

What could affect someone's capacity to give sexual consent?

Get Real Sessions
Relationship & Sex
Education

What?	Why?
Alcohol and/or Drugs	Limits communication; reduces awareness, including of risk; reduces inhibitions; gives a different perspective.
Age	Under 13yrs cannot give sexual consent; Legal age of consent is 16 - when the law believes someone can make the decision to have sex; Difference in age between partners can make a relationship unequal.
Power dynamics	If someone feels pressured or forced into sexual activity, they don't feel free to make the choice they want to make and therefore cannot give consent. Power dynamics could be around age, gender, experience, popularity or behaviours within the relationship.
Mental health disorder or condition	If someone doesn't understand what they are agreeing to or they feel they don't have the energy or emotional ability to make a clear and free choice, they are not able to give consent.
Being asleep or unconscious	Consent is for what is happening in the moment. People who are asleep or unconscious cannot give consent. *unconscious people don't want tea.
Pressure or coercion	To give sexual consent someone needs to feel free to make the choice they want to make. If someone is being pressured or coerced they can't do this.