

school-based youth health nurse



Health News

Consent

Most would be aware of the many conversations being had around this topic in recent times. They are important conversations to be shared with our young people and to give them an opportunity to question, think and maybe challenge their own ideas.

Whilst schools have a responsibility to provide opportunities for students to be educated around the topic of consent, the family environment sets standards, shares values and gives young people messages on a daily basis about respectful relationships.

Consent isn't just about saying yes or no in an intimate moment. It is having a voice about anything that affects us personally, being able to make an informed decision and freely choosing to say yes or no without intimidation, coercion or pressure. Being kind and respectful towards others allows people to make decisions that align with their own values without feeling that this will have negative consequences for them.

The ABC has had many of their programs addressing this issue in previous weeks on Four Corners, The Drum and Q and A. They are all still available to watch on ABC iView.

In relation to sexual consent, there is a great clip that young people respond well to that talks about consenting to sex being similar to asking a person if they would like a cup of tea.

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

This can be a very sensitive and sometimes triggering topic for some people, so please check in with your young person before, during and after these conversations as well as yourself and seek help and support if needed.

Kids Helpline 1800 55 1800

Lifeline 13 11 14

1800RESPECT

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Every Monday and Tuesday, every second Wednesday.

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