

Making decisions

What is sexual consent?



Fife Adult Support & Protection

www.fife.gov.uk/adultprotection





This booklet is about sexual consent.

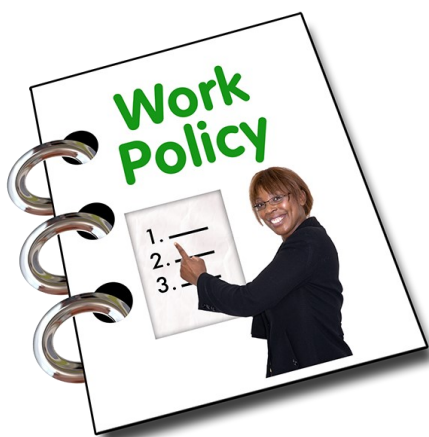
Sexual consent means you and your partner both agree to do sexual things.



Read the booklet with someone who supports you.

You don't have to read it all at once.

Reading it together means you can talk about it and ask questions.



Support staff have rules they must follow to help you understand and make choices about relationships, sex and keeping healthy and well.

You can ask your support worker to help you to make your own choices based on information and resources.



Asking for your 'consent' means asking if you agree to something.

If you are asked for your consent, say 'yes' if you agree.



Say 'no' if you don't agree to give consent or don't understand.

Say 'no' if there are things that you want to change.



Speak up about the changes you want.

Everyone has the right to have a relationship if they want to.



Sex and sexuality can be important parts of anyone's life.

Your relationship with your boyfriend or girlfriend might or might not involve doing sexual things.



Sexual consent means doing sexual things because you want to.

Both you and your partner have to consent to do sexual things.

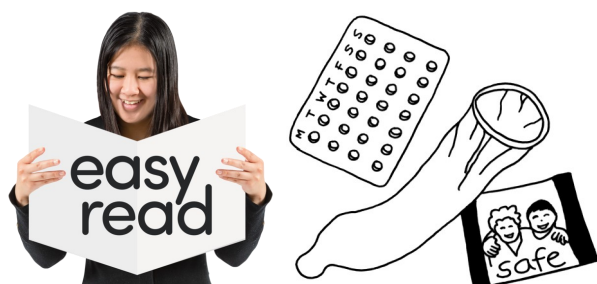


It is great to enjoy sex as long as you both agree to it and are happy with it.

If you want to have sex with someone you need to know:



- That the person/people you are having sex with agrees to this and gives their consent



- That you have information to stay healthy and safe.



If you want to have sex with your partner it is important to talk about it and listen to what he or she wants.

You might be able tell if your partner is happy to do sexual things because of their actions.

- smiling and nodding
- kissing you
- touching you

or how they sound

- relaxed and calm
- happy
- they are telling you what they want



You can ask questions like:

"What do you think about sex?"

"Do you want to have sex with me?"

"I'd like to have sex with you, do you feel ready?"

You can ask about safe sex with questions like:

"Do you have a condom?" or "Are you on the pill?"

There is more information about safe sex later in this booklet.



If you ask someone over 16 if they want to do sexual things and they:



- Understand what you are asking
- Say that they agree or say 'yes'



then they are consenting.



Sex should be enjoyable and you should feel comfortable with what is happening.

It is not meant to be painful.



If anyone touches you in a way that hurts, or feels wrong, tell them to stop.



If you are over the age of 16 and can make decisions for yourself, you have the right to have sex as long as:

- You understand what you are doing
- You are not being harmed or forced into sexual things.
- You are not forcing someone to have sex with you



It is illegal (against the law) to have sex:

- With someone under 16
- With someone in your family
- With a member of staff who is supporting you. Staff must **not** be your boyfriend or girlfriend.
- Outside (for example in a park or on a beach)





Sex without consent is rape. Rape is a crime.

A person is not consenting to sex if:

- They push you away or pull away.



- They are drunk or have taken drugs that mean they can't think clearly.



- They are asleep



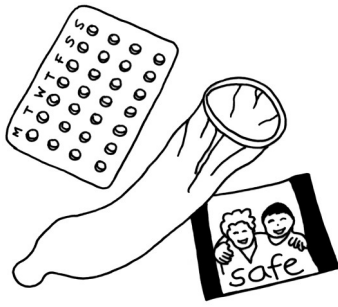
- They don't understand what is going on.



- They say 'No!' or 'Stop!'

If someone says nothing or says 'maybe' they do **not** mean 'Yes'.

They can say 'No' at any time, even if they have said 'Yes' before.



If you are planning to have sex you should get advice about 'safe sex'.

This means knowing about contraception (things like condoms or 'the pill')



Contraception helps you to:

- prevent unplanned pregnancies
- have sex and not get your partner pregnant



Condoms can stop you getting sexually transmitted infections.



Sexual Health Fife have clinics across Fife where you can get information on:

- contraception
- tests and treatment if you have a sexually transmitted infection



Useful phone numbers and websites

Sex and Relationships

Choice Support [Supported Loving Guides](#)

Change [Other Easy Read booklets to buy](#)

Consent

[Tea and Consent - YouTube](#)

What is Sexual Health—do you get it? Learn facts and play the quiz to test your understanding www.PausePlayStop.org.uk

www.wecanstopit.co.uk

Sexual Health

[NHS Fife Sexual Health](#)

[Sexual Health Fife](#) telephone advice on (01592) 647979
Monday to Friday between 8.30am and 4pm

www.sexualhealthscotland.co.uk

For NHS info and advice [sexual health](#)

Sexuality

LGBT Health and Wellbeing [LGBT Health and Wellbeing](#)

All Adult Protection easy read information is online at:

www.fife.gov.uk/adultprotectioneasyread

including information on sexual abuse, sexual consent, capacity, grooming, online safety and information/medical consent.

**If you or someone you know
is being harmed or neglected
call the Adult Protection Phone Line on 01383 602200**

People with a hearing loss—SMS 07781 480 185

**All Adult Support and Protection Easy Read booklets can be
downloaded from: www.fife.gov.uk/adultprotectioneasyread**



Alternative Formats

Information about Fife Council can be made available
in large print, braille, audio CD/tape and Gaelic on request by calling
03451 55 55 00



British Sign Language

please text (SMS) 07781 480 185



BT Text Direct:

18001 01592 55 11 91

Language lines

| | |
|-----------|---|
| Arabic | خط هاتف اللغة العربية: 03451 55 55 77 |
| Bengali | বাংলায় আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99 |
| Cantonese | 中文語言熱線電話: 03451 55 55 88 |
| Polish | Polskojęzyczna linia telefoniczna: 03451 55 55 44 |
| Urdu | اُردو زبان کے لیے ٹیلیفون نمبر 03451 55 55 66 |