

PATIENT INFORMATION

Sex and Consent

What is Sex and Consent?



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It is agreement between people



You should be enjoying yourself



Ensure you are checking with each other that it is okay to:

- ✓ Touch
- ✓ Hug
- ✓ Kiss
- ✓ Have sex

This is all known as sexual contact

Sexual consent is important!



So that you and your partner are safe and happy.



So that you are in control of your own body.



So that you know what is happening.



It is against the law to make someone do something sexual, that they do not want to do.

16+

If you are having sex, both people must be aged 16+.



It is not okay to have any type of sexual contact with someone who is supporting you

For example:



A support worker



A teacher



A doctor or a nurse



A family member or carer

How to get sexual consent?



Talk to each other – ask your partner if they are happy.



You or your partner may show you are happy by smiling and positive signs.



Keep checking with each other as you or they may change their mind.



If you are not sure, you must stop and check.

If someone is showing any of the below signs, then you must stop.



If they look or tell you, they are unhappy.



If they push you away.



They have stopped moving.



They are in pain.



They are crying.

Someone cannot give consent if:



They are sleeping.



They are drunk.



They have taken too many drugs.



They do not understand what is happening.

*If any of the above happen, you must **not** have sexual contact with the person.*



More Information

Adult Social Care Torbay



01803 219 700



<https://www.torbayandsouthdevon.nhs.uk/services/adult-social-care/>



You can also speak to:

- A family member
- A friend
- A support worker
- Your doctor or nurse
- A teacher

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.