



**YOUTH  
EDUCATING  
PEERS**



**YEP presents on Consent**  
July 2022  
**AHCWA's Birds and the BBV Bites**

# Acknowledgement of Country



**YOUTH  
EDUCATING  
PEERS**





# YOUTH EDUCATING PEERS

YEP AIMS TO EDUCATE,  
EMPOWER AND POSITIVELY  
EVOLVE YOUNG PEOPLE'S  
PERCEPTIONS, ATTITUDES AND  
BEHAVIOURS AROUND SEXUAL  
HEALTH & BLOOD BORNE  
VIRUSES (SHBBV)  
ACROSS WESTERN AUSTRALIA

## YOUTH EDUCATION

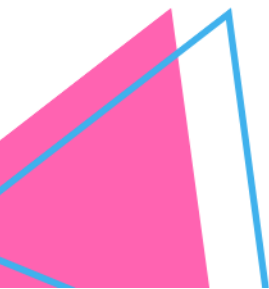
We provide youth peer  
**sexual health  
workshops &  
outreach sessions**

## YOUTH SECTOR CAPACITY BUILDING

We provide  
**professional development and  
consultation services** to  
support the capacity of the  
youth sector

## CONTACT US

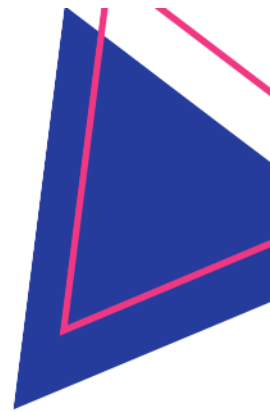
yep@yacwa.org.au  
theyeproject.org.au  
08 9227 5400  
Book us in today!



Follow theyeproject on:



The YEP Project is funded by  
the Sexual Health and Blood Borne Virus Program,  
Department of Health WA



# FRIES - Planned Parenthood



**YOUTH  
EDUCATING  
PEERS**



# CONSENT



**F**reely Given  
**R**eversible  
**I**nformed  
**E**nthusiastic  
**S**pecific

 Planned Parenthood®

# Consent Cards – A bit of background



## Development

Community, youth and sector consultation  
Created by young people for young people



### Freely Given

Consent is something you choose to give willingly, when you feel ready and prepared to.

Consent Cards developed by the YEP Crew in consultation with young people in WA, 2020. For more sexual health information, visit [www.theyepproject.org.au](http://www.theyepproject.org.au) or our social media @theyepproject



### Free from pressure and threats

Consent is something you choose to give willingly, when you feel ready and prepared to.

Consent Cards developed by the YEP Crew in consultation with young people in WA, 2020. For more sexual health information, visit [www.theyepproject.org.au](http://www.theyepproject.org.au) or our social media @theyepproject



### Time Specific

Agreeing once doesn't mean agreeing always.

Consent Cards developed by the YEP Crew in consultation with young people in WA, 2020. For more sexual health information, visit [www.theyepproject.org.au](http://www.theyepproject.org.au) or our social media @theyepproject



### Legal Age of Consent (images, videos and messages)

You need to be above a certain age to legally consent to sexual images, videos and messages. (This includes asking, sending, receiving and keeping them). In Australia this age is 18 and above.

Consent Cards developed by the YEP Crew in consultation with young people in WA, 2020. For more sexual health information, visit [www.theyepproject.org.au](http://www.theyepproject.org.au) or our social media @theyepproject



## CONSENT CARDS IN DEVELOPMENT



# Consent Cards



**YOUTH  
EDUCATING  
PEERS**



Accompanying teaching resource to be launched on our website soon

### Let's Talk About Consent



**YOUTH EDUCATING PEERS** This resource has been developed by the YEP Crew in consultation with young people in WA, 2021. For more sexual health information visit [www.theyepproject.org.au](http://www.theyepproject.org.au) or our social media @theyepproject



## Consent

Consent is a type of agreement or permission for something to happen. Giving consent means yes and not giving consent means no. When we talk about consent in this resource, it is about your body. You have a right to choose what happens to you.



## Content Warning

For many people, talking and learning about consent can sometimes bring up difficult emotions and memories. This resource also includes images of people kissing and touching as well as partial nudity.



# Consent Cards



**YOUTH  
EDUCATING  
PEERS**



Accompanying teaching resource to be launched on our website soon



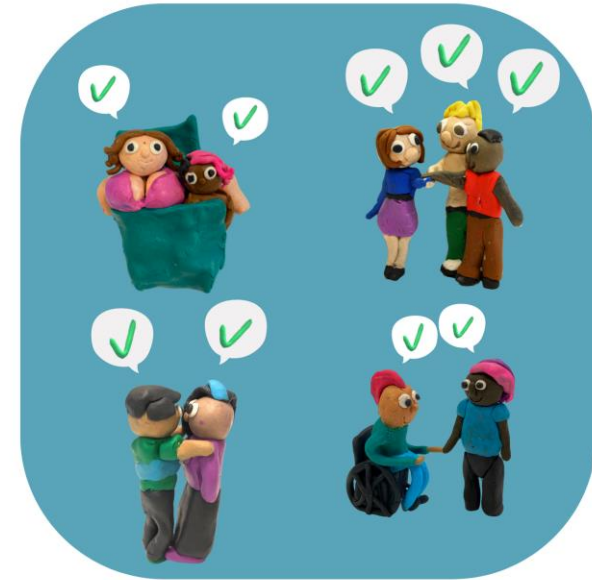
## Capacity

Decision-making capacity means being able to fully understand what will happen and what it means when you make certain decisions.



## Self care

Learning and talking about consent can be difficult. It's important to look after yourself and do things that make your body, heart, mind and spirit feel good.

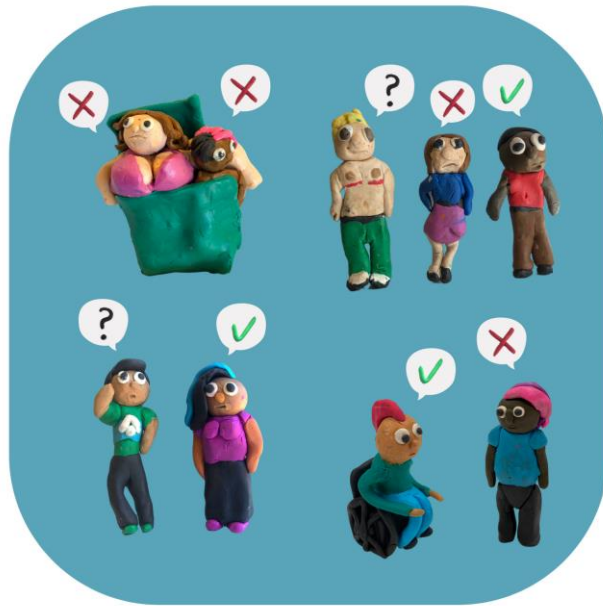


## Sexual consent

Sexual consent is when everyone freely agrees that they want to be sexual with each other and how that will happen.

# Consent Cards

Accompanying teaching resource to be launched on our website soon



## Non-consensual sexual act

A non-consensual sexual act is when anyone experiences any unwanted sexual activity, or if someone cannot consent because of their age or capacity. This is not okay and is illegal.



## Who needs to get consent?

It is the responsibility of all people to get consent. Everyone needs to be able to give clear consent for every sexual activity.



## Checking in with yourself

You might not always know if you want to be sexual. That's why it's good to ask yourself questions like: Am I comfortable? Do I want this? Do I feel safe? How is my body, heart or spirit feeling? If you don't want to, or are unsure, it's okay to say so and stop.



# Consent Cards



Accompanying teaching resource to be launched on our website soon



## Checking in with others

It is the responsibility of all people to communicate and check in with each other throughout all sexual activity. You could do this by asking questions like "Do you want to?" "Is this okay?" "Can I kiss you?" or "Does that feel good for you?"



## Free from pressure and worry

Consent must be freely given. People should not trick, pressure or threaten you into engaging in sexual activity. If you feel pressured into sexual activities then this is not consent.



## Changing your mind

You can change your mind at anytime, for any reason, and withdraw your consent, even if you consented at first. If a person withdraws consent, this needs to be respected and sexual activity must stop immediately.

# Consent Cards

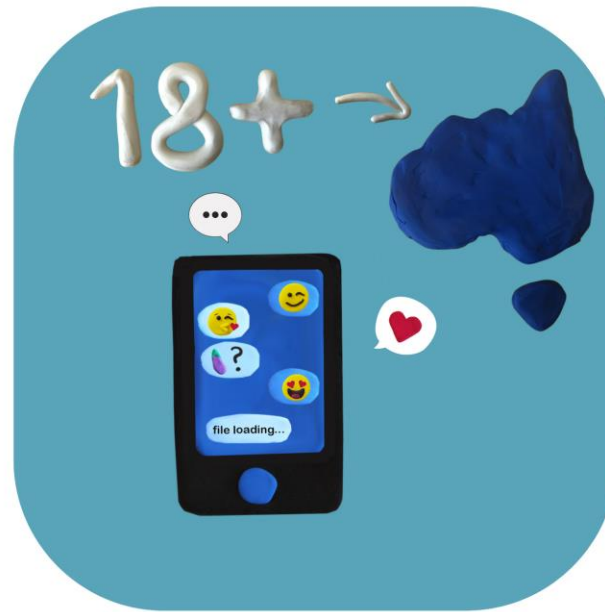


Accompanying teaching resource to be launched on our website soon



## Legal age of consent for oral and penetrative sex

In Western Australia the law says you have to be 16 years old or older to consent to sex. The law defines sex as any penetration of the vagina or anus (with a body part or object) or oral sex. A person 15 years old or younger cannot legally consent to sex in WA.



## Legal age of consent for sexting

In Australia, the law states that all people must be 18 years old or older to make, keep, send or ask for sexualised images, videos, messages or texts (even of yourself). This can be treated as child pornography and serious legal consequences can apply.



## Position of power

If there is a position of power in the relationship (like a boss, sports coach or teacher), then all people must be 18 years old or older to consent to sexual activity. Even if all people are 18 years old or older, relationships should involve equal power for everyone.

# Consent Cards



**YOUTH  
EDUCATING  
PEERS**

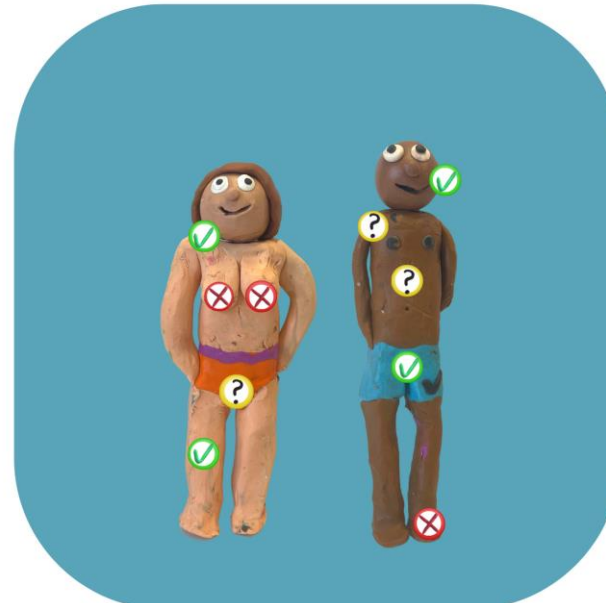


Accompanying teaching resource to be launched on our website soon



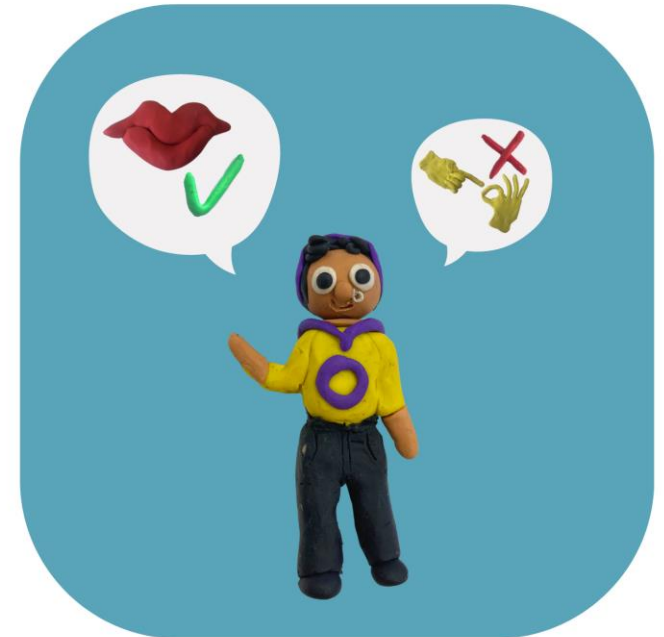
## Drinking and taking drugs

If people are using alcohol and/or other drugs, it may be difficult for them to make informed decisions. This can affect a person's ability to get, give and not give consent as well as withdraw consent. If you want to have sex with someone, it's important to consider if they're able to give consent.



## Specific areas of the body

Some people like some parts of their body being touched and not others. Saying yes to sexual activity involving one specific area of the body does not mean someone has consented to sexual activity in other areas.



## Specific sexual acts

Some people like to do some sexual acts but not others. Saying yes to one form of sexual activity does not mean someone has consented to other acts. Make sure you check in regularly.

# Consent Cards



Accompanying teaching resource to be launched on our website soon



## Contraception

Contraception is a method used to prevent pregnancy. To be able to give informed consent it is important for everybody to discuss if/when contraception will be used, so everyone knows the likelihood of pregnancy occurring.



## Reproductive coercion

Reproductive coercion is when someone forces choices around contraception and pregnancy on someone else. This is a form of abuse.



## Protection for sexual activity

Barrier methods (condoms, dams and gloves) protect people against STIs and BBVs. It is important for partners to discuss what (or if) barrier methods will be used during sex.

# Consent Cards

Accompanying teaching resource to be launched on our website soon



## Non-consensual condom removal

It is a form of sexual assault to tamper with or remove a condom during sex without the consent of every person involved.



## STI's and BBV's

Everybody should discuss when they were last tested for a sexually transmitted infection or blood borne virus. It's important to get tested regularly so you know your status and how to protect yourself and others.



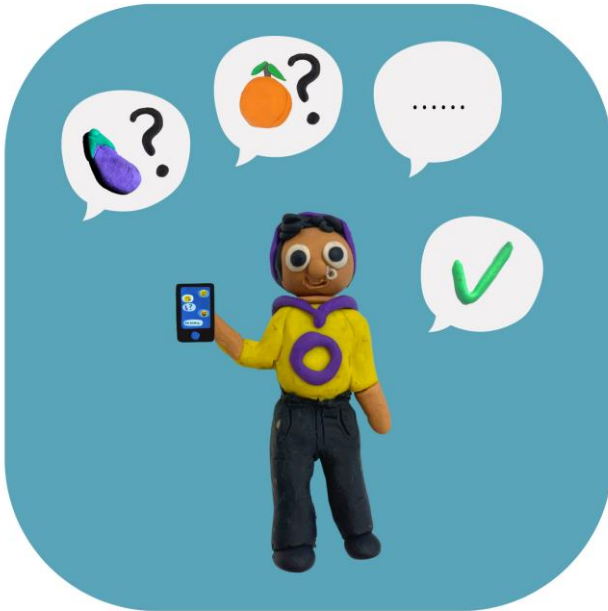
## Consent in a relationship

Consent is required for every sexual act in every type of relationship, even if you are in a partnership or married. Everyone always has the right to say no to sexual activity and this should always be respected.

# Consent Cards

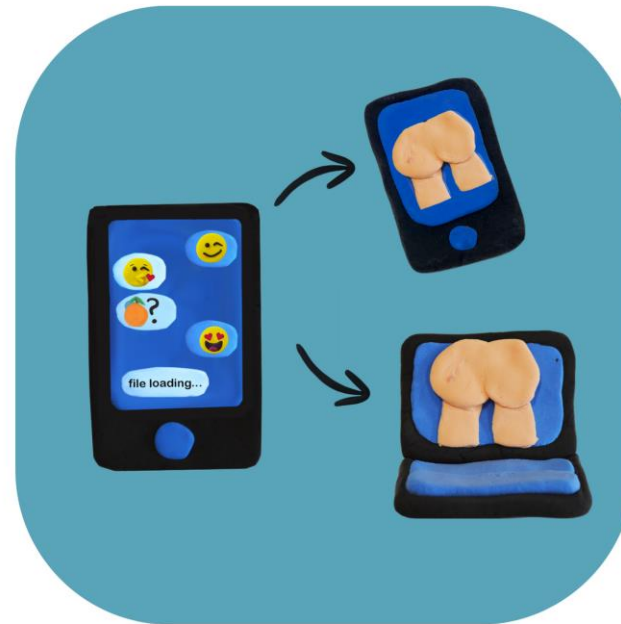


Accompanying teaching resource to be launched on our website soon



## Digital and online consent

Consent also applies to digital and online experiences such as nudes, porn, sexting, phone sex and videos. You should always ask for consent before sending sexualised content.



## Image-based abuse

Image based abuse is when you share explicit or intimate images of someone without their consent. It can also be known as revenge porn. This is against the law.



**Everyone has the responsibility to get consent from their sexual partner/s. Everyone has the right to give their consent or not give their consent.**



**YOUTH  
EDUCATING  
PEERS**

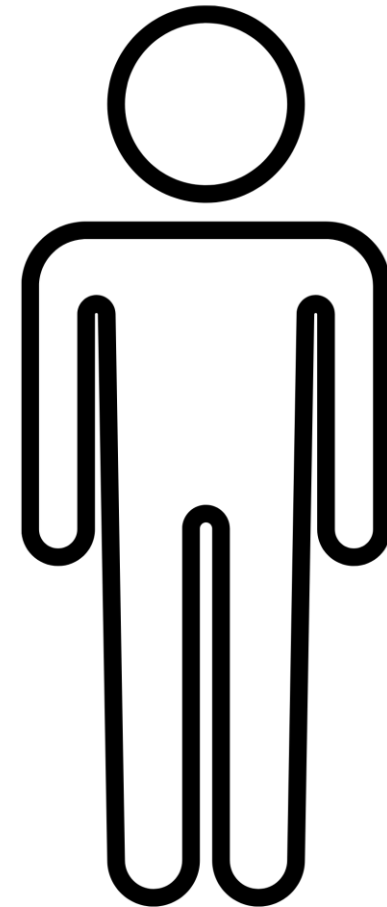


# Activities

# Body Signs

Think of a time what you were  
anxious or worried.

Lets go through the body and identify  
what it's showing or telling us.





# YEP's Touch Chart



## YEP'S TOUCH CHART

FRONT



BACK



Okay to touch



Maybe okay to touch



Please don't touch

Talking and communicating with words can be daunting for some young people. They might feel more confident drawing an illustration of safe and unsafe places to touch.



**YOUTH  
EDUCATING  
PEERS**



**How to communicate  
about consent:  
activity suggestion!**

# Consent



Using 3 large pieces of paper, write 1 of the following headings on each piece of paper:

- Ways to give consent
- Ways to not give consent
- Ways to get consent

Invite young people to write down and/or talk about their responses.

Encourage them to consider body language, verbal language, technology and other means...

Encourage young people to use language and other suggestions that is relevant to their own lives, and that they feel they can use with their partner(s).



## Videos



<https://www.plannedparenthood.org/learn/relationships/sexual-consent>



<https://www.youtube.com/watch?v=pZwvrXVavnQ>

TikTok

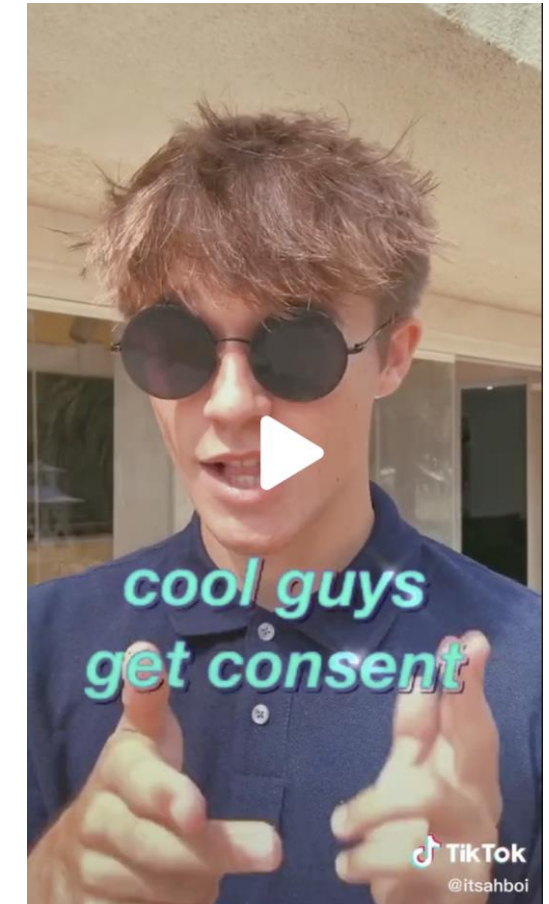
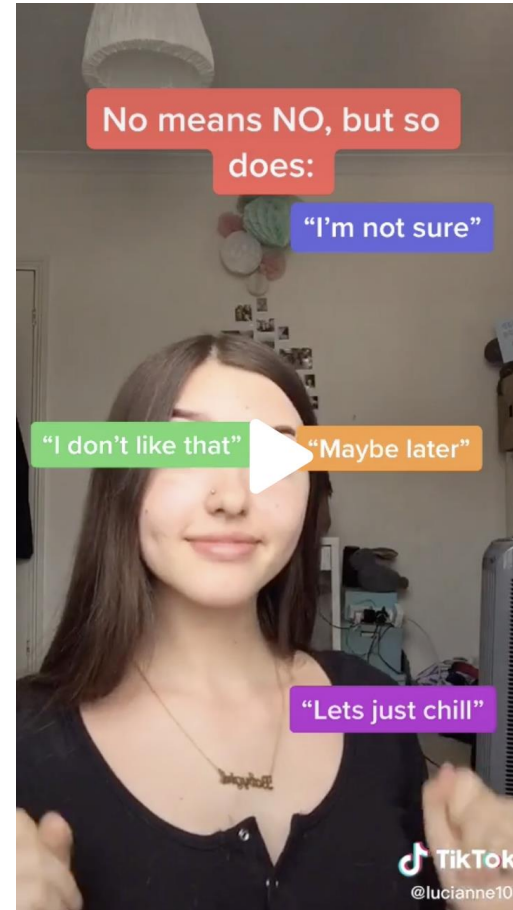


YOUTH  
EDUCATING  
PEERS



Through consultation with the young people attending our workshops and outreach, we know that TikTok is a massive source of sexual health information.

You could search #consent on TikTok with your client and discuss the messages they are receiving in the videos.





**YOUTH  
EDUCATING  
PEERS**



# Trigger Warning: Sexual Assault



**YOUTH  
EDUCATING  
PEERS**



# Considerations when talking about consent

## Considerations when talking about consent



- Consider when is it appropriate to do a workshop.  
After a sexual assault support should be given to those directly involved- as well as those who have heard of the event. Support at this stage should be generally around emotional and physical well-being. Education should not occur directly after a trauma.
- Provide advanced warning before the topic is broached. Young people should be given the option to not attend or engage (as the topic can be quite triggering for some people).
- Disclosures are likely following a discussion about consent. It is important that immediate and ongoing support is made explicitly available.
- Validate the experience.
- Information on support options should be made available to all young people- not just those who have made disclosures. Educate young people on what they should expect from services (service layout, what is involved, time frames, cost, reviews from previous young people etc - get a video if you can).





SARC



YOUTH  
EDUCATING  
PEERS



yacwa  
.ORG.AU

The Sexual Assault Resource Centre (SARC) is located in Perth and provides a range of free services to people in the metropolitan area affected by sexual violence SARC also provide free telephone advice/support to those in non-metropolitan areas and have a 24 Hour Emergency Line. Services are available to people affected by a recent sexual assault, past sexual assault, current sexual abuse and past sexual abuse.

SARC provides:

[Emergency services](#) including medical, forensic and counselling support, up to 2 weeks after a sexual assault

[Counselling services](#) for recent and past sexual assaults, rape and child sexual abuse

[Advice for health professionals](#) about to see a patient following a sexual assault

[Education and training for professionals](#)



SARC



SEXUAL  
ASSAULT  
RESOURCE  
CENTRE



24 Hour Emergency Line  
(08) 6458 1828  
1800 199 888  
(free call from landlines)

# SARC Resource



**YOUTH  
EDUCATING  
PEERS**



Government of Western Australia  
North Metropolitan Health Service



## Care Package

For adults who have  
experienced sexual trauma



### Contents

Introduction .....	3
Common reactions to trauma .....	6
Understanding your reactions .....	6
How our bodies respond to trauma.....	8
Our body's reactions to immediate danger.....	8
Our body's reactions over time .....	9
Common difficulties after experiencing trauma .....	10
Thoughts and beliefs.....	12
Feelings and emotions.....	14
Behaviour and actions .....	18
Body.....	23
Managing common reactions to trauma.....	24
Practical tips for calming and managing anxiety.....	26
Managing panic attacks .....	37
Managing flashbacks.....	37
Managing nightmares.....	38
Tips for better sleep .....	40
Building a healthy sexual relationship .....	41
A summary of things to remember for healthy sex.....	42
Seeking professional help.....	44
How do I know if I need help? .....	45
How do I get help? .....	45
Getting your needs met .....	48
Important aspects of healing .....	50
Create safety.....	50
Show self compassion.....	50
Talk to others .....	51
Build connections .....	52
Do something you enjoy every day .....	53
Take a stand.....	53
Seek cultural healing .....	53
Aim for a balanced, healthy lifestyle.....	53
Manage your lifestyle .....	54
Practice gratitude .....	54
Keep going .....	55
Lifestyle strategies for healing and creating good health.....	58
Positive and empowering statements and thoughts.....	63

<https://www.kemh.health.wa.gov.au/-/media/Files/Hospitals/WNHS/Our-Services/State-wide-Services/SARC/696-Care-Package-for-Sexual-Violence-Survivors---Screen.pdf>

# SARC Resource



Here are some common reactions that many people experience after a trauma.



## Body

- Muscle tension
- Dry mouth
- Tight chest
- Headaches
- Diarrhoea
- Exhaustion
- Feeling dizzy
- Constipation
- Rapid heartbeat
- Sweating
- Loss of appetite
- Other pains



## Thoughts and effects on the mind

- "It was my fault"
- "Nobody will ever love me now"
- Poor memory
- "I should have done more"
- Intrusive memories
- Confusion
- "I'm going crazy"
- Flashbacks
- Difficulty concentrating
- "I'll never be the same"
- Nightmares



## Feelings and emotions

- Hopeless
- Ashamed
- Alienated
- Afraid
- Irritable
- Anxious
- Guilty
- Insecure
- No confidence
- Detached
- Hurt
- Alone
- Angry
- Inadequate
- Numb
- Depressed



## Behaviour and actions

- Neglecting care of yourself
- Changes to eating
- Lack of interest in things
- Self-harming
- Easily startled
- Very alert
- Nail biting
- Avoiding people/ places
- Socially withdrawing
- Being impulsive
- Drinking/smoking

You may be experiencing some of these reactions, or you may be experiencing something completely different. There is no right or wrong way to react.

<https://www.kemh.health.wa.gov.au/-/media/Files/Hospitals/WNHS/Our-Services/State-wide-Services/SARC/696-Care-Package-for-Sexual-Violence-Survivors---Screen.pdf>

# Trauma responses



YOUTH  
EDUCATING  
PEERS



# Recovery



Self care and recovery are much like taking care of a plant. They require attention, effort, nurturing and patience. Over time, the plant will flourish and thrive. Over time, you will too, and the results will be worth it.



# SARC Professional Development



## General presentations

- [\\*Sexual Assault and Responding to Disclosures – General 1 hour](#)
- [\\*Responding to Disclosures of Sexual Abuse – for health appointments involving physical contact - 1 hour](#)
- [\\*Sexual Assault and Responding to Disclosures with Skills Rehearsal - 2 hours](#)
- [\\*The Impact of Trauma - 1 hour](#)
- [\\*Building on Trauma Knowledge - 1 hour](#)
- [\\*Vicarious Trauma and Self Care for Workers - 2 hours](#)
- [\\*Sexual Assault and Responding to Disclosures](#) – online free. An e-learning package on Responding to Disclosures of Sexual Assault is available on the homepage of the SARC website. A certificate is issued on completion.

Presentations can be offered in combinations and half or full day options.

\*The first 5 presentations above are now offered FREE at your metro workplace: Mondays, Tuesdays and Wednesdays. Minimum of 10 attendees. (Social distancing applies)

SARC training can be offered in the regions

Like, Follow, Subscribe on Social Media  
@theyeproject



The YEP Project    theyeproject    @theyeproject

Website <https://theyeproject.org.au/>

Email [yep@yacwa.org.au](mailto:yep@yacwa.org.au)