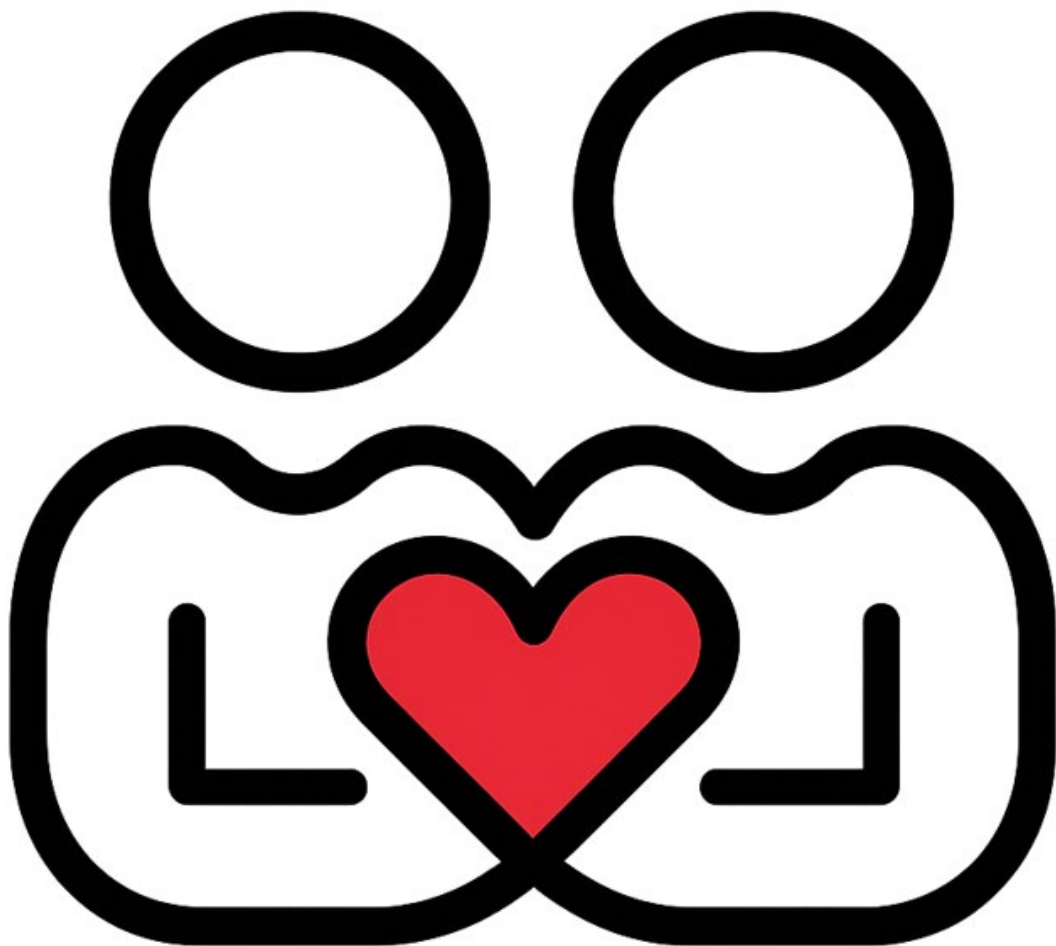


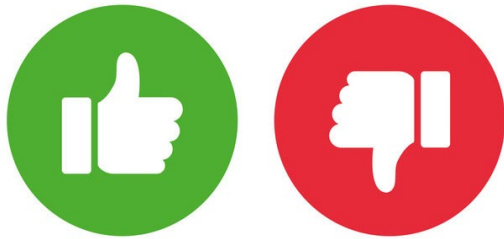


Consent and Healthy Relationships



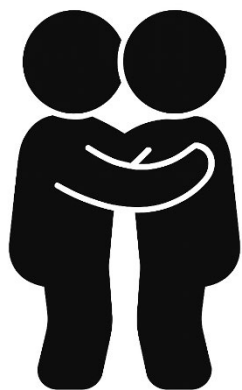


Healthy relationships are all about respecting each other.



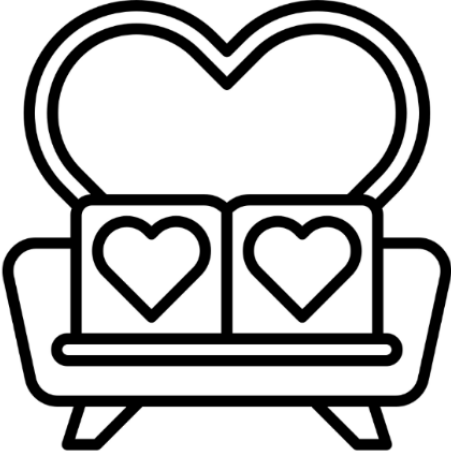

Relationships can be confusing.

At times it can be difficult to know what is ok and what is not ok.



Consent means to get **permission** for something to happen.

You should always ask for **consent** before a hug, a kiss, touching or holding hands.

	<p>You will need consent to have a sexual relationship.</p> <p>It is against the law to do something sexual to someone without their consent.</p>
<p>YES</p>  <p>NO</p> 	<p>Even if you consent, you can still change your mind at any time.</p> <p>If you say NO, consent is not given.</p> <p>No means no.</p>



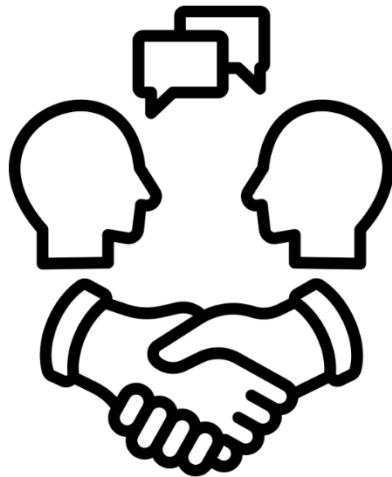
You cannot give consent if:

- Someone is forcing you, bullying you, threatening you or pressuring you
- You are asleep or unconscious
- You are under 16 years old
- You are drunk or affected by drugs.



Relationships should be:

- Fun
- Enjoyable
- Equal
- Supportive
- Free from pressure or violence
- Safe



Having consent means:

- You feel safe
- Your partner feels safe
- You are aware of what is happening
- You have control of your own body.



If you are worried, then you can speak to your trusted adult or the Police.

Reporting to the Police



If you feel unsafe or confused, **it is okay to call the police.**

It's better to check than to ignore it.

If this happens to you, call 999 and ask for the Police.



The call taker may ask some questions to understand the situation before deciding the best way to help, such as:

- What happened?
- Where/when did it happen?

Here are some signs that a relationship may not be a healthy relationship:



Remember, you can always call the Police on **999** **in an emergency**.

You can also call the Police on **101** when it is not an emergency.