

# CONSENT TOP TIPS

## DO



- **Make sure you're asking people for their consent.**  
This includes regular sexual partners.
- **Ask for consent for each sexual act.**  
Just because someone has consented to one sexual act, doesn't mean they have consented to others.
- **Pay attention to body language.**  
If someone looks uncomfortable but has said yes, they may not actually want to have sex.

## DON'T



- **Assume that someone has given consent because of what they are wearing or how they are acting.**
- **Put pressure on someone to have sex with you.**  
Consent has to be a free and willing decision.



**In the UK, the legal age of consent for sexual activity is 16.**

The law is designed to protect young people from abuse by adults. It is not meant to criminalise people under 16 who are having sex, where both people are a similar age.

You can talk to our sexual health team in confidence.