being unconscious.



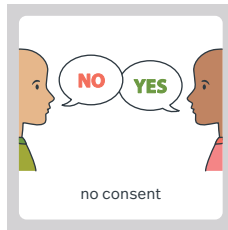
If the other person answers no or changes their mind, it can make you feel sad or annoyed. However, that person is sharing what they feel **safe** and comfortable with. It is important to **respect** their choices about their body and what they want to do. Their no is a full and final sentence. It is important not to try to turn someone's no into a yes.

Other people should **respect** your choices for your body and what you want to do. You should **respect** other people's choices for their body and what they want to do. When you answer no to someone asking for you to **consent** to something, they should listen to you. Your no is a full and final sentence. No one should try and turn your no into a yes.



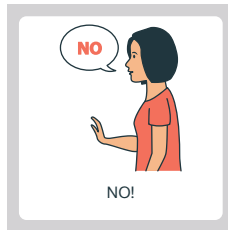
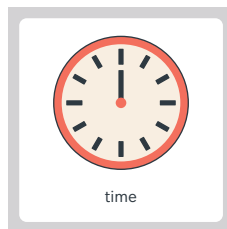
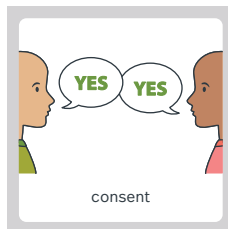
How might you feel if someone said no? How can you show you accept another person's response even when they answer no or change their mind?

Remove consent



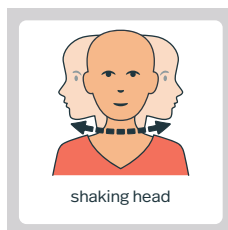
You can remove your **consent** for **sexual activity** at any time.

This means that you do not want to do that **sexual activity** anymore.



You can remove your **consent** by saying:

- ✗ no
- ✗ stop
- ✗ I do not like this
- ✗ that does not feel good
- ✗ I would like to do something else.



You can also remove your **consent** by:

- ✗ shaking your head
- ✗ moving away from the person
- ✗ pushing the person away.



If you remove your **consent** the other person should stop. If another person removes their **consent** you should stop.

Remove consent

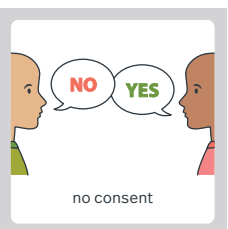
If you remove your **consent** for **sexual activities** it means you want to stop the **sexual activity** you were doing. This means that there is now no **consent**. You can remove your **consent** if you feel unsure, unsafe, if you have changed your mind or if it does not feel good.

You do not need to explain why you want to remove your **consent**.

You can remove your **consent** in lots of different ways. You can tell someone you remove **consent** through spoken words or phrases. You can also show someone you remove **consent** through facial expressions, gestures, sign language, body language and your AAC device.



You can change your mind at any time and for any reason. This means you can change your mind even if you have already started a **sexual activity**.



If you remove your **consent** for a **sexual activity**, the other person should stop what they are doing as they no longer have **consent**. If someone removes their **consent** for a **sexual activity**, you should stop what you are doing as you no longer have **consent**.

If you do not have **consent** for **sexual activities**, it is **sexual violence**. This may also be called **indecent assault**, **sexual assault** or **rape**.



If the other person does not stop, it is not your fault. You can ask an **OK helper** or a **trusted person** to help you.



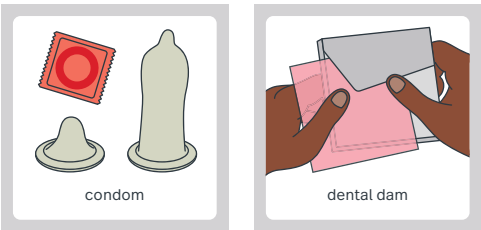
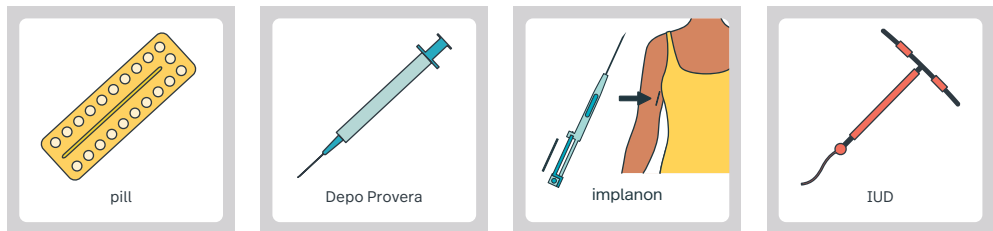
What are some ways you could remove your **consent**?

Safer sexual activities



Everyone has the right to make choices about their body. This includes if they want to use **contraception** and what type of **contraception** works for them.

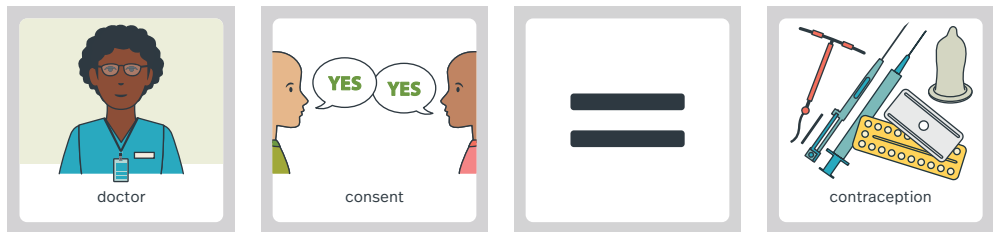
If you have a **uterus** you can use **contraception** to not get pregnant.



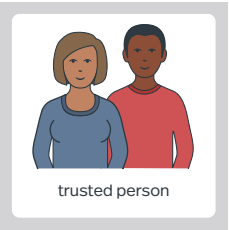
Some **contraception** can help stop pregnancy and **sexually transmissible infections**.

Sexual partners should agree on what **contraception** works best for them.
If you cannot agree or feel pressured to not use **contraception**, you can ask a **trusted person** to help you decide what to do.

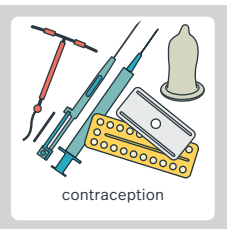
You can see a doctor to get **contraception**. A doctor needs to get your **informed consent** before giving you any **contraception**.



Safer sexual activities



If you are the person using the **contraception** it is your body and your choice. It is important to discuss with your **sexual partner** what **contraception** you are using before you start any **sexual activities**. If you cannot agree on what **contraception** to use, you can ask your **trusted person** or **OK helper** to help you decide what to do.



You could get pregnant if you do **sexual activities** that involve a penis going into a vagina. If you do not want to get pregnant you need to use **contraception**. **Contraception** can help stop a person with a **uterus** becoming pregnant. There are lots of types of **contraception** and it is important to find what work for you. There are hormonal methods such as an implant, an injection, an intrauterine device (IUD) or pills which are used regularly and before **sexual activities**. If you are worried you could be pregnant, you can take an emergency **contraceptive** pill. You can take this in the first three days after **sexual activities**. There are barrier methods that can help stop pregnancy and **sexually transmissible infections**. These include condoms or dams which are used during **sexual activity**.

A **health professional** can help you understand the different **contraceptive** choices you have. If it helps you feel more comfortable, you can take a **trusted person** or **OK helper** with you to the appointment.



Are there any **contraceptive** choices you would like to know more about?

Online consent

Privacy

Online dating

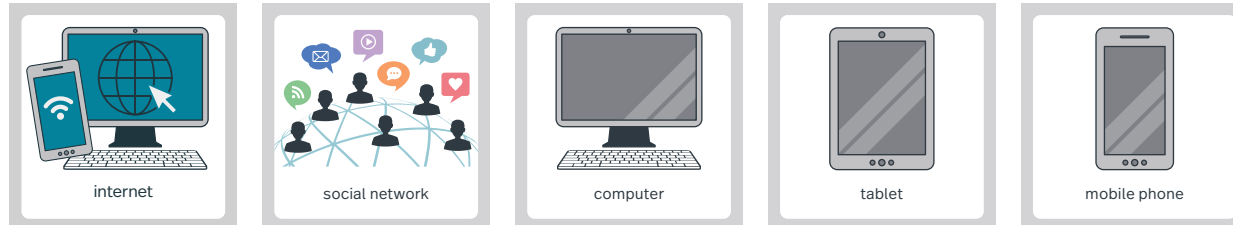
Sexting

Pornography

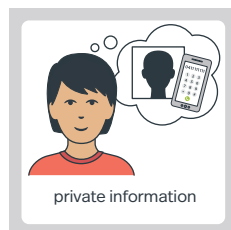


Privacy

The **internet** connects people using computers and devices. Sometimes the **internet** is called going online.



You cannot always know who you are sharing information with online.



A **trusted person** can help you know what websites or apps are **safe**.

It is important to keep your **private information safe**, like:

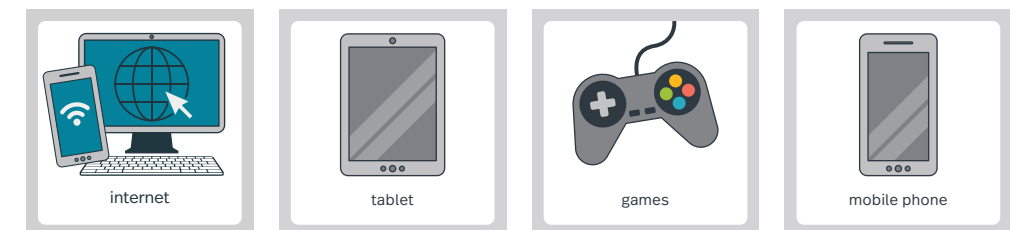
- full name
- address
- passwords
- private details like your bank account.



The eSafety Commissioner have lots of advice to help keep you safe online.

Privacy

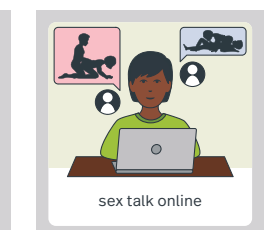
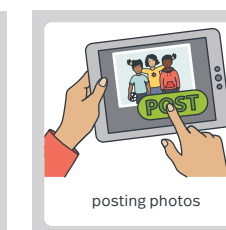
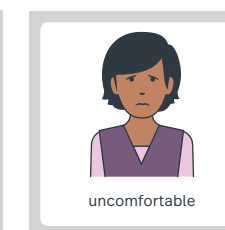
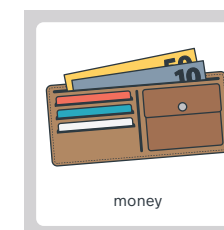
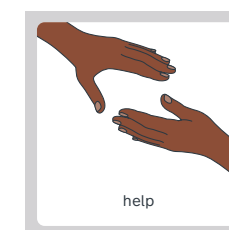
The **internet** lets people connect to other people and information through their computer, tablets, game consoles and phones. You cannot always know who you are sharing information with online.



A **trusted person** can help you know what websites and apps are **safe** to use and what to share online. You should not share your **private information** online including your full name, address, phone number, passwords or private details like your bank account. You should also not send pictures of yourself or your house to people you do not know. A **trusted person** can help you if you see something online that you do not like or makes you uncomfortable.

This could be:

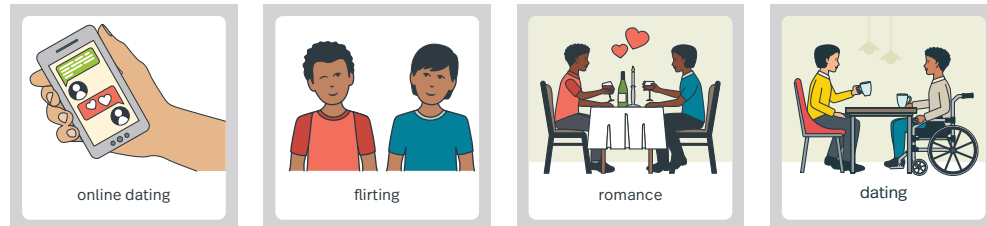
- someone asking for help or money
- messages that are mean to you
- photos or videos that make you feel unsafe or uncomfortable
- sex talk online that makes you feel unsafe or uncomfortable
- a friend request or message from people you do not know.



What makes you feel **safer** online?

Online dating

Online dating can be a way to meet new people for a **romantic relationship** or **sexual relationship**.



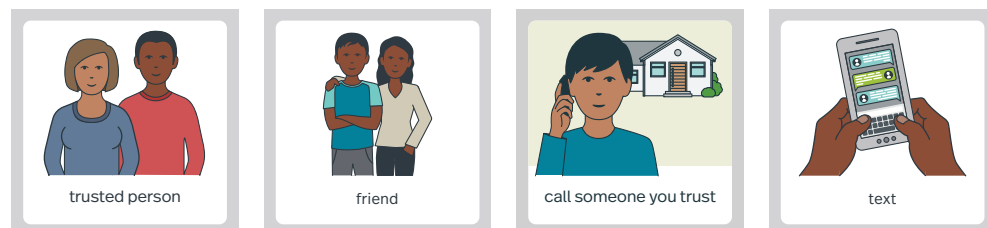
A person online should:

- ✓ be nice and kind
- ✓ **respect** your boundaries
- ✓ make you feel **safe** or comfortable
- ✓ not ask you to keep a secret.

Sometimes you might decide to meet someone in person who you met online. You both need to **consent** to where and when you meet.

Some ideas to keep you **safer** include:

- meet in a **public place**
- tell a friend or **trusted person** where you are going
- ask a friend to call or text you during a date
- call your **trusted person** to help you.



If you meet someone in person you do not have to do **sexual activities** with them. All people still need to give their **consent**.

Online dating

Online dating can be a way to meet new people who you want to date or build a **romantic relationship** or **sexual relationship** with. You can choose to talk to them through **social media** or online dating apps.

A person you meet online should:

- ✓ listen to and **respect** your boundaries
- ✓ be nice and kind to you
- ✓ make you feel **safe** and comfortable
- ✓ not ask you to keep secrets
- ✓ not ask you for **private information**.

It is important that you:

- ✓ listen to and **respect** their boundaries
- ✓ be nice and kind to them
- ✓ make them feel **safe** and comfortable
- ✓ not ask them to keep secrets
- ✓ not ask them to give you their **private information**.

If you choose to meet someone in person, together you can decide where and when you will meet. Often people meet for the first time in a **public place**. Both people need to **consent** to where and when they meet. Some ways you can be **safer** when meeting someone:

- you can tell a **trusted person** where you are going and who you are meeting
- you can ask a friend to call you at some point during the meeting to check in with you
- you can ask a staff member for help if you are in a café, bar or other venue.

You do not have to **consent** to **sexual activities** just because you are dating them or meeting them in person. It is your choice and you both need to **consent** to do **sexual activities**.



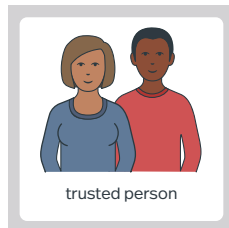
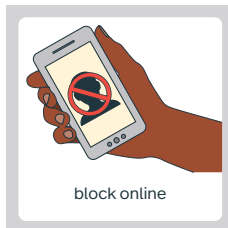
How can you share your **safety** boundaries when you meet a new person?

Sexting

Sometimes people want to share sexual photos or videos of their **private body parts** to others on a phone or other device. This is called **sexting**.

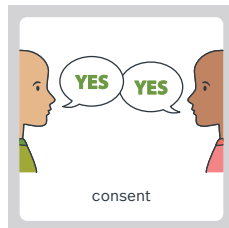
Sexting is okay if:

- both people are 18 years of age and older
- all people **consent** to send or get the photo or video.



If you do not **consent** to get a sexual photo or video from someone you can:

- block the person who sent it to you
- tell a **trusted person**.



If you are 18 years of age and older and you want to send a sexual photo or video you must:

- make sure the person you want to send it to is 18 years of age and older
- ask for their **consent** to get the sexual photo or video before you send it.



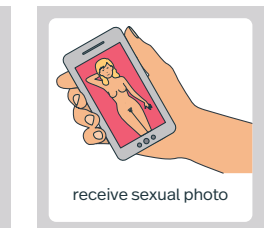
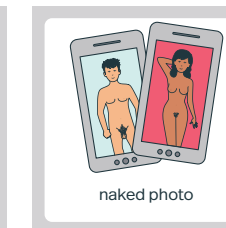
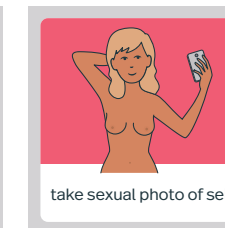
The **internet** is a **public place**. Anything shared on the **internet**, through text messages or videos can be made public.

Sexting

Sexting is the sharing of sexual photos or videos with another person on a phone or other device.

Sharing photos or videos of any **private body parts** with another person must be done with **consent**. There are laws that protect people online.

Sending or receiving sexual photos or videos of **private body parts** is against the law if you are under 18 years of age.



If you are 18 years of age and older, you can only send sexual photos or videos of **private body parts** to a person with their **consent**.

There are different ways to keep yourself **safe** when sending or receiving sexual photos or videos of **private body parts**:

- you can block someone if they have sent you a photo or video without your **consent**, and tell a **trusted person**
- you can change your privacy settings on **social media** accounts
- do not show your face or other identifying features in a photo or video of your **private body parts**
- blur the background so no one can see where you are
- do not send a photo or video of your **private body parts** to someone you have not met
- do not send the photo or video if you feel uncomfortable or unsafe.



The **internet** is a **public place**. Anything shared on the **internet**, through text messages or videos can be made public.

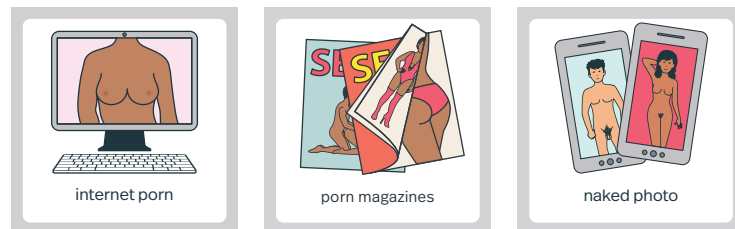


What other ways can you keep yourself **safe** online?

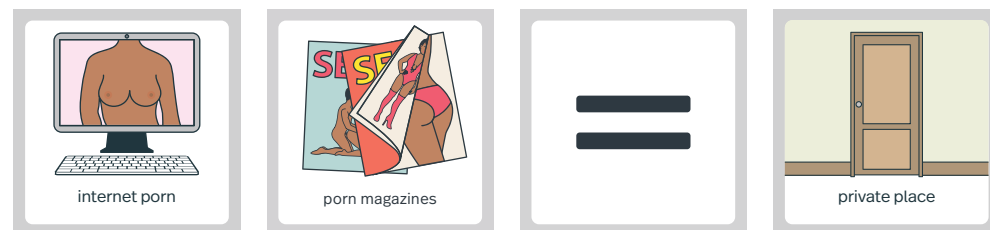
Pornography

Pornography is also called **porn**.

Porn is any photo, video, audio or writing that is made to give a person sexual feelings. Not all photos, videos or writing that is about **sexual activity** is **porn**. But all **porn** is made to make the reader or viewer have sexual feelings and thoughts.



Watching **porn** is a **private behaviour**.



You must be 18 years of age and over to watch and share **porn**.

It is against the law to view or save **porn** that shows **sexual activities** with people under 18 years of age.



Pornography



Pornography, or **porn**, is any photo, video, drawing or writing that is made to give a person sexual thoughts and sexual feelings.

It is important that you only look at **porn** in a **private place**. You must be 18 years of age and over to watch and share **porn**. It is against the law to look at **porn** in public or for people under 18 years of age.

Some **porn** is not okay. **Porn** that shows people under 18 years of age is against the law. **Porn** that shows **sexual activities** with no **consent** or **sexual violence** is against the law. Some **porn** can be harmful or upsetting to watch or read.



Some people want to watch **porn** and others do not. It is okay either way.

Porn can be exciting to watch and help you explore your sexuality. **Porn** is usually made by actors who discuss and give their **consent** to **sexual activities** before filming starts. **Porn** is usually made to make you feel aroused. A **porn** actor may say something feels good for them. What feels good is different for everyone.

Some **porn** may not show **respectful** relationships. It often does not show people using **contraception** or asking for **consent**. If you are unsure what **porn** to watch, or if you have seen something that you are unsure about or that has upset you, you can tell a **trusted person**.

If **porn** is causing problems for you, you can tell a **trusted person**, a counsellor, your doctor or **health professional** for more support options.



What can you do to feel **safe** using **porn**?

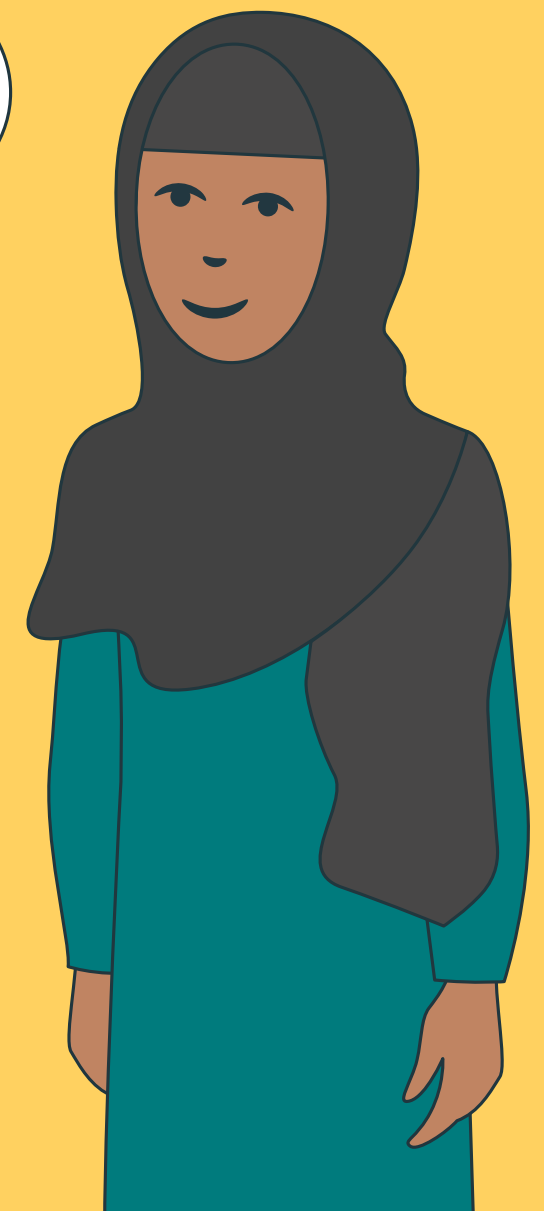
The law

Sexual consent laws

Age of consent laws

Sex workers

Stealthing laws

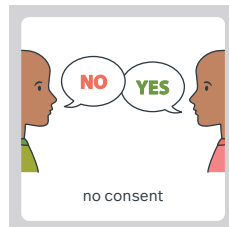
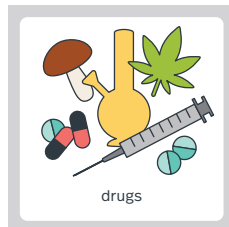


Sexual consent laws

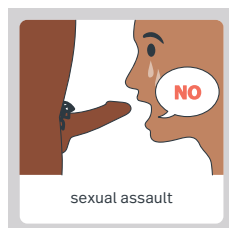
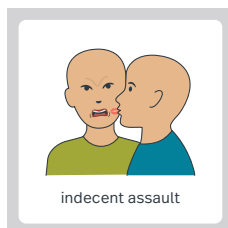
The law says that people should ask for **consent**.

The law says that a person cannot **consent** if:

- they are under the **age of consent**
- they are unconscious
- they are drunk or have taken lots of drugs
- they are under 18 years of age and the other person is in a position of **power**
- the other person uses force, threats or lies.



If you or someone else do **sexual activities** with another person without **consent** this is **sexual violence** such as **sexual assault** or **rape**.



It is not your fault if someone has done something sexual to you without your **consent**. You can seek help from a **trusted person** or **OK helper**.

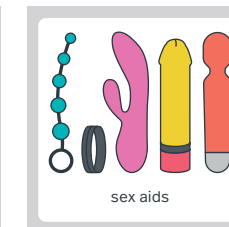
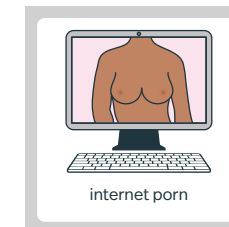
Sexual consent laws

The law in your state or territory will tell you different rules that you need to follow for **consent**, including **affirmative consent**.

The law says **consent** is for the specific **sexual activity** discussed and agreed on. For example, you might **consent** to oral sex but not **consent** to sexual intercourse.

The law tells you:

- what age you and other people have to be to do **sexual activities**
- what age you must be to do **sexual activities** with someone who has more **power** than you
- when and who you can send photos or videos of your **private body parts** to, and what the person who gets the photo can do
- what age you can watch **pornography**
- what age you can buy **sexual aids**.



It is never okay for someone to do something sexual to another person without their **consent**.

If someone begins to do something without your **consent** or you are not **safe** you can:

- leave and go to a **safe** place
- call a **trusted person** or **OK helper** to help you
- yell for someone close by to help.

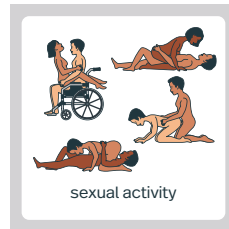
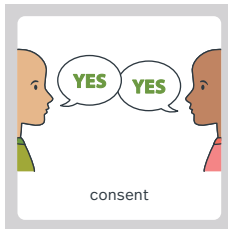


Who is a **trusted person** that can help you if you need it?

Age of consent laws

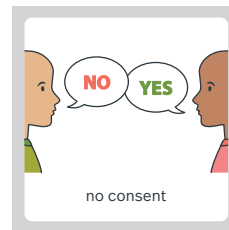
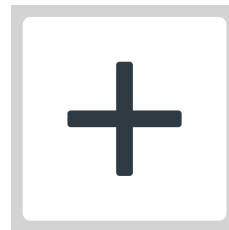


The laws about **age of consent** are different in each state and territory in Australia.



The **age of consent** means the age the law says you and someone else must be to do **sexual activities**.

It is against the law to do **sexual activities** with someone under the **age of consent**.



Make sure you know what the law says about the **age of consent** where you live.

Age of consent laws

Age of consent laws aim to protect children and young people from harm and **sexual violence**.

Age of consent laws say that if you are under the **age of consent** you cannot **consent** to **sexual activities**. When someone does **sexual activities** with someone under the **age of consent** it is against the law.



The **age of consent** for doing **sexual activities** is 16 years of age in most states and territories in Australia. However in South Australia and Tasmania the **age of consent** is 17 years of age. This law may change so it is important for you to check.

You can check the law in your state or territory to know what is allowed.

The law says when **sexual activities** may not be legal. For example:

- if someone is under 18 years of age and the other person is much older
- someone is in a position of **power** over you, like your boss, your doctor or your teacher
- you have **power** over someone else.

No matter how old you are, no one is allowed to force you to do **sexual activities** with them.



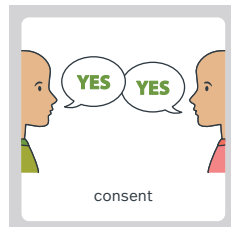
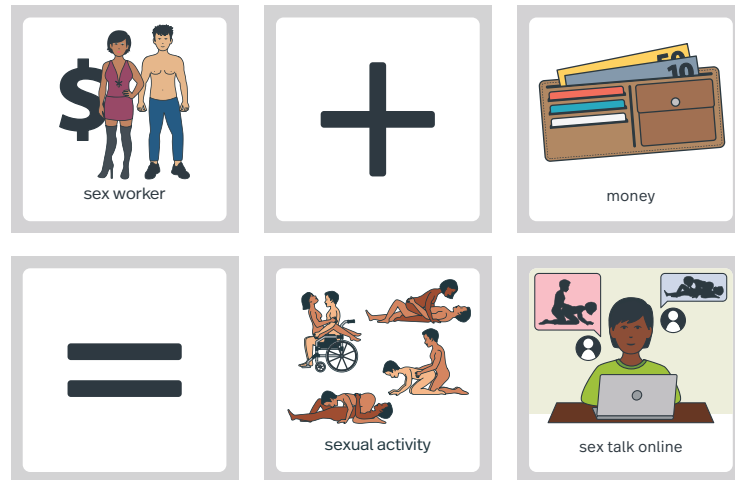
It is not your fault if someone has done something sexual to you without your **consent**. You can seek help from a **trusted person** or **OK helper**.



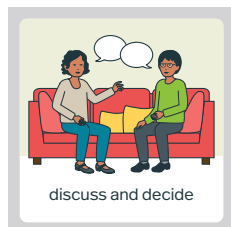
How would you find out what the **age of consent** laws say in your state or territory?

Sex workers

A **sex worker** is someone who is paid for **sexual activities**. This is their job and they are not in a **romantic relationship** with you.



You and the **sex worker** both need to **consent** to the specific **sexual activity**.



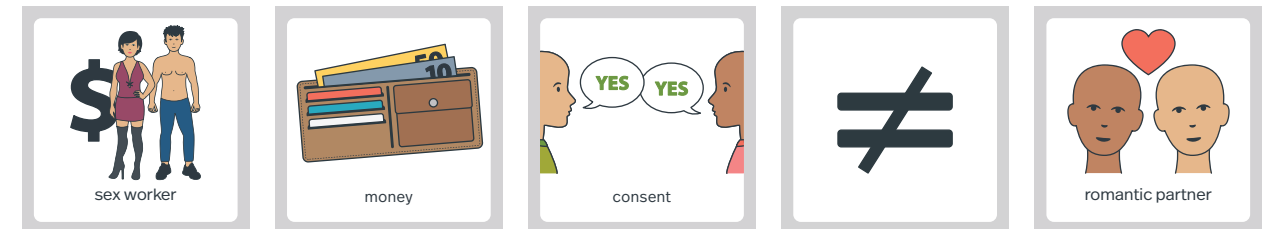
Both you and the **sex worker** have the right to decide what the **sexual activities** will be.



The law says where you can do **sexual activities** with a **sex worker** and how old you must be.

Sex workers

A **sex worker** is a person who provides sexual services which may include oral sex, vaginal sex, anal sex, sexual talk, **sexual touch** or sexual photos. A **sex worker** chooses what **sexual activities** they do. A **sex worker** is paid for these **sexual activities**. It is their job and not a **romantic relationship**, even if it may feel like one.



You and the **sex worker** must agree on the **sexual activities** before you pay them. You and the **sex worker** can also say no, stop or slow down at any time. If you or the **sex worker** say no or stop then there is no longer **consent** to do **sexual activities** and you both need to stop what you are doing.

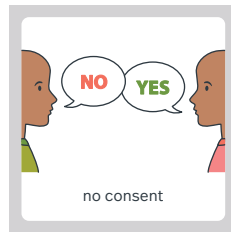
The laws for sex work are different in each state and territory. It is best to check the law in your state or territory to know what is allowed.

The law says you may need to use barrier methods, such as a dam or condom, for **sexual activities** that include **sexual touch** with a **sex worker**. You can ask the **sex worker** about this. They will know.



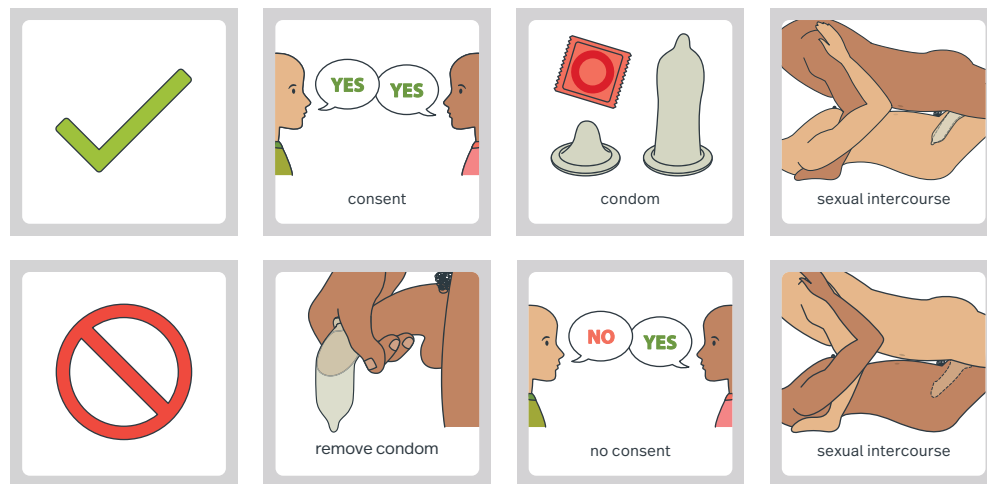
How would you find out more about **sex workers**, if you wanted?

Stealthing laws



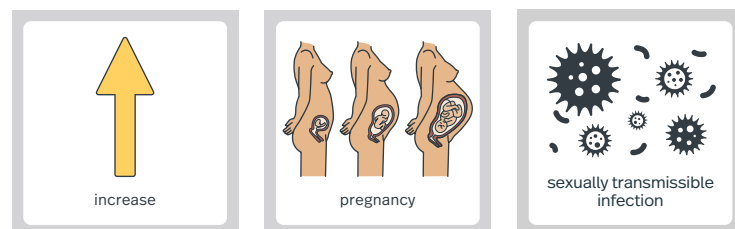
Stealthing is when someone breaks or takes off a condom during **sexual activity** without the **consent** of the other person.

Stealthing happens when everyone agrees to **sexual activities** using a condom. The condom is then secretly damaged or removed before the penis goes in the vagina or anus.



Stealthing is a type of **sexual violence**.

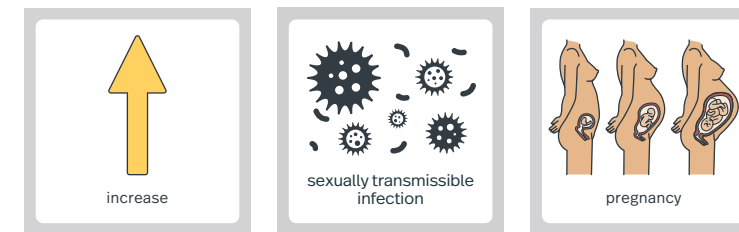
Stealthing makes the risk of pregnancy and **sexually transmissible infections** higher.



Stealthing is against the law. It is not your fault if it happens to you. You can seek help from a **trusted person** or **OK helper**.

Stealthing laws

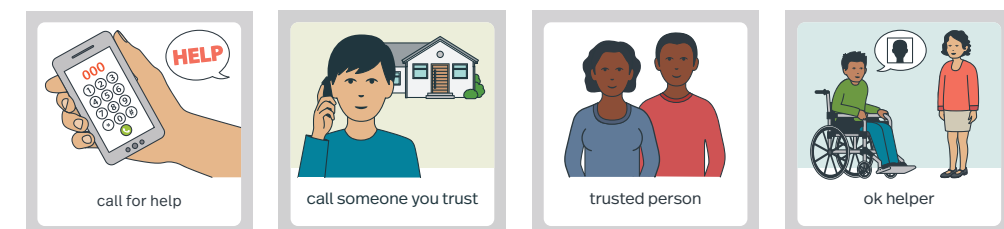
Stealthing happens when you give your **consent** to do **sexual activities** using a condom, and a person either does not use a condom, breaks it or takes it off without your **consent**. **Stealthing** is a type of **sexual assault** because there is no **consent** to **sexual activities** without a condom. It can put people at higher risk of **sexually transmissible infections** or unplanned pregnancy.



It is not your fault if a person does not use a condom or removes the condom without your **consent**. People can have different feelings about what happened. No matter how anyone feels, there was no **consent** and this is not okay.

Stealthing is against the law. If someone begins to do something without your **consent** or you are not **safe**, you can call a **trusted person** or **OK helper** for help.

If it is an emergency you can call the police on 000 for help. If it is not an emergency you can call the police on 131 444. If something has happened to you that has made you feel unsafe or you did not **consent**, you can tell a **trusted person** or **OK helper** who can help support you.



? Who are your **trusted people** or **OK helpers** you could ask for help from?

Sexual violence

Sexual assault

Where to get help



Sexual assault

Sexual assault is a type of **sexual violence**.

Sexual assault is when someone:

- does sexual things to you without your **consent**
- forces you to do **sexual activities**.



Sexual assault is a crime even if:

- it happened with your **sexual partner** or someone you know
- it happened a long time ago
- drugs or alcohol were involved
- you gave **consent** at the start but then changed your mind during **sexual activities**.

You may have to go to the hospital after **sexual assault**.

You have a choice to tell the police about **sexual violence** that has happened to you.

This may mean you have to tell more than one person about what happened.



It is not your fault if someone has done something sexual to you without your **consent**. You can seek help from a **trusted person** or **OK helper**.

Sexual assault

Sexual assault is a type of **sexual violence**.

Sexual assault is when a person does **sexual activities** with you when you do not **consent**. If someone uses force, threats or **coercion** to get you to do **sexual activities** with them there is no **consent** and it is **sexual assault**. No one should do **sexual activities** to you if you have not given your **consent**. You should not do **sexual activities** to someone else if they do not **consent**.

Sexual assault is against the law even if:

- it happened with your **sexual partner** or someone you know
- it happened a long time ago
- drugs or alcohol were involved
- you gave **consent** at the start but then changed your mind during **sexual activities**.

If someone begins to do something without your **consent** or you are not **safe** you can:

- leave and go to a **safe** place
- call a **trusted person** or **OK helper** for help
- use your **emergency no** and yell for someone close to help.

If it is an emergency you can call the police on 000 for help. If it is not an emergency you can call the police on 131 444.

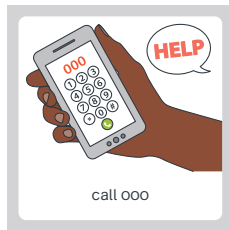


It is not your fault if someone has done something sexual to you without your **consent**. You can seek help from a **trusted person** or **OK helper**.



When do you feel unsafe and who do you tell?

Where to get help



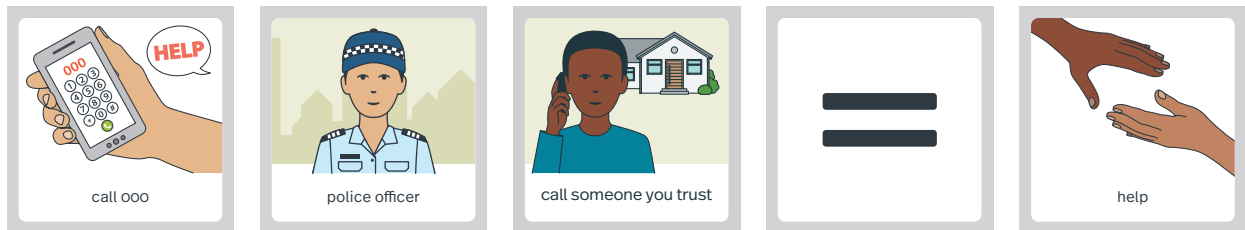
If it is an emergency you can call the police on 000 for help.

If it is not an emergency you can call the police on 131 444.

You can also call 1800RESPECT on 1800 737 732.

If you or someone you know has been **sexually assaulted** there are many services that can help.

You can choose to report **sexual violence** to the police if it has happened to you.



It is not your fault if someone has done something sexual to you without your **consent**. You can seek help from a **trusted person** or **OK helper**.

Where to get help

The National Association of Services Against Sexual Violence (NASASV) have support services for people who experience **sexual violence** in every state and territory listed on their website.

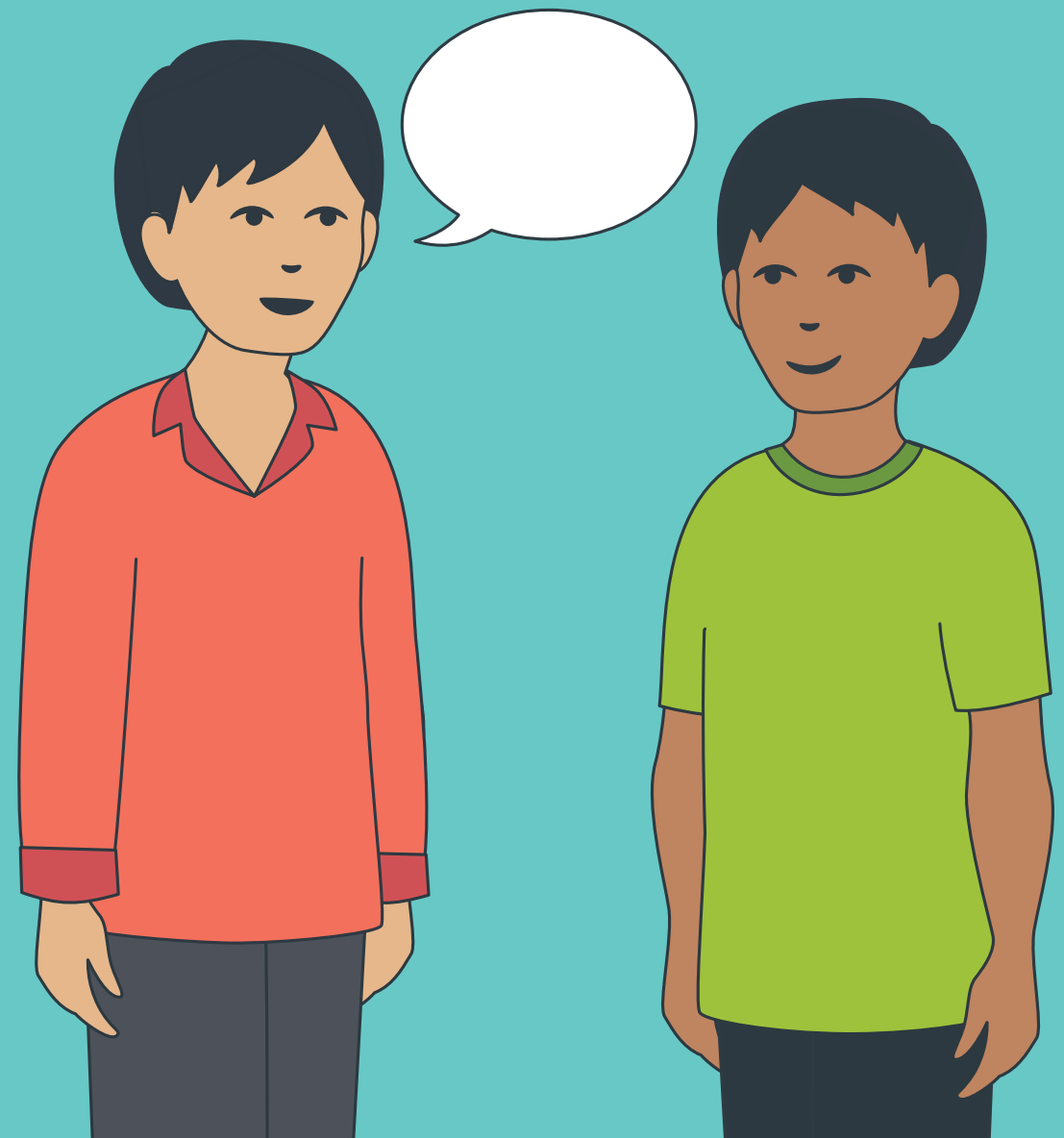
Some of the main support services in each state and territory are:

ACT	SA
Canberra Rape Crisis Centre	Yarrow Place Rape and Sexual Assault Service
☎ (02) 6247 2525	☎ 1800 817 421
NSW	TAS
NSW Sexual Violence Helpline	Sexual Assault Support Service
☎ 1800 424 017	☎ 1800 697 877
NT	VIC
Sexual Assault Referral Centre	Sexual Assault Crisis Line
☎ Darwin (08) 8922 6472	☎ 1800 806 292
☎ Alice Springs (08) 8955 4500	
QLD	WA
Sexual Assault Helpline	Sexual Assault Resource Centre
☎ 1800 010 120	☎ (08) 6458 1828 or
	☎ 1800 199 888



Can you think of any other places or people who could help if you wanted support?

Glossary



Glossary

Age of consent

Age of consent means the age you and someone else must be for **sexual activities** to be legal. The law can be different in different places. Make sure you know what the law says where you live.

Affirmative consent law

Affirmative consent is a type of **consent** that is informed and voluntary. This means you are not forced to give **consent** and you have all the information you need. Two or more people agree about what the behaviour or activity is and how it happens. Everyone must show that they want to do the activity or behaviour. You can show you give **affirmative consent** through words or actions. In some places the law says you need **affirmative consent** for **sexual activity**.

Body autonomy

Body autonomy means that your body belongs to you. You have the right to make choices about your body.

This includes:

- ✓ the food you eat
- ✓ the exercise you do
- ✓ how you wear your hair
- ✓ the clothes you wear
- ✓ how you are touched.

Cervix

The **cervix** is inside the body at the top of the vagina. It is the entrance to the **uterus**.

Coercion

Coercion means that someone has used force, threats or pressure to try and change someone's mind or to make someone else do something they did not want to do.

Consent

Consent is when all people agree to something that they want to happen. This can also be called giving permission. Everybody has the right to communicate their boundaries and for them to be **respected**. **Consent** is a way of sharing these boundaries with other people. **Consent** can happen when you have options and can make a decision about things that affect you. **Consent** is needed before and during an activity.

Contraception

Contraception is a method or medicine that is used to stop a person with a **uterus** becoming pregnant. There are lots of types of **contraception** and it is important to find the one or ones that work for you. There are barrier methods such as condoms or dams. Barrier method **contraception** is used during **sexual activity**.

There are also hormonal methods such as:

- an implant
- an injection
- an intra-uterine device
- pills.

Hormonal methods are used regularly and before **sexual activities**. Or there is an emergency contraceptive pill which can be used after penis-in-vagina **sexual activities**. To find out more about **contraception** options, you can go to your doctor or **sexual health** organisation.

Emergency no

An **emergency no** is the no you can use if you feel threatened or unsafe. An **emergency no** can be used if you have told or shown someone that you do not want them to do something and they will not listen. It is usually loud so others can hear you and help. This may mean you swear or act in a way that you would not usually.

Gender

Gender can be how a person thinks of and identifies themselves. There are many different **genders**. Some **genders** include:

- woman or female
- man or male
- transgender
- non-binary
- genderfluid.

Health professional

Health professionals are people who are trained to help others with their physical, mental and **sexual health**. **Health professionals** give advice and can answer questions about your body, feelings or relationships. There are lots of different types of **health professionals**. Some types of **health professionals** are:

- doctors
- nurses
- physiotherapists
- dentists
- psychologists
- pharmacists
- midwives.

Informed consent

Informed consent is a type of **consent** used by **health professionals**. This type of **consent** means you have the right to understand all the risks and benefits of a medical treatment or procedure before you agree to it.

Internet

The **internet** is a **public place**. The **internet** helps connect devices including computers and phones. The **internet** helps devices share information. This means that you can use the **internet** to:

- talk to other people
- find information
- connect with other people
- explore your interests.

Sometimes using the **internet** is called being online.

Masturbation

Masturbation is touching your **private body parts** for pleasure. It could involve touching your **penis**, your **vagina** or **vulva**, your **breasts** or chest, or any other form of **sexual touch** that gives you a pleasurable, sexual feeling. **Masturbation** is a **private behaviour** that must happen in a **private place**. It is against the law to **masturbate** in public.

OK helper

An **OK helper** is a **trusted person** who you can ask for help when you are scared, sad or need help.

Pornography

Pornography is any photo, video, audio or writing that is made to give a person sexual feelings. Not all photos, videos or writing that is about **sexual activity** is **pornography**. But all **pornography** is made to make the reader or viewer have sexual feelings. **Pornography** is sometimes called **porn**. Some **porn** is legal and some **porn** is illegal. Watching or looking at legal **porn** is a **private behaviour** that must happen in a **private place**.

Power

Power means a person can control, have authority over or influence another person. A healthy relationship means both people are equal, have control over their bodies and have equal decision making. It also means that all people **respect** each other.

People who may have **power** are:

- your boss or supervisor
- your teacher or support worker
- if someone is under 18 and the other person is much older.

Private behaviours

When you are on your own in a **private place**, you have the right to touch your body however you choose. This might mean going to the toilet, showering or taking your clothes off. These actions are **private behaviours**. Sometimes people we trust need to help us shower to go to the toilet. They still need your permission to help. Sometimes two people may do a **private behaviour** such as **sexual activity** in a **private place** if they are both over the **age of consent** and have given **consent** to the **sexual activity**.

Private body parts

Private body parts are the parts of the body that are usually kept covered by clothes when we are in public. They are also body parts that may be involved in **sexual activities**.

This includes:

→ Mouth

All people have a **mouth** on their face. The **mouth** is surrounded by the lips. It is used to eat food, drink and helps people talk.

→ Bottom

All people have a **bottom** on the outside of their body. The **bottom** is made up of two round fleshy parts.

→ Anus

The **anus** is the opening that is in between the bottom cheeks. This opening is where poo comes out.

→ Breasts

Most adult women have two **breasts** on the outside of their body. They usually start growing during puberty. They're soft and round and can make milk when a baby is born.

→ Vulva

The **vulva** is often called **vagina** by mistake. It is the name for some of the outside **private body parts** on a typically female body. These include the clitoris, labia, and urethral and **vaginal** openings.

→ Vagina

The **vagina** is a passage leading from the **cervix** (opening of the **uterus**) to the outside of the body on a typically female body. It allows blood to leave the body during menstruation. It can sometimes be the passage through which a baby is born. It can also help sperm to enter the **uterus**.

→ Testicles

Most male bodies have two **testicles** underneath the **penis**. They grow bigger during puberty and start making sperm.

Private body parts *continued*

→ Penis

Most male bodies have a **penis** on the outside of their body. It is usually soft. It is made of spongy erectile tissue that becomes stiff when filled with blood.



People can use different names for these body parts. This may be for cultural reasons or to feel more comfortable in their **gender**. It is important that people also know the anatomical name. This helps you ask questions or share worries with **health professionals** or a **trusted person**.

Private information

Private information is any information about **private body parts**, **private behaviours** or information about yourself that people cannot know by just looking at a person.

For example:

- your full name
- your phone number
- your birth date
- your health information.

You may not want to share your **private information** with other people. Sometimes **health professionals** need your **private information** to be able to help you. **Health professionals** should be able to tell you what **private information** is needed and why.

Private place

A **private place** is somewhere other people cannot see you or hear you. For example, in your bedroom with the bedroom door and bedroom curtains closed. You should also be able to control who comes and goes from the place. It is okay for someone you trust to help you in a **private place** if you want them to. For example, getting help in the toilet or shower. If everyone **consents**, it is okay to do **sexual activities** with another person in a **private place**.

Private talk

Private talk is conversations about **private body parts** or **sexual activities**. If you need to talk about a **private body part** or **sexual activity** it is best to talk to a **trusted person** in a **private place**.

Public place

A **public place** is somewhere that other people can see you or hear you. You are not alone in a **public place**. **Public places** are public because anyone can be there and you cannot control who comes and goes from the place.

Respect

Respect is a positive feeling towards someone or something you care about. It is shown through behaviours like:

- ✓ being fair
- ✓ showing you care
- ✓ listening
- ✓ being kind
- ✓ helping people.

Rights

Rights are like rules about what a person is allowed to be, to do, to have or to experience. They are things the law says you are entitled to as a human being. There are many different types of **rights**. All people have **rights**.

Romantic relationship

A **romantic relationship** is when people feel very strongly for each other in a way that is intimate and closer than a friendship. Most **romantic relationships** are with people we are in a **sexual relationship** with such as a partner, boyfriend, or girlfriend. You cannot be in a **romantic relationship** with someone who is in your family.

Safety

Safety can be a positive feeling or experience you have. **Safety** can happen when you have your boundaries **respected** by others and when you **respect** other people's boundaries. You can feel **safe** or be **safe** with yourself, another person, a thing or a place. When you feel **safe** is a different idea to when you are **safe**. When you feel **safe**, that is your experience. It is how you feel. When you are **safe**, that is the world around you. It is the people you are with and the places you are in. Sometimes when you feel **safe** and when you are **safe** match. Sometimes they do not match.

Sex worker

Sex workers are adults who are paid for sexual services where both people give their **consent**.

Sexting

Sexting is a form of **private talk**. It is where you share sexual information, sexual images or sexual videos on a phone or another device. It is also known as sharing intimate content of yourself and your **private body parts**. **Sexting** is only legal if the other person **consents** and both people are 18 years of age and over.

Sexual activity

Sexual activity can be lots of different things. It can mean any kind of sexual touch between any **private body part** and a person or **sexual aids**. You must **consent** to **sexual activity**. You can stop **sexual activities** at any time. **Sexual activity** should feel good. People can use different names for **sexual activities**, such as sex, making love or doing it. This book uses the term **sexual activities**. This includes vaginal sex, oral sex, anal sex and kissing.

Sexual aids

A **sexual aid** is a device or tool that can be used to help make **sexual activities** more comfortable or increase **sexual pleasure**. **Sexual aids** include pillows, blindfolds and sex toys.

Sexual health

Sexual health is a part of your overall health. **Sexual health** includes your relationship to yourself and others, **sexual health** checks and having **safer sexual activities**. Everybody has **sexual health** whether they have been involved in **sexual activities** or not.

Sexual orientation

Sexual orientation is how someone feels about themselves and who they are attracted to. Attraction may be to:

- the same or different **gender** to the person.
- one **gender** or more than one.

Some people do not feel attraction towards others.

Sexual partner

A **sexual partner** is a person that you do **sexual activities** with. Both you and the **sexual partner consent** to doing the same **sexual activities** together. They feel the same. It is closer than a friendship. You may be in a **romantic relationship** with them and call them a partner, boyfriend or girlfriend. Someone who is in your family cannot be a **sexual partner**.

Sexual pleasure

Sexual pleasure is the enjoyable feelings on different parts of your body during **sexual activity**. You can give yourself or your partner **sexual pleasure** through lots of different types of touch.

Sexual relationship

A **sexual relationship** is when people feel very strongly for each other and all people want to do **sexual activities** with each other. Most **sexual relationships** are with a partner, boyfriend, or girlfriend. You cannot be in a **sexual relationship** with a family member. **Consent** for **sexual activities** is still needed before every **sexual activity** even if you are in a **sexual relationship** with someone.

Sexually transmissible infections

Sexually transmissible infections are bacteria or viruses that can be passed between people during **sexual activities**. Sometimes they are called **STIs**. **STIs** can be tested by a **health professional** and may need medication to treat.

Sexual safety

Sexual safety can be a positive feeling or experience you have. **Sexual safety** can happen when you have your choices and boundaries about your body and relationships **respected** by others. You can feel or be **sexually safe** with yourself or with another person. This is when you can choose if, when, where, why and who you have a **romantic** or **sexual relationship** with. It is also when you can choose if, when, where, with who and what **sexual activities** you do.

Sexual violence

Sexual violence is any action of a sexual nature that a person does to someone else without their **consent**. This can be done to a person through force, violence, threats, fear or lies. If this has happened to a person, it is not their fault. There are people who can help including a **trusted person**, a doctor, a counsellor or the police. **Sexual violence** may include:

- **Sexual assault**, sexual abuse or **rape**, which are **sexual activities** without **consent**.
- **Indecent assault**, which is the touching of **private body parts** without **consent**.
- **Grooming**, which is an act of building trust over time to trick someone into doing **sexual activities**.

Sexual touch

Sexual touch is a type of touch that happens when you are feeling sexual. You may touch yourself or touch another person with **consent**.

Social media

Social media is on the **internet**. **Social media** allows people to make and share information and ideas online. As **social media** is on the **internet** it is a **public place**. Some **social media** platforms include:

- Facebook
- Instagram
- Tik Tok

Stealthing

Stealthing is when a person damages or removes their condom during **sexual activity** without telling the other person. This means that they have not got **consent** to take the condom off. This is a form of **sexual violence**, and it may be breaking the law.

Trusted person

A **trusted person** is an adult that you know well, that you like and that helps you. **Trusted people** are those you have chosen and they have agreed with you to have **private talks** together.

Uterus

A **uterus** is an organ that is inside the body. Most people who are assigned female at birth have a **uterus**. Some people who are not female also have a **uterus**. A **uterus** is the place where menstrual blood comes from and where a baby grows when someone is pregnant. It is sometimes called a womb. The **cervix** is at the lower part of the **uterus**.

All people who may have difficulty speaking or understanding English have the right to request support services. This includes when talking to police officers or health professionals. To arrange for a qualified interpreter to help, you can use:

TIS National Interpreter Service

www.tisnational.gov.au

☎ 131 450

National Relay Service

www.accesshub.gov.au

☎ 1300 555 727

National Auslan Interpreter Booking and Payment Service

www.nabs.org.au

☎ 1800 246 945



Book 2 of 2

This book is managed by SHFPACT as part of their Safer Girls Safer Women project in collaboration with SECCA. It is funded by the Australian Government Department of Social Services. There are two books in this series. The first book is on consent. The second book is on sexual consent. This is the second book.

This book will help you feel comfortable with sexual consent and law. You can come back to this book, and Book 1: Introduction to Consent to refresh your knowledge whenever you need to.

Consent Resources

You can find more information about both books at secca.org.au or safergirlssaferwomen.com.au

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Media on Mars | SEC1554



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ISBN 978-0-6453372-9-7

