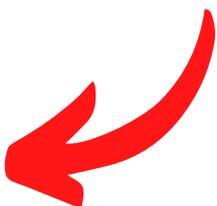


**ARE  
YOU  
HAVING**

**CONSENSUAL**



**SEX?**

This booklet is to help you talk about sex.

**LET'S GET CONSENT!**

**WHAT'S  
CONSENT?**

**Hmm?**

**YES!**



**UNIVERSITY OF  
CANBERRA**

**MEDICAL & COUNSELLING**

# TALKING ABOUT SEX

Let's be honest. Talking about sex can be uncomfortable. But we are here to make it fun and safe!

Some people may prefer to not talk about sex before having it. Others may love talking about everything sex related.

## PROS OF NO TALK

- exciting, thrilling, passionate
- no awkward/cringe moments
- talking is a mood killer!
- being in the moment
- avoiding disappointment

## PROS OF TALKING

- we both know what we both want and expect
- you know exactly what turns the other on
- knowing you're both having a good time (which is...safe!)

## What works with you?

How much do you want to talk about sex before having it? Considering this allows you to be aware of your wants and needs, and your partner's wants and needs so you can both have the best (consensual) experience. Remember, you can always talk to your GP, without judgement, for accurate information about sex.

Nothing is as good as a well-executed sex talk with your partner! 😊

# ARE YOU AWARE?

No matter how much or how little you have talked, it's important to be aware of yourself and your partner during any kind of sex. This way, you are able to be present in the moment and enjoy the experience consensually.



## SOUNDS

Make sure to check in with your partner if you hear something unfamiliar to you. Be aware of sounds like how someone is breathing.

## WORDS

Even if you prefer not to chat during sex, it can be useful to have some phrases ready to go so you are prepared.

**"That feels amazing"**

**"So good!"**

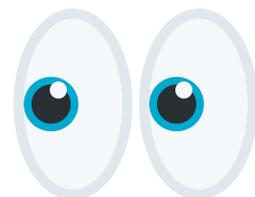
**"A little faster"**

**"Oooh slower please"**

**"How's this?"**

**"Keep going"**

## EYES



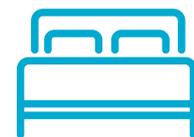
Eye contact can give you an idea as to how the other person is feeling. Can you tell? Are you comfortable with eye contact?

## TOUCH



Notice how you are being touched and how you are touching the other person. Do you or the other person want something different?

## BODIES



Be aware of what your bodies are doing. Are you in sync or moving away from each other? What happens to your body when you are enjoying yourself? What happens to your partners?

# BODY MAPS

Everybody likes to be touched in the same place, right?

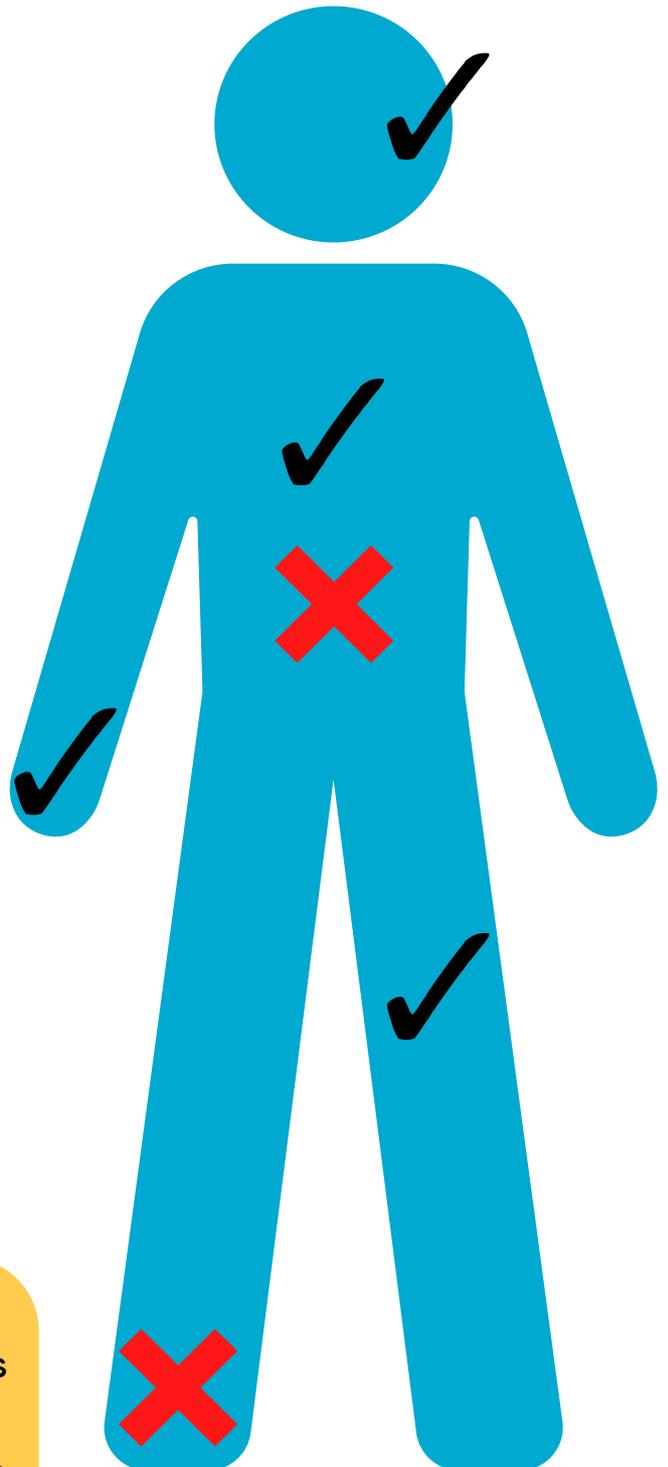
**NO!**

It is important to talk to your partner about how you like to be touched and where you do not want to be touched.

Not wanting to be touched somewhere is totally okay, just communicate it, so your expectations and boundaries are clear.

Having this discussion will make your experience much more enjoyable as both you and your partner will feel comfortable.

Being aware of what you are feeling is important for understanding when something is not right. The more stressed you are, the more internalised you become. It's okay to stop, take time to think and communicate what you're feeling to your partner. Don't leave it up to them to guess!



# BOUNDARIES

Boundaries are important as they demonstrate to others what you feel comfortable with, what you will and will not tolerate and what you like and don't like.



If your partner ignores your boundaries, guilt-trips you, or forces you into doing something you do not want to do, this is not a safe situation.

## LISTEN TO YOUR INNER VOICE

If something does not feel right, it probably is not right!

This is a warning sign. It is okay to say **STOP** and think about what your inner voice is telling you.

Feel free and be comfortable in potentially disappointing someone. This allows you to value your own feelings and gives you a chance to think about the situation and what you want.



# how to talk about our **VULNERABILITIES**

Not everyone is confident or comfortable talking about sex.

Our early experiences, previous relationships or partners, culture and how society sees us can impact on our confidence.



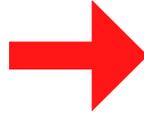
Talking about vulnerabilities calls for:

1. Taking time to figure out what you need/want and assertively communicating this to your partner
2. Willingness to identify and express your feelings
3. Listening to your partner
4. Expressing what you think
5. Slowing down and being present, listening to your inner voice

# MYTHS & TRUTHS

## MYTH #1

"IF TWO PEOPLE HAVE HAD SEX WITH EACH OTHER BEFORE, OR ARE IN A RELATIONSHIP, IT'S ALWAYS OKAY TO HAVE SEX AGAIN"

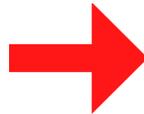


## TRUTH #1

JUST BECAUSE YOU HAD SEX WITH SOMEONE BEFORE, DOESN'T MEAN THAT YOU'VE AUTOMATICALLY GIVEN CONSENT TO HAVE SEX WITH THEM AGAIN. THIS INCLUDES IF YOU ARE IN A RELATIONSHIP.

## MYTH #2

"YOU ONLY NEED TO GIVE CONSENT WHEN IT COMES TO PENETRATIVE SEX"

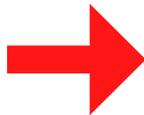


## TRUTH #2

YOU NEED CONSENT FOR ALL TYPES OF SEX

## MYTH #3

"IF YOUR BODY IS TURNED ON, THEN YOU ARE GIVING CONSENT"

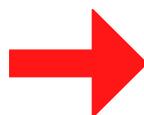


## TRUTH #3

PHYSICAL AROUSAL IS NOT AN INVITATION TO HAVE SEX OR A SIGN THAT SOMEONE GIVES THEIR CONSENT.

## MYTH #4

"IT'S FINE TO HAVE SEX WITH SOMEONE IF THEY ARE DRUNK OR HIGH"



## TRUTH #4

HAVING SEX OR SEXUAL CONTACT WITH SOMEONE WHEN THEY ARE TOO DRUNK OR HIGH TO UNDERSTAND WHAT IS GOING ON IS SEXUAL ASSAULT OR RAPE, AS THEY CANNOT CONSENT.

it is important to remember that...

## CONSENT CHANGES IN DIFFERENT CONTEXTS AND IS REVOCABLE AT ANY TIME

You are free to change your mind at **ANY** stage of a sexual interaction. If you tell your partner to stop (withdraw consent) then the activity must stop immediately.

**You have the right to decide what happens to your body.**

If you are still confused, watch this video about how consent is like a cup of tea:

<https://www.youtube.com/watch?v=fGoWLWS4-kU>

## REPORTING AN INCIDENT

If you have experienced or witnessed a safety issue or concern, no matter how big or small it is important to report it for your safety and the safety of others.

If you have experienced any form of violence or harassment, sustained an injury or identified a potential hazard, we encourage you to reach out and report it to UC by scanning this QR code.



If you report an incident, your case will be treated confidentially and with respect. You are able to report anonymously should you wish. All incidents reported will be responded to within 24 hours (where contact details are provided).

## FURTHER SUPPORT

- **UC Medical and Counselling Centre** - book online via HotDoc, call reception on 6201 2351 or scan this QR code. Free and confidential services for all UC students.
- **UC Crisis Support Line** - call 1300 271 790 or text 0488 884 227.
- **Student Wellbeing Team** - call 02 6206 8841
- **Call 000** - in emergencies
- **Lifeline** - 13 11 14
- **Aboriginal Legal Service** - 02 6120 8800
- **Crime Stoppers ACT** - 1800 333 000
- **Translating and Interpreting Service** - 131 450
- **Citizen Centred Justice Clinic** - free legal service for UC students. Book through UC M&C Centre on 6201 2351.

