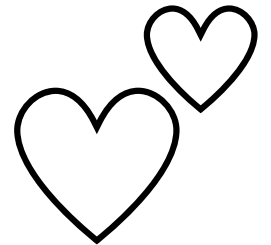
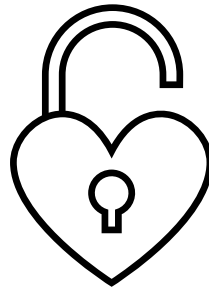
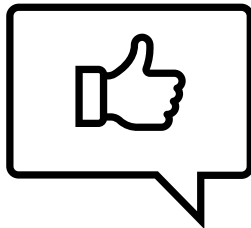
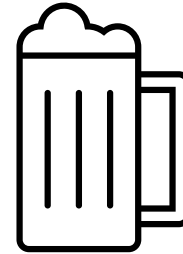
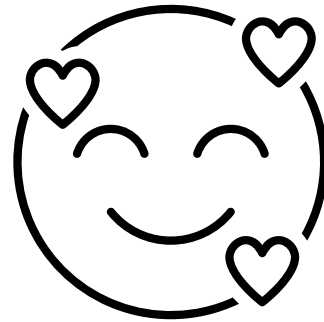
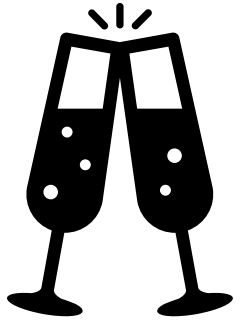










Sex, drugs and *I'm* in control!





Let's talk sex baby!

<p>1. You may have experimented with substances on a regular/daily basis. This could have been legal or illegal substances</p> 	<p>2. During the lockdown period your substance use may have decreased, and resulted in changes to your tolerance</p>	<p>3. When your tolerance has decreased, returning to the same usage as before lockdown can be risky. Especially at parties....</p> 
<p>4. If you were to use the same amount as used previously, it may effect you more quickly, and could lead to risky situations, such as.....</p>	<p>5. Who is who..... ?</p>  <p>Or what is happening?</p>	<p>6. This could then lead to risky decision making including things like.. CONSENT!</p> 
<p>7. CONSENT is saying YES to something</p> 	<p>8. Consent is needed for ALL sexual activity. It CANNOT be fully or legally given when under the influence!</p>	<p>9. So during your next party remember your tolerance may be different & YOUR CONSENT IS ALWAYS NEEDED for anything to happen.</p> 



Consent

YES

- Feeling happy, enthusiastic and excited
- Both talked and agreed what we like and don't before having sex
- Know how to tell if the vibe changes for either of us
- Talked about pregnancy, STIs and have contraception sorted
- Planned a safe and private space

UNSURE

- They say or you feel 'Maybe' / 'Not sure' / 'Meh' about sex
- Silence when asking questions about contraception etc
- Either of you have slowed down, hesitating, avoiding eye contact
- If someone has a learning need or mental health need



PAUSE.....

..... is this what I or THEY really want?

NO!

- You or they are under 16 years old, there's a big age difference between you
- The person has a position of power over you
- Drugs or alcohol are involved
- Person is asleep, passed out
- Having to promise sex
- Nagging, comparing to others
- Taking or sending intimate pictures ('dick pics') under 18 years old



Consent..what am I thinking?

Am I being
controlled or
do I feel scared

Do I feel
respected
and
confident

Can I make
this decision?

Am I going
to regret this?

No scary
surprises!

Do they
want to
stop?

Do I now
OWE them

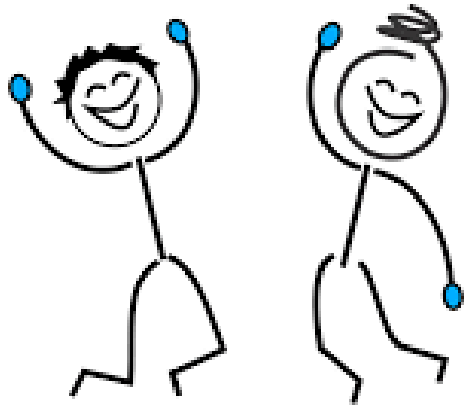


Do I know who
will see these
images

Have I got
a choice?



When consent is given...



Have **contraception**

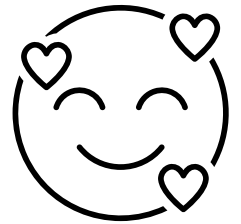
Know what **'consent'** means to each other

Let someone **know** where you're going /
when you'll be back / who you're with

Regular
STI checks

Sober sex

Agree –
no images



Talk about **likes**
and **dislikes**

Have your **charged**
mobile with you

Talk about what's ok and what's not ok,
what you want and don't want –
No Surprises!

A safe place

Know the signs of
EXPLOITATION

Ways to say you care
without sex

Age of **consent**

barod



Useful Links

Click on the links to visit the websites

