IMPORTANT FACTS ABOUT CONSENT

Student Counselling Unit Mental Health Awareness Series August 2021

WHAT IS CONSENT?

Consent means voluntary or unforced agreement.



IMPORTANCE OF CONSENT

- Creates an atmosphere of communication, honesty and respect which contributes to better relationships (sexual and other kinds of relationships).
- Asking for consent shows respect for yourself and your partner.
- It can eliminate the entitlement that one partner may feel over the other partner.
- It is a reminder that neither your body nor your sexuality belongs to someone else.

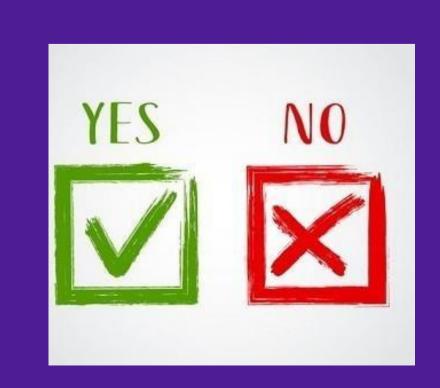


WHAT TO CONSIDER

- An intoxicated person cannot give consent.
- Silence does not mean "yes".
- If consent is not provided by both parties, that is sexual assault.
- There should be no ambiguity ("No" means "No").

ASKING FOR CONSENT

- It should be ongoing and explicit.
- Always ask, do not assume that it is okay for you to say or do anything of a "sexual nature" without asking.
- If a person says, "no", do not try to persuade them to say "yes", that is coercion!



HELPFUL RESOURCES

FOR UP STUDENTS

- Security Services UP Crisis Service 0800 006 428
- UP Careline 0800 747 747 (24 hour counselling/support)
- Transformation Office at UP (deals with GBV) Sarah Matseke or Ntsiki Loteni Sarah.matseke@up.ac.za or ntsikie.loteni@up.ac.za
- Student Counselling Unit studentcounselling@up.ac.za

FOR FAMILY OR FRIENDS (NON-UP STUDENTS)

• National GBV Helpline: 0800 150 150

• Lifeline 24 hour crisis line: 021 461 1111

• SADAG Counselling Careline: 0800 21 22 23

• South African Police Services: 10111