



Sexual Consent

How Should I Use This Tutorial

Aims and Objectives

Who Should Complete This Tutorial?

DEFINITIONS

Definitions of Non-Consensual Sexual Activities

SEXUAL CONSENT

What is Sexual Consent?

FREEDOM AND CAPACITY

Freedom And Capacity to Make Choices

CONSENT

What Consent Looks Like

SUMMARY

 **Recap****ACTIVITY**

 **Choice, Freedom and Capacity Scenarios****ALCOHOL AND DRUGS**

 **Alcohol, Drugs and Consent****ASKING FOR CONSENT**

 **Ask, Every Time!****COMMUNICATION**

 **Communication is Crucial****IMPACT**

 **The Impact on Students****HELP**

 **Getting Help** **External Support****FINALLY**

 **Facts** **Key Take Aways** **Reference List**

How Should I Use This Tutorial



You should navigate through this tutorial using the 'continue' buttons at the bottom of each page or by the navigation on the left hand side of the screen. Additionally, you should complete activities along the way to check your understanding on the topic.

At the end of the tutorial, you will be asked to complete an assessment. If you pass the assessment, you will be awarded a digital badge to demonstrate your achievements with this tutorial.

This tutorial should take you approximately 20 minutes to complete.

CONTINUE - Aims and Objectives

Aims and Objectives



The aim of this tutorial is to help you understand:

1

What sexual consent means

2

How to communicate consent to your partner

3

Where to go for support if you or someone you know has experienced sexual assault or rape

CONTINUE - Who Should Complete This Tutorial?

Who Should Complete This Tutorial?



It is recommended that **all students** should complete this tutorial. It is designed to help you understand your rights, and the rights of others, around consent.

Move on to explore the definitions and types of non-consensual sexual activities.

CONTINUE - Definitions of Non-Consensual Sexual Activities

Definitions of Non-Consensual Sexual Activities



Coercion

—

According to the CPS (2023) domestic violence and abuse are defined as:

"Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members, regardless of gender or sexuality. This can encompass, but is not limited to, the following types of abuse: psychological, physical, sexual, financial and emotional."

This definition also includes so called 'honour' based violence and Forced Marriage and female genital mutilation (FGM), and is clear that victims are not confined to one gender or ethnic group.

The Government's definition also outlines the following:

- Coercive behaviour is an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.
- Controlling behaviour is a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

After 5 April 2023, behaviour that amounts to Controlling or Coercive Behaviour under s76 of the Serious Crime Act (2015) will apply to partners, ex-partners, and family members, regardless of whether the victim and suspect are living together.

Sexual Harassment —

The Equality Act (2010) defines sexual harassment as unwanted behaviour of a sexual nature which has the purpose or effect of violating a person's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment for the person.

The Equality and Human Rights Commission (2019) add this may include verbal, non-verbal or physical conduct, such as:

- Unwelcome sexual advances
- Inappropriate touching
- Forms of sexual assault
- Sexual jokes
- Displaying pornographic photographs or drawings
- Sending emails with material of a sexual nature

The Equality Act (2010) prohibits sexual harassment and makes it unlawful to treat someone less favourably because they submit to or reject sexual harassment

Sexual Assault —

Is a form of sexual violence. Section 3 of the Sexual Offences Act (2003) provides someone commits an offence if the following takes place:

- They intentionally touch another person
- The touching is sexual
- The other person does not consent to the touching
- They do not reasonably believe that the other person consents

The Rape Crisis (n.d. a) provides that this may include:

- Kissing
- Attempted rape
- Touching someone's breasts or genitals – including through clothing
- Touching any other part of the body for sexual pleasure or in a sexual manner – for example, stroking someone's thigh or rubbing their back.
- Pressing up against another person for sexual pleasure
- Pressuring, manipulating or scaring someone into performing a sexual act on the perpetrator
- Touching someone's clothing if done for sexual pleasure or in a sexual manner – for example, lifting up someone's skirt

For more information, visit:

<https://rapecrisis.org.uk/about-us/>

Tel: 0808 802 9999 (8am to midnight 365 days a year)

Rape

—

Sexual assault is a form of violence that includes rape. S4 of the Sexual Offences Act (2003) provides an assault involves penetration of the anus, vagina or mouth with a person's penis, a part of the body or anything else without consent.

For more information, visit:

<https://rapecrisis.org.uk/about-us/>

Tel: 0808 802 9999 (8am to midnight 365 days a year)

Other forms of non-consensual sexual activity

May include:

Upskirting

—

The Ministry of Justice (2019) defines 'Upskirting' as an intrusive activity that typically involves a person taking a picture under another person's clothing without their knowledge. This is now a specific criminal offence in England and Wales.

For more information, visit:

[Safeline](#)

[The Voyerism \(Offences\) Act](#)

[Upskirting: know your rights](#)

Indecent exposure, flashing and cyber flashing

—

Indecent exposure or flashing is when a person intentionally exposes their genitals and intends that someone will see them and be caused alarm or distress (Sexual Offences Act, 2003).

Similarly, cyber flashing, which is often referred to as 'dick pics' occurs when someone sends another person an unwanted photo or video of their genitals or someone else's or exposes themselves during a live video.

Given the advancement in technology, there are several situations where this can take place, for example:

- On dating apps or websites
- On social media
- Over text message
- Over WhatsApp or other messaging apps
- During a video call
- Over email

- Via Airdrop, Nearby Share or other apps that allow someone to send files to other people close by – including strangers

Although it is classed as a form of indecent exposure, it is not always treated as a criminal offence in England and Wales. However, there are plans to reform this and make it a criminal offence, given it can have a long-term impact on a person's wellbeing (Rape Crisis, n.d. b).

For more information, visit:

[Rape Crisis: Indecent exposure, flashing and cyber flashing](#)

Revenge Porn

This includes sharing intimate images without consent.

For more information, visit:

[Revenge Porn Helpline](#)

CONTINUE - What is Sexual Consent?

What is Sexual Consent?



Consent happens when all people involved in any kind of sexual activity agree to take part by choice. They also need to have the **freedom** and **capacity** to make that **choice**.

Consent is necessary in all sexual activity.

The Sexual Offences Act (2003) says that someone consents to sexual activity if they:

Choice

Agree by choice.

Freedom and Capacity

Have both the freedom and capacity to make that choice.

If someone says '**no**' to any kind of sexual activity, they are not agreeing to it.

But, if someone doesn't say '**no**' out loud, that doesn't automatically mean that they have agreed to it either.

Let's take a closer look at **freedom** and **capacity** to make the **choice**.

CONTINUE - Freedom and Capacity to Make Choices

Freedom And Capacity to Make Choices



Freedom to make choices

Freedom means not being constrained in any way to agree to sex or sexual activities.

Being forced, pressured, bullied, manipulated, tricked or scared takes away our freedom and capacity to make choices in lots of different situations. In such a situation a person might say 'yes' to sex but do so out of fear.

Capacity to make the choice

Having capacity means the person can make and communicate a decision, understand the consequences and know they have a choice. If they cannot do this, they cannot give consent.

Someone may not have sufficient capacity to give consent if they have been drinking or taking drugs.

Someone does not have the capacity to consent if they are asleep or unconscious.

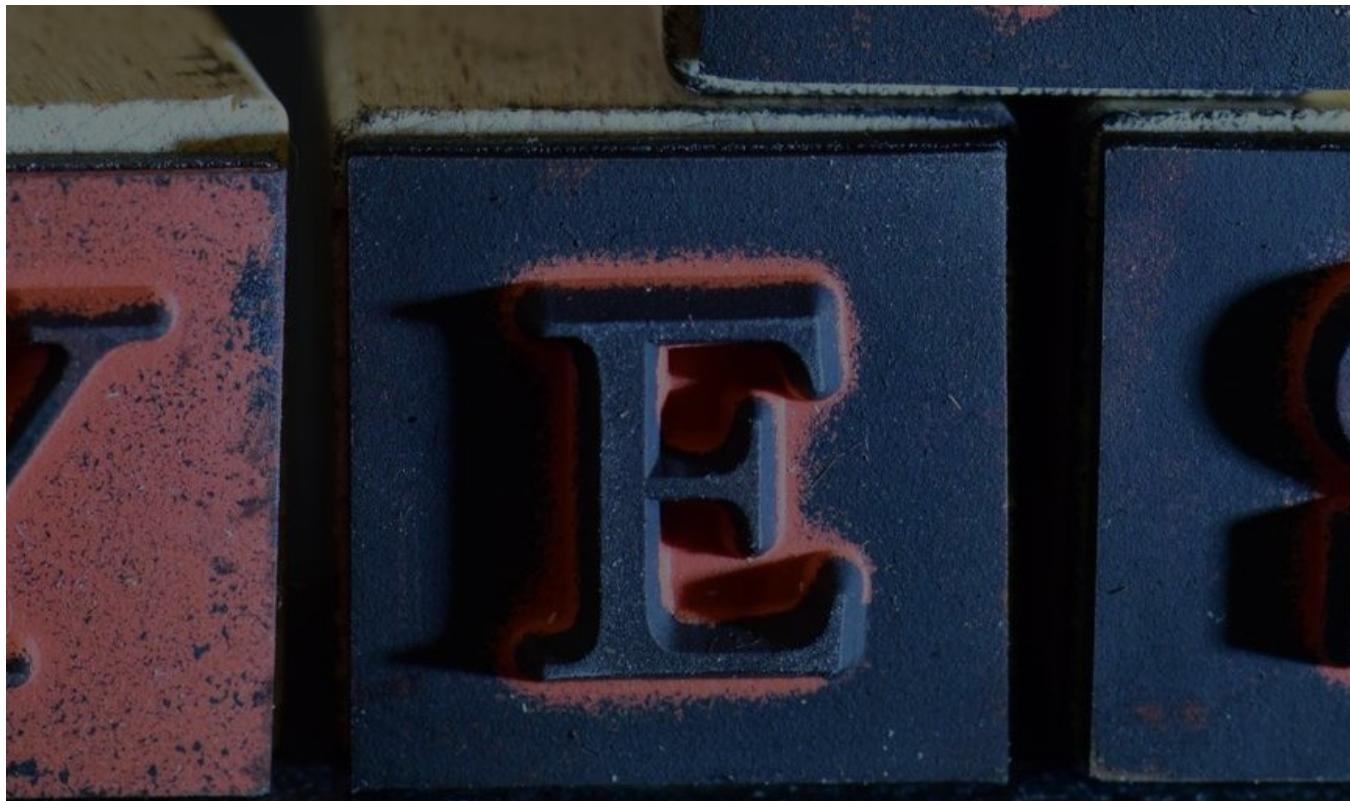
By law, someone under the age of 16 does not have the capacity to consent to sex.

Some people who have specific learning and processing related disabilities may find communicating consent a more complex task and may not be able to physically display enthusiasm. Having conversations around how to communicate consent can help to make sure everyone involved is clear and comfortable.

Let's move on to discover what consent looks like.

CONTINUE - What Consent Looks Like

What Consent Looks Like



 YOUTUBE

Tea and Consent



Tea and Consent

If you're still struggling with consent just imagine instead of initiating sex you're making them a cup of tea. Animation courtesy of Emmeline May at rockstardinosaurpirateprincess.com and Blue Seat Studios. Copyright © 2015 RockStarDinosaurPiratePrincess and Blue Seat Studios. Images are Copyright ©2015 Blue Seat Studios. - See more at:
<http://www.consentiseverything.com/#sthash.hXOMYizl.dpuf>

[VIEW ON YOUTUBE >](#)

Here are some examples of what consent does and doesn't look like in practice.

To note this next section is a not an exhaustive list of when consent is given or not, each scenario is different these are only examples of what consent may or may not look like.

Consent could include:

2

Talking to the other person about what you do and don't want, and listening to them in return

3

Checking in with the other person – for example, asking 'is this okay?', 'do you want to slow down?' or 'do you want to stop?'

4

Respecting someone's choice if they say 'no'. And never trying to change their mind or put pressure them to do something they seem unwilling or don't want to do

(Rape Crisis, n.d. c)



Consent is not like receiving an open-ended pass and you should be mindful that consenting once doesn't mean the person is consenting at any point in the future. Someone agreeing to have sex or sexual activities one night doesn't mean they consent the following morning, day or in the future, people have a right to change their mind and consent should be sought on each occasion of sexual activity. It also makes no difference if you're married to someone or in a relationship with them. You still need to get their consent Every Single Time.

Consent does not look like:

1

Feeling like you have to agree to sex or other sexual activity because you're worried about the other person's reaction if you say 'no'

2

Someone having sex with you or touching you in a sexual manner when you're asleep, unconscious

3

Someone continuing with sexual activity despite your non-verbal cues that you don't want it to continue or you're not sure – for example, if you pull away, freeze or seem uncomfortable

4

Someone assuming that you want to have sex or take part in other sexual activity because of your actions or what you're wearing – for example, flirting, accepting a drink, wearing a short skirt

5

Someone assuming that you want to have sex or take part in other sexual activity with them because you've had sex or taken part in other sexual activity with them before

6

Someone assuming that you want to take part in one type of sexual activity because you wanted to take part in another

Someone removing a condom during sex after you only agreed to have sex with one (what is known as 'stealthing')

Please know, however, that these are just a few examples of what consent doesn't look like.

If you didn't want something to happen then you didn't give your consent.

You also didn't give your consent if you weren't capable of deciding whether or not you wanted it – for example, if you were a child or if you were drunk or under the influence of substances like some prescription medications, and/or other drugs.

And if there was no consent then it was sexual violence.

If you're in a sexual encounter with someone and they ask you to stop and you don't stop, you're committing a sexual offence. It's as simple as that.

CONTINUE - Summary

Recap



To recap, click on the flash cards to reveal whether you have consent.

Relationship = automatic consent, right?

Absolutely not! Regardless of how long you've been in the relationship or its status (e.g., married/civil partnership). You should never assume that your partner is always willing to engage in sexual activity with you. **Ask, every time!**

"I'm wasted"

As we will explore shortly, your partner should be sober and in a clear state of mind to communicate their consent. People respond differently to drink and drugs and that's something you should be mindful of. **If you're in doubt, don't go there!**

Under 16 and want sex

The age of sexual consent in the UK
is 16 years old.

My partner gave consent
but passed out

You absolutely do not have consent.
If someone is asleep or
unconscious, they cannot give
consent.

God's gift... really?

Even if you assume the other person was flirting with you or 'leading you on', you do not have consent. No one is owed sex!

The other person was wearing a revealing outfit

So, what! Their choice of clothing has no bearing on their decision to have sex with you. You do not have consent!

If at first you don't succeed,
try, try again...right?

Well, they didn't say 'no'!

Absolutely not! If you asked the other person and their answer was 'no', you should not apply any pressure, persuasive or coercive tactics to get them to say 'yes'. This is not healthy behaviour! Respect their first answer & stop!

As we explore shortly, the absence of the word 'no' doesn't equal a clear 'yes'. For some people, they may freeze up when under pressure and be unable to express their wishes verbally. Therefore, you should read their body language. If it appears they do not want to engage in sexual acts, **stop immediately!** Verbal cues are not the only way for a person to express their desires, as this tutorial will explain.

It started with a kiss

That might be the case, but a kiss doesn't automatically give consent to take things to the next level. Stop and communicate to make sure you're both willing to take it further.

My partner said 'yes' but changed their mind.

Your partner did not enter into a legally binding contract to have sex and their consent can be withdrawn at any time. If your partner wishes to stop, then **stop immediately!**

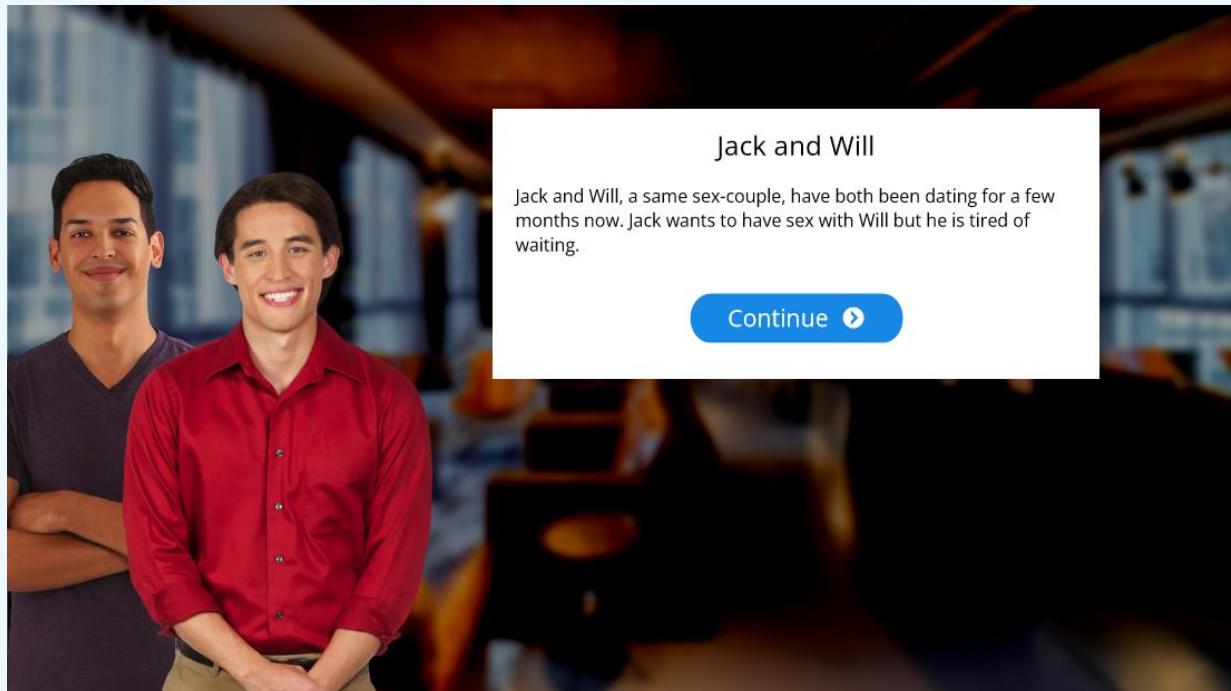
The Mix (2022)

In the next section you will be presented with a series of scenarios designed to test your understanding of choice, freedom and capacity.

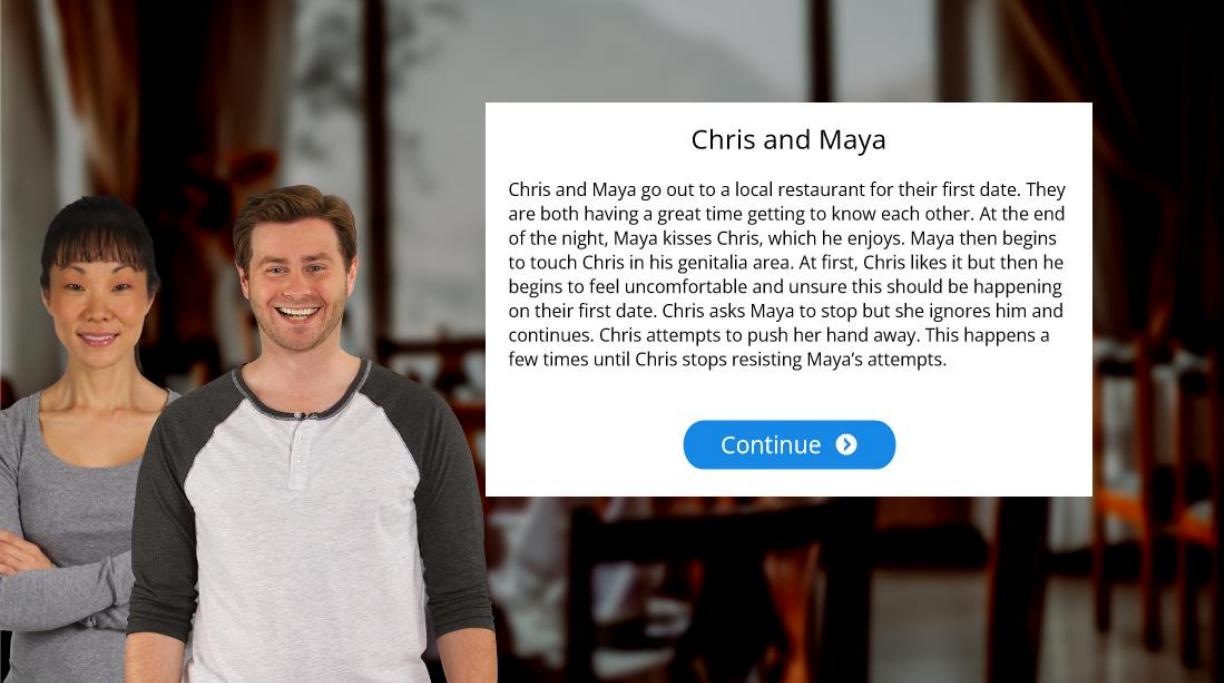
Continue to: Choice, Freedom and Capacity Scenarios

Choice, Freedom and Capacity Scenarios

This section contains 4 scenarios aimed to test your understanding of consent. Work your way through each scenario answering the questions. Click the 'Continue' button to move to the next scenario.



CONTINUE - Chris and Maya

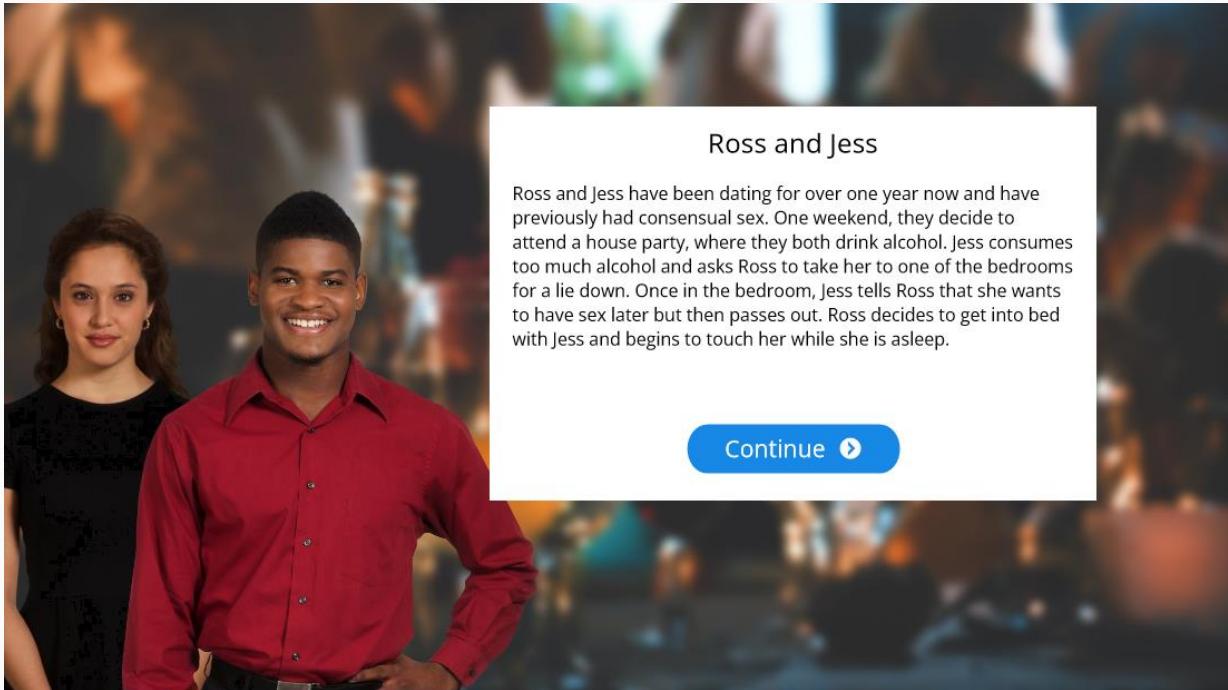


Chris and Maya

Chris and Maya go out to a local restaurant for their first date. They are both having a great time getting to know each other. At the end of the night, Maya kisses Chris, which he enjoys. Maya then begins to touch Chris in his genitalia area. At first, Chris likes it but then he begins to feel uncomfortable and unsure this should be happening on their first date. Chris asks Maya to stop but she ignores him and continues. Chris attempts to push her hand away. This happens a few times until Chris stops resisting Maya's attempts.

Continue ➔

CONTINUE - Ross and Jess

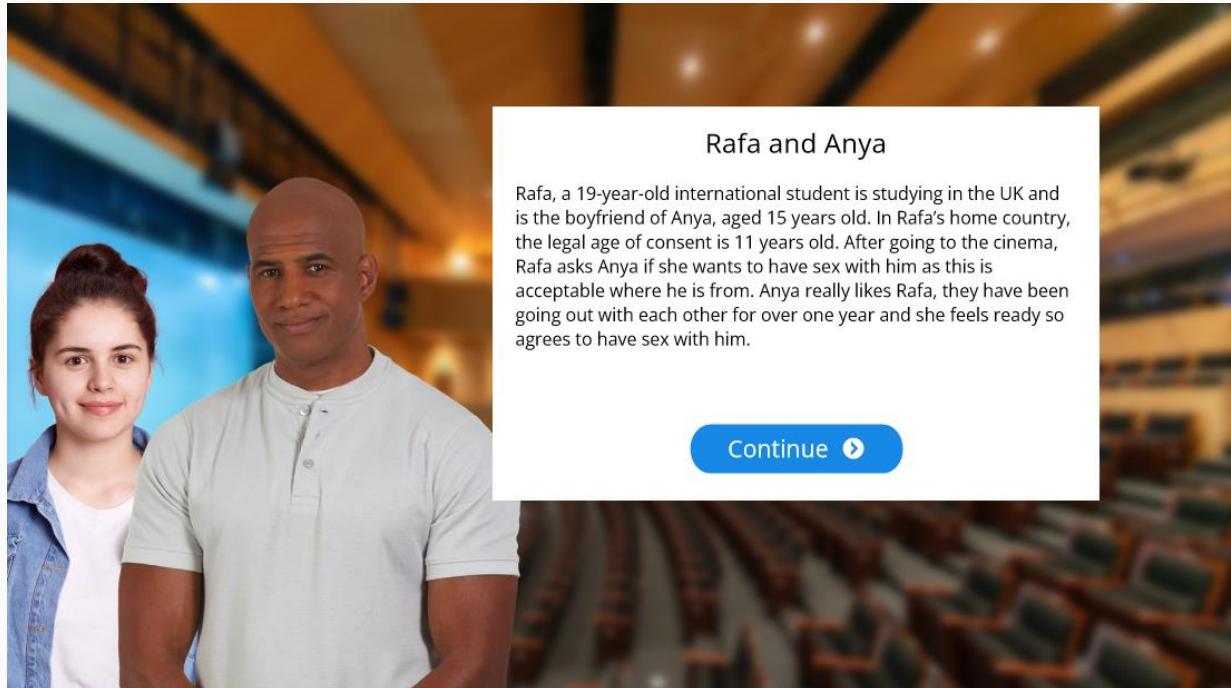


Ross and Jess

Ross and Jess have been dating for over one year now and have previously had consensual sex. One weekend, they decide to attend a house party, where they both drink alcohol. Jess consumes too much alcohol and asks Ross to take her to one of the bedrooms for a lie down. Once in the bedroom, Jess tells Ross that she wants to have sex later but then passes out. Ross decides to get into bed with Jess and begins to touch her while she is asleep.

Continue ➔

CONTINUE - Rafa and Anya



Rafa and Anya

Rafa, a 19-year-old international student is studying in the UK and is the boyfriend of Anya, aged 15 years old. In Rafa's home country, the legal age of consent is 11 years old. After going to the cinema, Rafa asks Anya if she wants to have sex with him as this is acceptable where he is from. Anya really likes Rafa, they have been going out with each other for over one year and she feels ready so agrees to have sex with him.

Continue 

These scenarios aimed to test your understanding of consent using practical scenarios. Some common themes emerged around consent, which we'll take a closer look at in the next section.

CONTINUE - Alcohol, Drugs and Consent

Alcohol, Drugs and Consent



According to HEPI (2021, p.13), almost 90% of students acknowledge alcohol (and drugs) can lead to 'risky sexual behaviour'. HEPI (2021, p.13) further add that only 30% of students were 'very confident' when it came to understanding sexual consent after alcohol has been consumed.

Notably, as we explored in scenario three, alcohol can impair a person's capacity to consent. Alcohol affects us all differently but, according to Fumble (2023) there are some definite signs a person doesn't have the capacity to consent to sex.

Look at the signals below and decide whether these are signs that someone has the capacity to consent to sex or not.

Doesn't have capacity to consent

Lack of bodily control

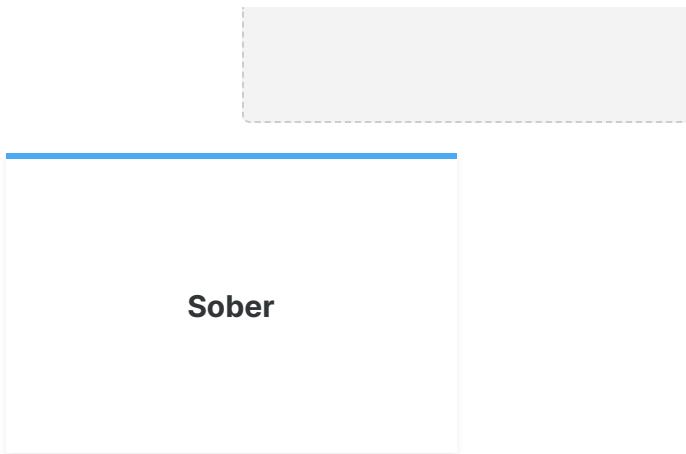
Slurred speech

Confusion

Unconsciousness

Blackouts

Has capacity to consent



Sober

These are just some signals someone does not have the capacity to give consent. Let's take a closer look at what it means for consent.

So, no sex after alcohol?

As noted earlier, alcohol will affect people differently so you need to be aware of how it will affect you and your partner.

Alcohol affects our communication skills and ability to read body language, express ourselves and how we say yes or no. Therefore, how can a person consent to sex, if their communication skills are impaired? Simply, they can't!

If you're too drunk to read someone's signals – stop!

It's okay to say that you feel too drunk to have sex or you need to sober up first. Similarly, if the other person is displaying similar signals, you should pause until you're both sober.

We got off to a positive start, but now...

Remember, consent can be withdrawn at any stage. Someone who is under the influence of alcohol (or drugs) can go from being alert to unconscious or confused in a short period of time. If someone asks to stop, then you must stop immediately.

Similarly, if the other person starts to display signs we explored earlier (Lack of bodily control, slurred speech, confusion, unconsciousness or blackouts), you must stop immediately.

This is normal after consuming alcohol and drugs and it's important that you look out for these signs. If you're unable to, then this is a strong indication, you shouldn't engage in sexual activity.

If the other person becomes silent, appears reluctant or unsure, stop and check they're okay. It's okay to say to the other person that you feel they're too drunk to continue. Remember you have the freedom to make that choice! (Fumble, 2023).

In the next video a student describes her experience of sexual violence and the impact it had on her. During the video, listen out for signs she did not have capacity to consent.

Trigger warning – this video contains information on sexual assault that some viewers may find distressing. If you do not wish to watch the video, continue to the question to reveal the answers.

 YOUTUBE

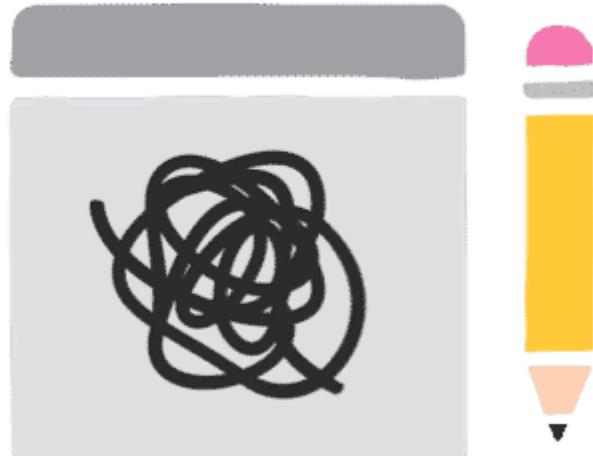
Sexual Assault On Campus: Students On The Edge



Sexual Assault On Campus: Students On The Edge

A female student's life is turned upside down when she is sexually assaulted by another women in her University halls of residence.

[VIEW ON YOUTUBE >](#)



Pause and Reflect

Did you pick up on any signs the student did not have capacity to consent?

When you're ready to move on, click "*Continue*" below.

CONTINUE

In the video, the student said she:

- Was an 'absolute state'
- Was 'Falling over'
- 'Couldn't walk on my own'
- 'Passed out on the bed'

All of these are strong signals the person does not have capacity to consent to sexual activity.

If you're ever in doubt, just don't go there!

CONTINUE - Ask Every Time!

Ask, Every Time!



As noted earlier in this tutorial, consent can be withdrawn at any time. Similarly, if consent was given in the past, it doesn't mean the person is consenting to sexual activity at any time (remember it's not an open-ended pass).

You should ask, every time!

As we learnt in the 'Alcohol & drugs' section, communication to ensuring consent is crucial.

The next video highlights the importance of communication with your partner.

 YOUTUBE

What is consent? | #LetsTalkConsent | The Mix



What is consent? | #LetsTalkConsent | The Mix

[VIEW ON YOUTUBE >](#)

Let's move on to examine the role of communication, both verbal and non-verbal to ensuring consensual sexual activity.

CONTINUE - Communication is Crucial

Communication is Crucial



Both body language and verbal communication is crucial to ensuring consensual sexual activity.

According to Brook (2023) you should listen to your partners actions, words and sounds every time you have sex and during the encounter. Moreover, it is suggested that you check what activity they want to engage in and enjoy. Brook (2023) further adds that you should take the time to:

- **Ask** your partner if sexual activity is what they want and if it feels good
- **Listen** to what they say

- **Read** your partner's body language

Let's take a closer look at what is meant by 'ask', 'listen' and 'read'

Ask —

Some examples of questions you might want to ask your partner to find out what they want and how they feel, include:

- What would you like to happen next?
- How are you doing?
- Do you want to carry on?
- Fancy going on top?
- I'd like to try ___, what do you think?
- You seem tired, do you want to rest/stop?

Listen —

For some individuals, 'no' is a hard word to say. Remember, if someone doesn't say 'no' out loud, that doesn't automatically mean that they have agreed to it either.

You should never assume.

Listen to your partner and try to work out what they might be trying to say. If you're unsure, double check and ask. Keep a line of communication open.

Read —

Look out for non-verbal cues for consent, such as:

- Looking at you, smiling and nodding
- Being relaxed and happy
- Being enthusiastic and responsive
- Kissing you back and touching you
- Responding to you with their body

These are signs to show consent in that moment. Consent can be withdrawn at any time and every time, including if you want to try a new activity.

Non-consent cues:

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

If your partner displays any of these signs, stop immediately!

Activity

Based on your learning so far on verbal cues and body language, match each item to the most appropriate category by dragging the item.

There appears to be consent

Saying "Yes" enthusiastically

Smiles

"Shall we try___?"

"That feels good"

"Don't stop"

Reciprocating touch

Looks and sounds of enjoyment

Open body position

Direct eye contact

“Pull me closer”

There doesn't appear to be
consent

No

Passed out

Walking away

“Stop doing that”

“Move your hand away”

**Asleep/ wants to go to
sleep**

"I'm not old enough"

Silent

"I've drank too much alcohol; please can I go home now?"

Shakes head in disagreement

Snoring

In the next section we will look at the impact of sexual violence.

CONTINUE - Impact on Students

The Impact on Students



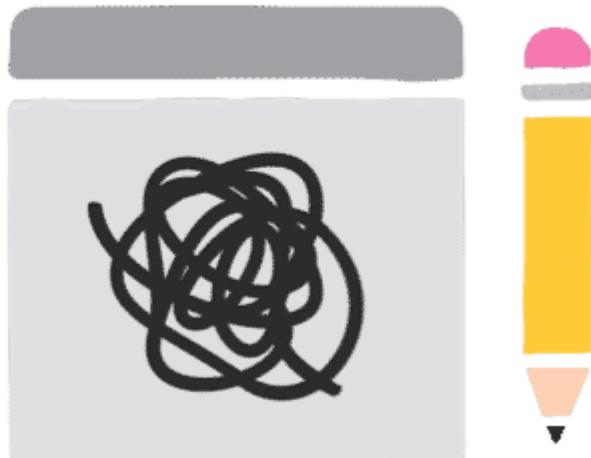
Sexual violence does not affect everyone in the same way, but it has a lasting impact on victims. In partnership with The Student Room, Revolt Sexual Assault (2018) found that:

“Students reported significant impacts on their self-confidence, mental health, studies, access to the local area and social life. Respondents considered or engaged in

academic consequences that included; 25% skipping lectures, tutorials, changing or dropping certain modules to avoid the perpetrators, and 16% suspending their studies or dropping out of their degree.”

“Revolt Sexual Assault found that the most commonly experienced form of sexual assault was groping and unnecessary touching in a sexual manner. The most common locations on campus where students experience sexual violence are halls of residence (28%), social events (24%) and university social spaces like bars, refectories and shops (23%).”

“A third of respondents (31%) felt pressurised to do something sexual while at university.”



Pause and Reflect

Reflect on these statistics for a moment. As a student at the University, how would you feel if this happened to you?

When you're ready to move on, click "Continue" below.

CONTINUE

Naturally, you would feel:

- Upset
- Angry
- Scared

- Anxious
- Unsafe

As a member of the University of Greater Manchester Community, students are expected to behave in a mature and responsible manner. To learn more about the standards expected of our students, please visit 'Student Non Academic Conduct and Disciplinary Policy and Procedure' and 'Students Dignity at Study Policy and Procedure' within the [Student Policy Zone](#) for the current academic year.

Move on for further information on help and support available.

CONTINUE - Getting Help

Getting Help



If you have been the victim of rape or sexual assault, recently or in the past there is a range of support for you, whether or not you chose to make a report to the Police.

If there is an immediate risk

In an emergency call 999. The Police are specially trained to help with sexual offences.

University Security

Our security team can provide support to any student when they are on campus, 24 hours a day, 7 days a week. You can contact them for advice or to report a concern by telephone: 01204 903666.

University Support

Support is available from the Life Lounge, Student Mental Health and Wellbeing Services, Students' Union and Chaplaincy. However, staff will always try and support and signpost you no matter what their role. Decisions will not be made for you and those services listed below are non-judgemental and will respect confidentiality. Only in limited safeguarding cases will data be shared with external organisations and in such cases staff will where possible try and discuss this with you in the first instance:

Students' Union

Chancellor's Mall
01204 900850
info@boltonsu.com

The Life Lounge

T2, Eagle Tower
01204 903566
lifelounge@bolton.ac.uk

Chaplaincy

Eagle Mall
01204 903 415

Move on to view sources of external support.

CONTINUE - External Support

External Support



Greater Manchester Police

<https://www.gmp.police.uk/>

Tel: 999 (Emergency) or 101 (Non-Emergency)

St Mary's Sexual Assault Referral Centre (SARC)

If you have been raped or sexually assaulted, St Mary's are there to help with the recovery from both physical and emotional effects of the assault. St Mary's offer high quality, comprehensive and coordinated forensic, counselling and medical services to

men and women across Greater Manchester who have experienced rape or sexual assault and this support is available even if you choose not to report an incident or crime to the Police.

<https://www.stmaryscentre.org/>

Tel: 0161 276 6515 (24 hours helpline)

Greater Manchester Rape Crisis

Greater Manchester Rape Crisis has worked in partnership with the Student's Union at The University of Manchester to develop a service to support women students (over the age of 18) across Greater Manchester who have experienced sexual violence. This may be childhood sexual abuse, rape as an adult, sexual assault, sexual harassment at work or on campus, and a range of other issues. Whenever it happened, whatever the circumstances, students can receive the support they need and deserve. Students who access the service must be enrolled at a college, university or on a training course in Greater Manchester.

Referrals to the service must be made by the person who has experienced the abuse by:

Email: studentservice@mancherrapecrisis.co.uk

Tel: 0161 273 4591.

<https://www.manchesterrapecrisis.co.uk/>

Samaritans - Support no matter what you are going through

24 hours a day 365 days a year.

<https://www.samaritans.org>

Tel: 116 123

Victim Support

Free and confidential 24/7 support if you've been a victim of a crime (even if you haven't reported it to the police).

<https://www.victimsupport.org.uk/>

Tel: 0808 503 9054

Rape Crisis England

Charitable organisation working to end sexual violence and abuse, delivering specialist services to those affected by sexual violence.

<https://rapecrisis.org.uk/about-us/>

Tel: 0808 802 9999 (8am to midnight 365 days a year)

Survivors UK

National online helpline for men aged over 13 who have experienced sexual violence at any time in their lives.

<https://www.survivorsuk.org>

GALOP

Advice and support to LGBT+ people who have experienced sexual violence, domestic violence, hate crime, biphobia, homophobia and transphobia.

<https://galop.org.uk/>

Tel: 0800 999 5428

CONTINUE - Facts

Facts



Fact

No one is ever to blame for being raped or sexually assaulted. Raping or sexually assaulting someone is always a crime and responsibility for that crime lies with the perpetrator or perpetrators.

Fact

There are gendered dynamics to sexual violence that mean women and girls are disproportionately affected, however, it's important to remember that anyone of any

gender can experience sexual violence.

Fact

Sexual assaults and rapes can take place within marriages and relationships so it is a myth to say you cannot be sexually assaulted by your partner when you are in a relationship.

Fact

The vast majority of rapes and sexual assaults are committed by someone known and trusted by the victim.

Fact

Not saying 'no' is not the same as someone giving their consent. If someone seems unsure, stays quiet, moves away or doesn't respond, they are not agreeing to sexual activity.

Fact

Everyone responds differently to rape and other types of sexual violence, and there's no right or wrong way to be or to feel afterwards. It's common for people to feel numb after a traumatic event like rape or sexual assault. And some people don't feel the effects of trauma until a long time after a traumatic event has happened.

CONTINUE - Key Take Aways

Key Take Aways



This tutorial aimed to help you understand:

1

What sexual consent means

2

How to communicate consent to your partner

3

Where to go for support if you or someone you know has experienced sexual assault or rape

Consent happens when all people involved in any kind of sexual activity agree to take part by **choice**.

According to the Sexual Offences Act (2003) someone can only consent to sexual activity if they have the **Freedom** and **Capacity** to make that **choice**.

Freedom means that someone should not be constrained in any way to agree to sex or sexual activities. If someone is forced, pressured, bullied, manipulated, tricked or scared, it takes away their **freedom** and **capacity** to make that **choice**.

Having **capacity** means that the person can make and communicate their decision, understand the consequences and know they have a **choice**. If they cannot do this, they cannot give **consent**.

As this tutorial explored, someone who has been drinking alcohol or taking drugs may not have sufficient **capacity** to give **consent**. It is important that you are aware of the signs someone has the **capacity** to **consent** to sex or sexual activity by communicating effectively with your partner.

Both body language and verbal communication is crucial to ensuring consent. According to Brook (2023), you should listen to your partners actions, words and sounds every time you have sex, during the encounter and check what activity they want to engage in. You should take the time to **ask** your partner if sexual activity is what they want and if it feels good, **listen** to what they say and **read** your partner's body language. Remember, an individual has the freedom to consent to one type of sexual activity but refuse another.

Additionally, if someone says 'no' to any kind of sexual activity, they are not agreeing to it. If someone doesn't say 'no' out loud, this doesn't automatically mean that they have agreed to it either.

Finally, if you have been the victim of rape or sexual assault, recently or in the past, there is a wide range of support for you, whether or not you choose to make a report to the police. For more information, take a look at the 'Getting Help' section of this tutorial.

CONTINUE - Reference List

Reference List

Brook. (2023) *How to give and get consent*. [Online] Available from: https://www.brook.org.uk/your-life/how-to-give-and-get-consent/?gclid=EA1alQobChMlr_3AnPLV8Q1VB-7tCh0b1QmDEAAYAyAAEgJLKfD_BwE. [Accessed 11 April 2023].

CPS. (2023) *Controlling or Coercive Behaviour in an Intimate or Family Relationship*. [Online] Available from: <https://www.cps.gov.uk/legal-guidance/controlling-or-coercive-behaviour-intimate-or-family-relationship>. [Accessed 13 April 2023].

Domestic Abuse Act 2021, c.17. [Online] Available from: <https://www.legislation.gov.uk/ukpga/2021/17/section/68/enacted>. [Accessed 13 April 2023].

Equality and Human Rights Commission. (2019) *What is harassment*. [Online] Available from: <https://www.equalityhumanrights.com/en/advice-and-guidance/what-harassment>. [Accessed 13 April 2023].

Equality Act 2010, c.15. [Online] Available from: <https://www.legislation.gov.uk/ukpga/2010/15/section/26>. [Accessed 13 April 2023].

Fumble. (2023) *Alcohol and Consent*. [Online] Available from: <https://fumble.org.uk/alcohol-consent/>. [Accessed 11 April 2023].

HEPI. (2021) *Sex and Relationships Among Students: Summary Report*. [Online] Available from: <https://www.hepi.ac.uk/wp-content/uploads/2021/04/Sex-and-Relationships-Between-Students-Summary-Report.pdf>

Ministry of Justice. (2019) *Upskirting: Know your rights*. [Online] Available from: <https://www.gov.uk/government/news/upskirting-know-your-rights>. [Accessed 13 April 2023].

OfS. (2022) *Tackling sexual misconduct in universities and colleges*. [Online] Available from: <https://www.officeforstudents.org.uk/publications/tackling-sexual-misconduct-in-universities-and-colleges/>. [Accessed 13 April 2023].

Rape Crisis England & Wales. (n.d. a) *What is sexual assault?* [Online] Available from: <https://www.rapecrisis.org.uk/get-informed/types-of-sexual-violence/what-is-incest>. [Accessed 13 April 2023].

Rape Crisis England & Wales (n.d. b) *What are indecent exposure, flashing and cyber flashing?* [Online] Available from: <https://www.rapecrisis.org.uk/get-informed/types-of-sexual-violence/what-is-indecency-or-flashing>. [Accessed 13 April 2023].

Rape Crisis England & Wales. (n.d. c) *What is sexual consent?* [Online] Available from: <https://www.rapecrisis.org.uk/get-informed/about-sexual-violence/sexual-consent/>. [Accessed 6 April 2023].

Revolt Sexual Assault. (2018) *Students' Experience of Sexual Violence*. [Online] Available from: <https://revoltssexualassault.com/research/>. [Accessed 11 April 2023].

Sexual Offences Act 2003, c.42. [Online] Available from: <https://www.legislation.gov.uk/ukpga/2003/42/contents>. [Accessed 6 April 2023].

The Mix. (2022) *Sexual consent*. [Online] Available from: https://www.themix.org.uk/sex-and-relationships/single-life-and-dating/sexual-consent-15356.html?gclid=EA1alQobChM1mKWEktbV8QIVWO3tCh3wFAToEAAYASAAEglVpfD_BwE. [Accessed 11 April 2023].

