

Consent Can't Wait

And it starts with us.

The first step is for adults to get on the same page about sexual consent.

Talking about consent can equip young people with the skills to have safe, healthy relationships for life.

But first, we need to create a shared understanding with other adults.



What is sexual consent?

Sexual consent is a free, voluntary and informed agreement between people to participate in a sexual act. This agreement is only present when these people mutually and genuinely feel they want to engage in that sexual act and actively make sure their partner does too.

Sexual consent relates to sexual activities, such as:

- sexual intercourse
- touching someone in a sexual way
- sharing sexual images
- online sexual activities and sexting.



Australian Government

These five ideas help define sexual consent.



CONSENT IS FREE AND VOLUNTARY

Everyone involved in a sexual activity genuinely wants to do so, and are free from things like violence, pressure, threats, or control.



CONSENT IS CLEAR AND INFORMED

Everyone feels genuinely sure, enthusiastic and understands what they're agreeing to. Agreeing to one sexual activity does not mean agreeing to other activities.



CONSENT IS ACTIVE AND COMMUNICATED

Each person must actively say or do something to check if their partner wants to take part in a sexual activity. Not saying 'no' doesn't mean someone agrees.



CONSENT IS ONGOING AND MUTUAL

Consent is an ongoing and shared process and anyone can withdraw consent at any time.



CONSENT IS ABLE AND CAPABLE

Everyone involved in a sexual activity needs to be able to consent, or communicate that they don't.

Many of us are confused about consent.

It's not usually a topic we openly discuss. But talking about consent doesn't have to be something that only happens when things go wrong.

Before we can talk to our kids about consent, we need to talk to each other.

By talking with other adults first and sharing experiences, we'll feel more confident about the topic. Then it will become easier to raise these ideas with the young people in our lives.

You can access a range of resources online to help with your discussions.

Visit **consent.gov.au**

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Talking about consent may be triggering for some people. This includes those who have experienced, or are experiencing, sexual violence or other forms of trauma. If you or someone you know needs support, call **1800RESPECT (1800 737 732)** or go to **1800respect.org.au**.