

FREQUENTLY ASKED QUESTION & COMMON MYTHS

IS THERE EVER A GREY AREA?

if you ever feel uncertain, unsure or anxious about consent stop and ask. This could be self-talk, where you ask yourself. as well as directly asking the other person(s). What always helps is having a chat before sex begins, ensuring everyone involved knows what going to happen and what contraception will be used. Its much harder to have this chat when people are excited and about to, or already, having sex. Even in long term relationships consent should never be taken for granted: just cus you did something once doesn't mean you can do it again

CONSENT IS TOO DIFFICULT TO NAVIGATE.

if your'e finding it too scary or difficult to navigate the conversation around consent, then perhaps you aren't ready to have sex, or not in the right head space. Having a good line of communication and respect is essential for good sex. If you spend time working on communication you'll feel a lot more at ease around all aspects of sex. Sex should be fun and getting consent should be enjoyable and exciting, even if the person isn't ready, or interested.



COMMON YOUTH PROVIDES FREE RELATIONSHIPS AND SEXUALITY EDUCATION TO YOUNG PEOPLE (FROM 11 TO 25 YEARS) ACROSS THE WHOLE OF NORTHERN IRELAND. WE ALSO HAVE A SEXUAL HEALTH CLINIC WHICH OFFERS A SAFE, KNOWLEDGEABLE AND ACCEPTING ENVIRONMENT FOR YOUNG PEOPLE TO TALK AND TO ACCESS SEXUAL HEALTH SERVICES.

FOR MORE INFORMATION ABOUT ACCESSING OUR SERVICES YOU CAN CONTACT US ON 02890 328866. YOU CAN ALSO FOLLOW US ON SOCIAL MEDIA.

BELFAST

MONDAY..... 14:30 - 17:00
TUESDAY..... 14:30 - 17:00
WEDNESDAY..... 14:30 - 17:00
THURSDAY..... 17:30 - 20:00
FRIDAY..... 14:00 - 16:30
SATURDAY..... 13:30 - 16:00
SUNDAY..... 13:30 - 15:00

COLERAINE

MONDAY..... 14:30 - 17:00
TUESDAY..... CLOSED
WEDNESDAY..... CLOSED
THURSDAY..... 14:30 - 17:00
FRIDAY..... CLOSED
SATURDAY..... CLOSED
SUNDAY..... CLOSED

MALE CLINIC (BELFAST ONLY)

SATURDAY..... 16:00 - 17:30

A GUIDE TO

CONSENT

Giving consent is giving permission. You need consent from anyone in order to touch them in any way. You must also give your consent to be touched.

FREELY GIVEN

This means free from pressure or fear. Someone cannot give consent if they are forced to do so. This means their decision to consent is free from physical violence and emotional pressure. Whilst physical violence can be easier to spot, emotional pressure can be equally as damaging. Emotional violence can cause someone to give 'polite consent', whereby they only agree to sexual activity cus they don't want to appear rude or mean. Pressure can come for the other person(s) or from soceity, friends or social media

INFORMED

this means that consent is expressly given to all actions. This includes the type of sex (e.g. oral, vaginal, anal etc.). This means that if someone consents to oral it does not mean they've consented to vaginal. Informed consent is also applied in regards to contraception, if someone removes a condom without getting consent to do so, this is a sexual offence, even if the person is consenting to sex. This is because they are not informed about what they are consenting to

REVERSABLE

this means that someone can change mind at about wanting to engage in sexual activity. This can happen before or during sex. Someone changing their mind is not always a reflection on the other person. It could be for a host of different reasons. This decision can be permanent or temporary.

ENTHUSIASTIC

this means that consent is given in a way that shows that the person is excited about engaging in sexual activity. Sex is meant to be fun and enjoyable, getting and given consent should be too.