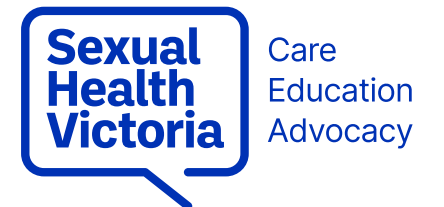


# Consent Matters

Program overview

**Nat Cavallaro (she/her), Community Educator**



# My name is Nat

(she/her)



Sexual Health Victoria acknowledges the Aboriginal and Torres Strait Islander people as the Traditional Owners of the land on which our offices stand and in the regions in which we provide our services. At Sexual Health Victoria we embrace diversity and welcome everyone of all genders, sex, age, cultural background, sexual orientation, religion and ability.

# Goals for today:

- Introduce Sexual Health Victoria and its services relevant to youth and professionals
- Hear an overview of SHV's Consent Matters program
- Find out how to take part in the program



# Sexual Health Victoria



## Clinical Care

 Box Hill Clinic  CBD Clinic



## Clinical Education

Professional development and training  
for healthcare practitioners



## Schools and Community

Schools Programs  
Community Education  
Disability Services



## Clinical Services



- Contraception (incl. LARC and emergency contraception)
- Pregnancy options
- Medical abortion service
- STI/BBV testing, treatment and vaccinations
- Cervical screening
- Nurse Information line 1800 013 952

# Professional Development Services



Care  
Education  
Advocacy



For Youth & Community  
Workers & Organisations



For Disability Carers &  
Professionals



IRL sexual health app

Free youth-focused sexual  
health shareable App.

Check out our  
App and Podcast  
too!



For Doctors



For Nurses & Midwives



For Teachers



Listen to our 'Doing IT'  
Podcast

Listen to our podcast on all  
things sexual health.



# Download our Sexual Health App



Recommended for people aged 15+

**irl**

What is consent?

How do I get tested for STIs?

What is sex?

Am I old enough?

These are just some of the questions answered in our new sexual health app IRL.

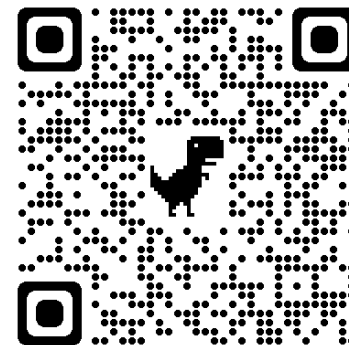
Download the free app today!

[shvic.org.au/schools/app](https://shvic.org.au/schools/app)

SHV

# Listen to our Podcast: Doing 'IT'

- **For parents, carers and teachers**
- **Over 50 episodes**
- **Aims to help continue RSE conversations at home.**
- **Search for Doing 'IT' SHV in any podcast app.**
- **Also available via our website <https://shvic.org.au/schools/podcasts>**





# Looking after ourselves and each other

**1800 RESPECT 1800 737 732**

**Sexual Assault Crisis Line 1800 806 292**

**Lifeline 13 11 14**

**QLife 1800 184 527**  
**[qlife.org.au](http://qlife.org.au)**

**Employee assistance programs?**

**Your own counsellor/psychologist**

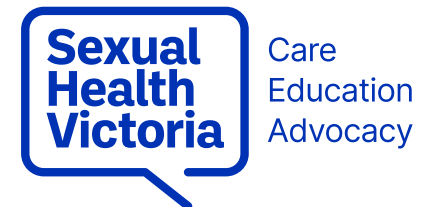
**Friends, family, colleagues, mentors**





# Consent Legislation

**Context and key changes**



# Saxon Mullins case driving reform.



# What percentage of Australian students aged 14-18 have had intercourse (vaginal, oral & anal)

**Never**

**39%**

- 72% had not had the opportunity to have sex yet
- 71% proud to say no to sex and mean it
- 69% had not been in a relationship long enough to have sex yet

**At least 1 experience**

**61%**

- 58% oral sex
- 52% vaginal sex
- 15% anal sex

# Unwanted sex.

**Over 1 in 3 (39%)**

of all sexually active students report having had **unwanted** sex at some time.

Male	Female	Trans & Gender Diverse
• 21%	• 44%	• 55%
23% of people sought help about their experience.		

# Reasons for unwanted sex.

The most common reasons cited for having engaged in unwanted sex were:

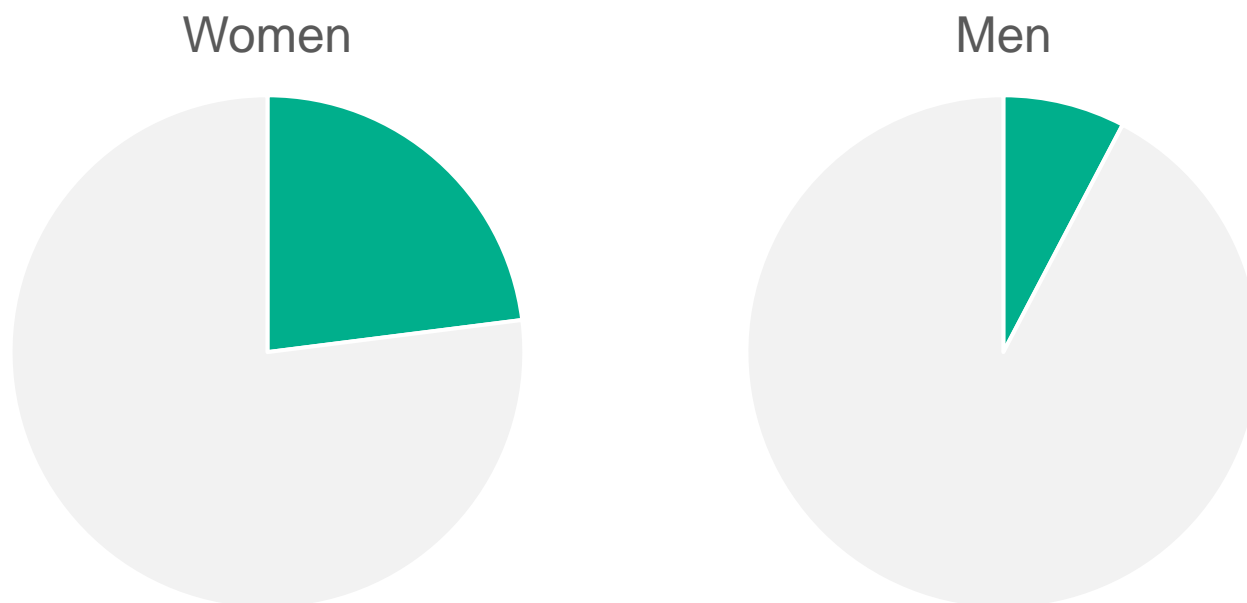
65%	Verbal pressure
48%	Worried about negative outcomes
32%	Physically forced
28%	Drunk or high

Power, J., Kauer, S., Fisher, C., Chapman-Bellamy, R., & Bourne, A. (2022). The 7th National Survey of Australian Secondary Students and Sexual Health 2021 (ARCSHS Monograph Series No. 133). Melbourne: The Australian Research Centre in Sex, Health and Society, La Trobe University.



# Sexual abuse ABS statistics

23% of women (2.2 million) and 8% of men (718,000) over 18 years of age experienced sexual violence, including sexual assault or child sexual abuse



The survey also estimates that 87% of sexual assaults are never reported to the police, so the real numbers are likely to be much higher.

# Legislation reform hopes to achieve:

## Cultural Change

- Increased education around consent
- Greater understanding about what consent looks and sounds like.
- Greater understanding about what refusal looks and sounds like.
- Greater understanding of abuse of power in relationships.

## Legal Change

- Improved outcomes to criminal procedures to better protect victim survivors
- Less opportunity for re- traumatisation during legal process
- Sexual assault cases focus on the actions of the accused rather than the victim.

# Legislation Changes: Affirmative Consent Model

- The 'affirmative consent model' places the onus on each individual person participating in a sexual act to actively seek consent from the other person (or persons), rather than relying on the other person to provide consent.
- This requires a person to answer the question "what did I do to confirm that the person was consenting to sexual activity?" It is a move away from assuming that a person has consented, and towards requiring active, positive and explicit consent.

<https://www.moores.com.au/news/a-change-in-consent-laws-the-adoption-of-an-affirmative-consent-model-in-victoria/>



# Stealthing

- Removing a condom without telling the other person.
- Can place a person at risk of STI exposure or pregnancy.

Reinforce the consent is specific to each occasion. Consent includes agreeing to the type of sexual activity that will happen.



# Abuse of power

There is not consent if:

*“the person submits to the act because the person is overborne by the abuse of a relationship of authority or trust”.*

Juries will be directed that sexual abuse can occur between

- (i) people who know each other;
- (ii) people who are married to each other;
- (iii) people who are in a relationship with each other



# Increased penalties for Image Based Abuse

- Knowingly distributing intimate images of another person without their consent.
- People under 18 cannot consent to their sexual image being shared.
- Includes fake sexual images.
- Penalties may be up to 3 years imprisonment.



# Consent laws

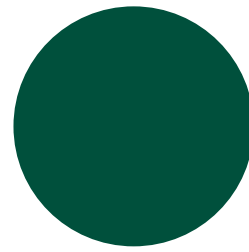
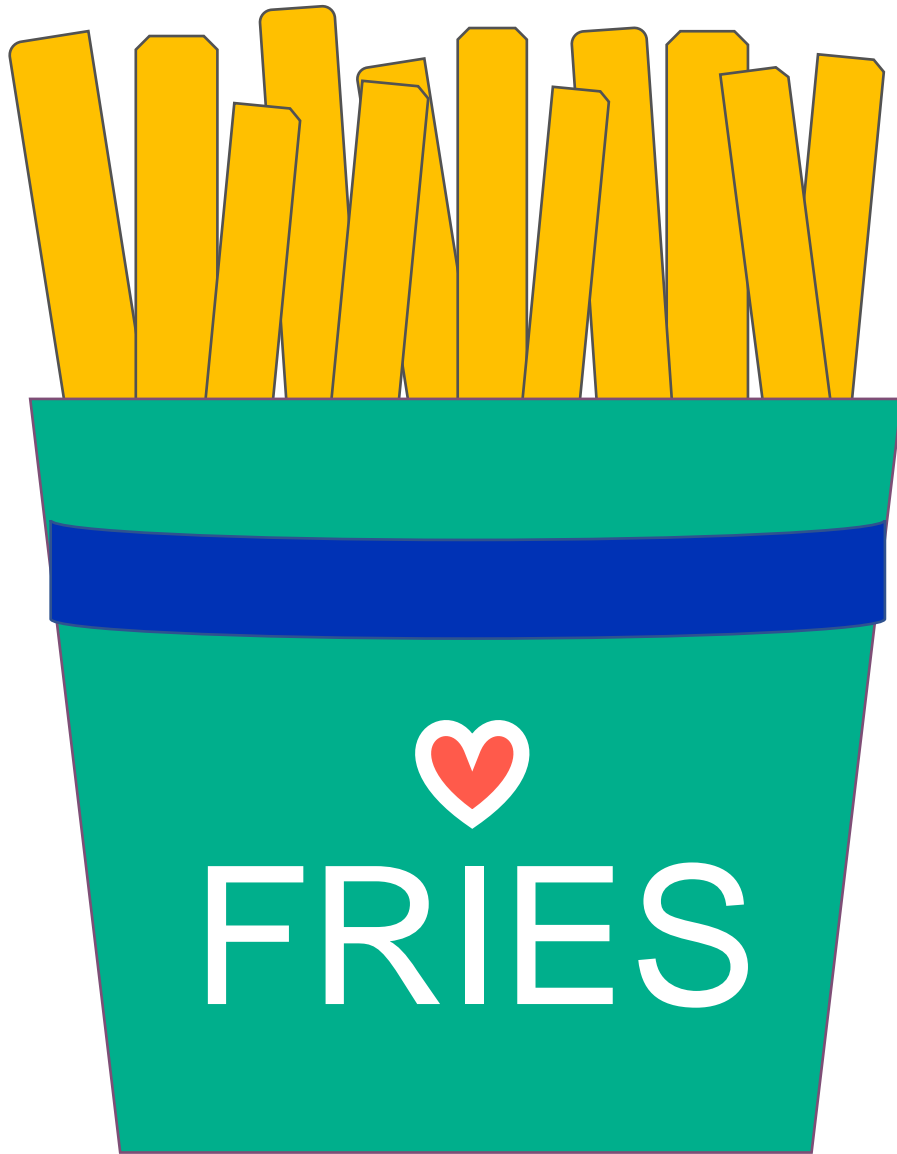
## No consent if:

- a person doesn't say or do anything to **indicate** consent
  - physically **forced** or feared someone else would be forced
  - **coercion** or **intimidation**
  - **scared** of what might happen to you or someone else
- abuse of a relationship of **authority** or trust
- agreement that a **condom** will be used when it is not used or removed (stealthing).
  - **unlawfully detained** (held), for example, locked in a house or car
  - **asleep, unconscious** or so affected by alcohol or drugs that you cannot freely agree
  - not able to **understand** the **sexual nature** of the act, or **tricked** into sex
  - someone **mistakes** the sexual nature of the act or think the person is someone else
  - someone **believes** that the act is for **medical / therapeutic** or **cleanliness** purposes.
- **payment** was agreed to and not provided.

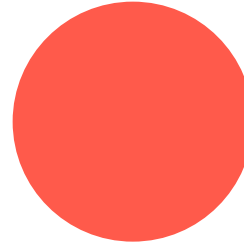
# Things that are **NOT** in the law:

- **Pleasure**
- **Intimacy**
- **Love**
- **How to ask for consent**
- **How to deal with rejection**
- **Personal boundaries**
- **Ethical behaviour**
- **Peer context**
- **Contemporary online practices**
- **STI status (sexual health)**
- **Contraception discussion**

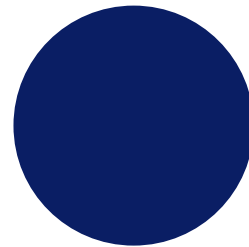




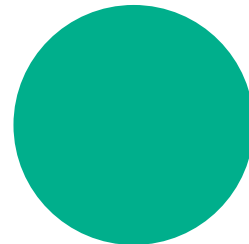
**Freely given.** Doing something sexual with someone is a decision that should be made without pressure, force, manipulation, or while drunk or high



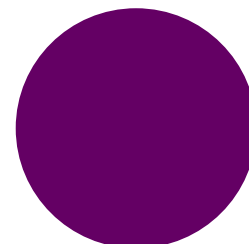
**Reversible.** Anyone can change their mind about what they want to do, at any time. Even if you've done it before or are in the middle of having sex



**Informed.** Be honest. For example, if someone says they'll use a condom and then they don't, that's not consent



**Enthusiastic.** If someone isn't excited, or really into it, that's not consent



**Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean they've said yes to others (like oral sex)

# Consent Matters Project

Supported by the Affirmative Consent Model reform, began July 2023.

This project will take a preventative approach to sexual violence by enhancing youth and community worker's capacity to provide at-risk young people with information, support and resources needed to understand and engage in healthy, consensual sex and relationships.

The objectives of the program are to increase youth and community workers:

- Knowledge and understanding of consensual sex and relationships, sexual violence and new legislation pertaining to affirmative consent
- Skills in discussing affirmative consent and violence within content of sex and relationships with young people.
- Capacity to response appropriately to disclosures of violence; and
- Confidence and capability to education and support young people in age and culture relevant ways



# Youth & Community Worker Pilot Session Information

## Pilot Session:

- The tone and key messages are sex-positive and affirming. One of the key priorities for this workshop is ensuring scenarios and case studies are relevant to cohorts of young people that youth and community services encounter. The workshop includes content that prompts youth and community service professionals to challenge their own biases and assumptions
- Content to include:
  - Discussion and roleplay of the three activities from the second online module
  - A holistic understanding of sexual health and sex positivity
  - An understanding of how to create and apply trauma-informed practice to spaces to discuss sexual and reproductive health
  - Contraception and sexually transmissible infections in relation to consent
  - The activities (x3) that young people were directly involved for feedback will be used as program material with Y&C workers



# Get involved

Tue 19th Mar 2024, 9:00 am - 5:30 pm AEDT  
The Mezz at Chapel off Chapel  
12 Little Chapel St, Prahran VIC 3181, Australia



## Consent Matters Project

Pilot program led by Sexual Health Victoria and Women's Health in the South East.



Calling all youth and community workers who would like to build confidence in delivering essential primary prevention education about sexual relationships and consent.



# Any Questions?



# Check out our website



## Sexual Health Conditions and Disorders

Sexual health conditions that can impact you



## Genital Health

How to take care of your genital health



## Cervical Screening (formerly Pap Smear)

The new 5 yearly human papillomavirus (HPV) CST



## LGBTQIA+

Reproductive and sexual health for LGBT+ community



## PrEP

A tablet that reduces the risk of HIV infection



## Breast Health

1 in 8 women will be diagnosed with breast cancer



## Self-collection Cervical Screen Test

Self-collection CST to detect HPV strains



## The menstrual (period) cycle

Preparing the body for a possible pregnancy



## Contraception Options

Use contraception to avoid pregnancy



## Pregnancy Options

Your options when becoming pregnant



## Libido

The sexual instinct or erotic desire and pleasure



## Masturbation

Touching and rubbing your body for sexual pleasure



shvic.org.au



# Follow us on Instagram, Facebook, Twitter, TikTok YouTube & LinkedIn

Let us catch  
your STI before  
your next  
partner does.



## Affirmative Consent 101



Let's talk about  
seggs, baby.

Perfecting your  
Penis Hygiene



## Internal vs External Condoms



If my partner has oral  
herpes, can they give  
me genital herpes?

Yes. Oral herpes (cold  
sores) caused by HSV-1  
can spread from the  
mouth to the genitals  
through oral sex.



## Key facts about CONTRACEPTION

doing  
'IT'  
PODCAST

Ep. 60  
Intersex Advocacy with  
Dr Agli Zavros-Orr



*"It's really important  
to challenge existing  
assumptions about what is  
intersex to really understand  
the physical body."*

Dr Agli Zavros-Orr



SPOTLIGHT ON  
Syphilis



## MONKEYPOX

Your questions  
answered.



## PLEASURE. PLEASURE. PLEASURE.



## What are your permanent contraception options?



SPOTLIGHT ON  
Chlamydia



## Livin' Libido Loca



In Victoria, abortion  
is safe and legal.  
Everyone is welcome.



WORLD  
SEXUAL HEALTH  
DAY





Care  
Education  
Advocacy

# Thank you



**SHV Clinic, Box Hill**  
901 Whitehorse Road  
Box Hill, 3128

Mon-Fri, 9am-5pm  
03 9257 0100 or book  
online.



**SHV Clinic, CBD**  
Level 1, 94 Elizabeth Street  
Melbourne, 3000

Mon-Fri, 9am-5pm  
03 9660 4700 or book online.



'Doing It' podcast [shvic.org.au/schools/podcasts](https://shvic.org.au/schools/podcasts)



[facebook.com/sexhealthvic](https://facebook.com/sexhealthvic)



[twitter.com/sexualhealthvic](https://twitter.com/sexualhealthvic)



[linkedin.com/company/sexual-health-victoria](https://linkedin.com/company/sexual-health-victoria)



[instagram.com/sexualhealthvictoria](https://instagram.com/sexualhealthvictoria)