

# About Consent



HYCS

Pocket guide

Consent is essential for any sexual contact and is given when all participants mutually agree to something by choice and with the 'freedom and capacity' to make that choice.

Consent is always needed, each time and *throughout* each encounter and is a two-way process. It's not a 'free pass' to do what you like – it's OK to change your mind, consent can be withdrawn at any time, may be limited (ie you may consent to one form of sexual activity but not another) or conditional (ie you may consent to protected sex only).

Impacted by non-consensual sexual activity? Check out HYCS' Sexual Violence leaflet for support.

# HYCS

**Talking to us can really help**  
Hounslow Youth Counselling Service

T 020 8568 1818 SMS 07784 481308  
E [ask@hycscounselling.co.uk](mailto:ask@hycscounselling.co.uk)  
[www.hycscounselling.co.uk](http://www.hycscounselling.co.uk)  
@HYCScounselling

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Registered Charity 1196320

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Service

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**It's not consent** when no isn't a real option – if feeling scared, under pressure or threatened; or when judgement is impacted by drink/drugs, when asleep or unconscious or when someone is unable to fully understand to what they are agreeing. Consent cannot be assumed – just because someone's flirting or in a steady relationship with you, consent is still needed!

## How do you know if you have consent?

Keep communicating *before* and *during* any sexual encounter, be it kissing, touching, cuddling or sex, to check you are both comfortable. Look for verbal and non-verbal signs: Is consent mutual and 'enthusiastic', 'not into it'? Check in with them and respect their wishes – remember, the absence of a no doesn't mean yes!

## The Law

The legal age of consent in the UK is 16 and under 13's cannot consent to sex under any circumstances. Sexual activity without consent at any age is illegal – and may be classed as harassment, sexual assault or rape.

## Sources of information and support:

The resources in this booklet explain more about consent and why it's important in any healthy sexual relationship.



### Learn More – Watch:

- **BrookCharity** (You Tube)  
<https://www.youtube.com/user/BrookCharity>  
Sexual health and wellbeing.
- **Consent is Everything** – 'Tea and Consent'  
<http://www.consentiseverything.com/>
- **Family Lives** – What Is Consent Video –  
[https://youtu.be/EQ7UXd\\_SRIIM](https://youtu.be/EQ7UXd_SRIIM)  
Consent in relationships, how to spot the signs and respect consent.
- **The Mix** – What is Consent?  
<https://www.youtube.com/watch?v=Ja2wKBV9dz0>
- **Rise Above** – What is Consent? You Tube Channel: <https://youtu.be/Jas12q3l26M>



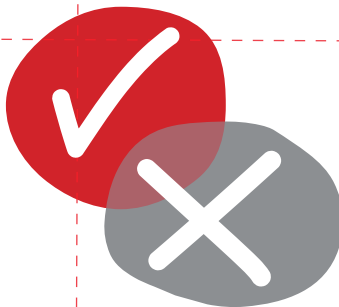
### Learn More – Read:

- **Brook**  
<https://www.brook.org.uk/your-life/sex-and-consent/>  
Free and confidential advice and information about all aspects of sexual health & wellbeing.
- **Pause Play Stop (SARSAS)**  
[www.pauseplaystop.org.uk](http://www.pauseplaystop.org.uk)  
Information about consent
- **What Is Consent?**  
**CPS Leaflet**  
[https://www.cps.gov.uk/sites/default/files/documents/publications/what\\_is\\_consent\\_v2.pdf](https://www.cps.gov.uk/sites/default/files/documents/publications/what_is_consent_v2.pdf)
- **FPA – Sex and Consent**  
**Giving It, Getting It and Understanding It**  
<https://www.fpa.org.uk/download/consent-giving-it-getting-it-respecting-it-leaflet/>

## Get Help



- **Childline 0800 1111**  
<https://www.childline.org.uk/>
- **Samaritans 116 123 24/7**
- **YoungMinds Crisis Messenger**  
**Text YM to 85258**
- **HYCS – [www.hycscounselling.co.uk](http://www.hycscounselling.co.uk)**  
Check out the HYCS Pocket Guides and Self Help Hub for information on where to get support across a range of issues including the Sexual Violence leaflet for when things go wrong.
- **NSPCC**  
Dedicated Support Line  
'Report Abuse in Education'  
**0800 136 663**, or by emailing  
**[help@nspcc.org.uk](mailto:help@nspcc.org.uk)**.  
A dedicated free helpline for victims of sexual abuse.
- **Think U Know**  
**<http://www.thinkuknow.co.uk/>**  
Support and advice to protect any young person 4-18 years both online and offline.



- **The Mix**  
<https://www.themix.org.uk/search/consent>.
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