

## Consent.

Healthy relationships are all about respecting each other. You should feel loved, safe and free to be yourself.

Think about consent. What it means in a relationship.

Describe what you feel is the definition of the word consent?

What is the age of consent in the UK?

Whose responsibility is it to get consent?

Is it easy to tell if someone is allowing you consent?

Consent as defined by law:

A person if he or she agrees to the sexual activity & has **freedom & capacity** to make that **choice**.

The legal age of consent is 16, some people may know someone who may have had sex under 16, the authorities recognise young people may be in relationships younger than 16 & may have active sexual relationships, as long as both parties have consented & the power, control, age is the same & parents are aware, authorities are less likely to get involved. However legally no one under the age of 13 can never consent to sexual activity.

Whose responsibility is it to get consent? Consent can have blurred lines at times & it is not easy as saying yes or no. Looking at body language & facial expressions also gives you an idea if someone is consenting, if you are not sure the most important thing to do is **ASK**. Check with the other person if they are happy with what you are doing & if they did not say anything, back away until you know for sure they are consenting – someone does not need to say no to tell you they are not happy, silence can also show this.

### Sex on Trial – Is it Rape?

This is a video about a documentary filmed with young people by BBC3 asking young people about whether a situation was consensual or not. You will see clips of young people asking & answering certain questions. See if you agree or disagree with these comments. Discuss in-group or with your course Leader.

**Now watch the video: 'What is rape? Is it always clear cut?' on YouTube.**

How did you feel at the end of the video? Did you agree with any of the comments made by the young people in the video? What did you think?