



February 2019

Consent the hot trend for v-day

SHQ (Sexual Health Quarters) is reminding people about the importance of consent when it comes to planning their Valentine's Day celebrations, with the date coinciding with National Condom Day (NCD).

"NCD is an annual state-wide campaign designed to raise awareness of safe sex - and an important part of safe sex is getting and giving consent," said Rebecca Smith, spokesperson.

"We know that a lot of people have questions around what consent actually is – they want to do the right thing and get consent, but aren't always sure how to go about it."

"Consent is when both partners actively agree to take part in a sexual activity without fear of intimidation or coercion," she said.

"Unfortunately many young people still report feeling pressured when it comes to having sex*. Pressuring or coercing someone into having sex, or taking advantage of them when they are under the influence of alcohol and drugs and therefore can't give consent, is illegal."

"Consent must also be continual – anyone can change their mind, or stop at anytime."

"If you're unsure how to start a conversation about consent, you could ask the person what they feel like doing or trying, and check their reaction before taking the conversation any further."

Ms Smith said everyone had the right to use condoms and other contraception to protect themselves from sexually transmissible infections (STIs) and unplanned pregnancy, and everyone had the right to say no at any time.

"Try and talk about safe sex early on, before getting intimate, and have some condoms handy," she said.

"NCD is an ideal opportunity to promote healthy relationships: this includes showing respect for partner/s and asking for consent each and every time."

"If your partner/s isn't enthusiastically saying yes, for example by turning away from you, or saying they're not sure, stop what you're doing immediately."

"Sexual experiences are more pleasurable if everyone involved is enjoying themselves - not just on Valentine's Day, but any day!"

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Sexual Health Quarters

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The Family Planning Association of WA (Inc.) | ABN: 15 275 099 026



Media Release

*Mitchell, A., Patrick, K., Heywood, W., Blackman, P., & Pitts, M. (2014). 5th National survey of Australian secondary students and sexual health 2013. (ARCSHS Monograph Series No.97), Australian Research Centre in Sex, Health and Society. La Trobe University, Melbourne, Australia.

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