



**Bold Girls Ken** is a youth-led campaign delivered as part of the Young Women Know project by NSPCC Scotland and The Young Women's Movement. The campaign is being delivered in partnership with Perth and Kinross Council, and aims to educate young people to know what consent is – on and offline.

Every young person should know what consent is, what it looks like and what it feels like – on and offline.

Having conversations about sex and relationships can feel awkward or uncomfortable but it is important that all young people understand consent and know where you can get more information or support if needed.

# WHAT IS CONSENT?



**Consent** is actively saying yes – with both your body and your language. It is enthusiastic, and both partners should understand what they are consenting to.

Consent can be withdrawn at any time and you should not feel pressured into consenting into anything that makes you feel uncomfortable.

**It is important to have good communication between partners to ensure everyone is consenting.**

The Law provides information and protection to help keep us all safe. There are situations where people can be more vulnerable and need more protection.

Someone cannot consent to sex if they are:

- Under the age of 16
- Asleep or unconscious
- Incapable of consenting because of the effect of alcohol, drugs or another substance
- Being physically forced
- Being pressured, threatened, tricked or manipulated
- Have a mental health disorder or illness that means they are unable to make a choice

**Remember – consent should be enthusiastic, informed and ongoing!**

## Where can I get support

You can get support by calling Childline on 0800 1111 or by visiting [childline.org](http://childline.org) or calling the RASAC helpline on 01738 630965. If you are an adult with concerns about a young person you can call the NSPCC Helpline on 0808 800 5000.