

IMPORTANT FACTS ABOUT CONSENT

*Student Counselling Unit
Mental Health Awareness Series
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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