

**PROMOTING
HEALTHY
RELATION-
SHIPS AND
SEX &
THE LAW**

RIGHTS OF WOMEN www.rightsofwomen.org.uk
MALIN STENSTROM & THE GAP UK TEAM

INTRODUCTION

This 'cascade' training resource has been designed to assist you and your colleagues to:

- Explore strategies to promote respectful and positive relationships amongst young people;
- Explore strategies to discuss values and sexual relationships with young people;
- Provides an overview of legal remedies available to someone who is experiencing domestic and/or sexual violence;
- Discuss and understand consent in the context of sexual activity;
- Provide information about other sources of support.

You can use the materials presented here when working with colleagues considering these issues, or in considering how to respond to a particular case.

Dealing with sexual and domestic violence is complex and challenging. If you are unsure about the law or how to respond to a particular situation it is important to get legal or other professional advice. In addition to the signposting information you will find here you might find the following resources useful:

CHILDLINE

www.childline.org.uk

THE HIDE OUT

www.thehideout.org.uk

YOUR BODY, YOUR RIGHTS, YOUR LIFE. SEXUAL VIOLENCE AND THE LAW: A YOUNG PERSON'S GUIDE, HAVEN PADDINGTON, 2012

FROM REPORT TO COURT: A HANDBOOK FOR ADULT SURVIVORS OF SEXUAL VIOLENCE

Both available, free of charge from www.rightsofwomen.org.uk

YOUNG VICTIMS OF CRIME: UNDERSTANDING THE SUPPORT THE SUPPORT YOU SHOULD GET

www.gov.uk/government/publications/the-code-of-practice-for-victims-of-crime

UNDERSTAND, IDENTIFY, INTERVENE

Supporting young people in relation to peer-on-peer abuse, domestic and sexual violence.

www.rightsofwomen.org.uk/pdfs/Legal/Understand_Identify_Intervenem-Peer_on_Peer_abuse_for_website.pdf

DEFINITIONS

It is important to be able to recognise **domestic violence** and **sexual violence**. Once you are aware that someone is experiencing domestic violence or sexual violence you can consider what legal or other options are available to them.

The Government defines domestic violence as:

"Any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over, who are or have been intimate partners or family members regardless of gender or sexuality. This is encompassed, but not limited to, the following types of abuse: psychological; physical; sexual; financial; emotional.

Controlling behaviour is: a range of acts designed to make a person subordinate and/or dependent by isolating them from sources of support, exploiting their resources and capacities for personal gain, depriving them of the means needed for independence, resistance and escape and regulating their everyday behaviour.

Coercive behaviour is: an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim.

This definition, which is not a legal definition, includes so called 'honour' based violence, female genital mutilation (FGM) and forced marriage, and is clear that victims are not confined to one gender or ethnic group.

This definition applies to people **aged 16 and above**. This means that it applies to violence or abuse that takes place in intimate relationships between teenagers aged 16 and over. It also applies to violence and abuse that is experienced by someone aged 16 or over where the person responsible is a family member (such as a brother or parent). Violence and abuse that takes place within the family and which is experienced by someone who is under 16 is child abuse and should be responded to by the Local Authority.

www.gov.uk/domestic-violence-and-abuse

Sexual violence is any sexual act, or attempt to carry out a sexual act, that takes place without the **consent** (agreement) of the person who has experienced it. This includes, but is not limited to, situations where physical or other violence is used.

The **Sexual Offences Act 2003** (SOA 2003) sets out the law on sexual violence, including in relation to **consent, rape** and **sexual assault**. The SOA 2003 contains specific provisions that relate to children and young people.

www.gov.uk/report-rape-sexual-assault

GOOD SEX, BAD SEX OR DEPENDS ON... ACTIVITY. ADAPTED FROM AN ACTIVITY CREATED BY MALIN STENSTROM

OVERVIEW

A way of helping to prevent GRV is by enabling young people to access information, advice and support on relationship education. This includes reflecting on what kinds of sexual activity and relationships they would like to have. This activity aims to support practitioners to discuss issues of pleasure, choice, consent and safety with young people. It provides an interactive way into broader discussions of GRV and reflection on what constitutes 'Good' and 'Bad' sex for them and how they make this judgment. Careful facilitation is needed to support participants in engaging in this sensitive topic. The activity may be used as a practitioner group training exercise exploring issues of GRV or as planned groupwork with young people. Be mindful of the age-appropriateness and existing knowledge of group - as well as prior work and guidance in the setting. Facilitators should allow sufficient time for discussion and strongly consider establishing a group agreement beforehand to establish a safe setting for all.

Learning outcomes

These include:

1. A questioning of some of the everyday norms around sex;
2. Recognition that an individual must identify what is harmful/undesirable for themselves sexually;
3. Identification of some ways that practitioners can support young people in negotiating respectful relationships and sexual experiences.

Resources needed:

- Prompt cards: Copy each of the four types onto different pieces of coloured card and cut them out.
- Category cards: Print 4 copies of a set of three A4 cards with the text: Card 1: GOOD SEX; Card 2: BAD SEX; Card 3: DEPENDS ON...

Time

45 mins +

PART 1

Divide the group into four. Give each group a set of prompt cards and one set of the Categories. Ask each

group to discuss where to place the different prompt cards on the three different categories. Clarify that 'good sex' is when it feels good before, during AND after sex. 'Bad sex' is when it feels bad before, during OR after sex. Address there is no incorrect way to place them, but they need to try to agree. (15 mins)

PART 2

When the groups have placed all the cards on the categories sheets, move the cards so all four sets of cards are laid next to each other. Ask the 'EMOTIONS & FEELINGS' group to feedback last. Each group will summarise their position and place the cards. They can move the cards during the activity. Many cards may end up in the 'Depends on' - so ensure to discuss with the participants the kinds of contexts/situation that might move them to the 'good' or 'bad' category. Address that there is no right or wrong way to have sex as long as no one is harmed and everyone involved is happy and consents.

With the last group 'EMOTIONS & FEELINGS' it is different. Feelings that can be involved in 'good' sex are 'sexual arousal', 'pleasure' and 'safety'. Feelings that are involved in 'bad' sex are 'guilt', 'regret' and 'fear'. 'Feeling pressured' is always bad sex and can be classified as a criminal offence. 'Love' could be on 'Depends on...' as it may make people engage in sexual activities that they don't want to do and sex doesn't prove love. Facilitate the discussion towards the points below.

DISCUSSION POINTS

1. How do we as individuals and groups identify certain activities and emotions as 'good/bad' sex? How do these reflect sex/gender/cultural norms in the kinds of sex young people feel that they can negotiate?
2. What does the law say about which of these are 'good' or 'bad' - are we in agreement?
3. If we created a 'Good Sex' wish-list, what kinds of emotions, knowledge and behaviour would we wish to include?
4. How might professionals support young people in negotiating the kinds of sex and relationships that are respectful and that feel good for them and their partners?

GOOD SEX, BAD SEX OR DEPENDS ON... ACTIVITY / PROMPT CARDS

EMOTIONS AND FEELINGS

<u>AFFECTION</u>	<u>GUILT</u>	<u>PLEASURE</u>	<u>EMBARRASSMENT</u>
<u>FEELING OUT-OF-CONTROL</u>	<u>FEAR</u>	<u>LOVE</u>	<u>REGRET</u>
<u>FEELING SEXUALLY AROUSED</u>	<u>PHYSICAL PAIN OR DISCOMFORT</u>	<u>FEELING SAFE</u>	<u>FEELING PRESSURED</u>

KNOWLEDGE AND INFORMATION

<u>KNOWS WHERE LOCAL SEXUAL HEALTH SERVICES IS</u>	<u>KNOWS SIGNS/SYMPTOMS OF SEXUALLY TRANSMITTED INFECTIONS (STIS)</u>	<u>KNOWS HOW TO HAVE SAFER SEX</u>	<u>KNOWS ABOUT OWN & PARTNER'S BODY PARTS</u>
<u>KNOWS ABOUT HIV</u>	<u>KNOWS TYPES OF CONTRACEPTION</u>	<u>KNOWS HOW TO REQUEST & GIVE CONSENT</u>	<u>KNOWS HOW PREGNANCY OCCURS (CONCEPTION)</u>
<u>KNOWS ABOUT LAWS RELATED TO SEXUAL VIOLENCE</u>	<u>KNOWS ABOUT DIFFERENT SEXUAL POSITIONS</u>	<u>KNOWS WHAT TURNS THEM ON & OFF</u>	<u>KNOWS CONTRACEPTION DOESN'T ALWAYS PROTECT FROM STIS</u>

GOOD SEX, BAD SEX OR DEPENDS ON... ACTIVITY / PROMPT CARDS

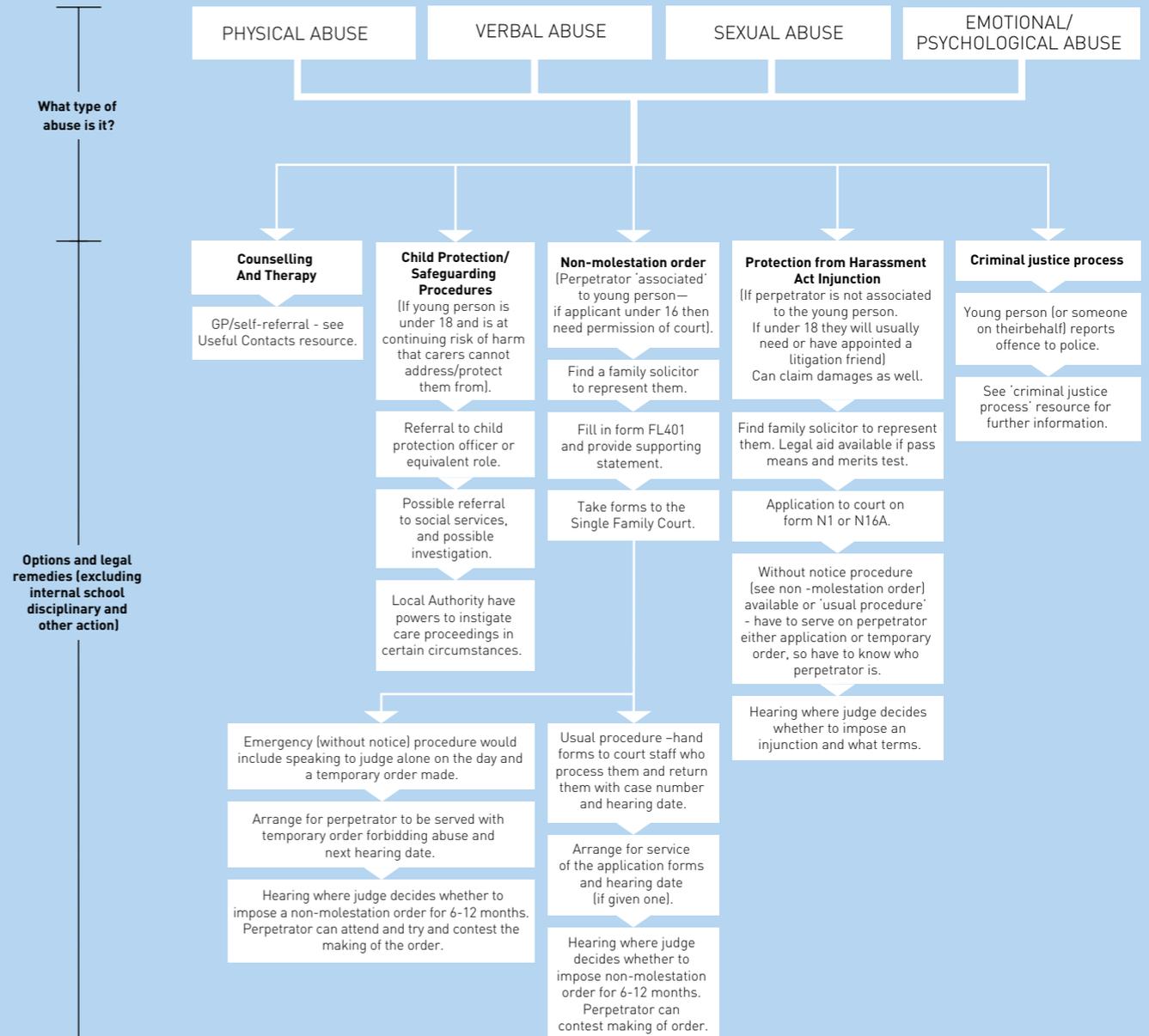
TYPES OF SEX

<u>ANAL PENETRATIVE SEX</u>	<u>VAGINAL PENETRATIVE SEX</u>	<u>MUTUAL MASTURBATION</u>	<u>ORAL SEX</u>
<u>GROUP SEX</u>	<u>SOLO SEX/ MASTURBATION</u>	<u>UNDERAGE SEX</u>	<u>BDSM (BONDAGE & DISCIPLINE/ SADMASOCHISM)</u>
<u>SEX IN A RELATIONSHIP</u>	<u>SEX WITH A STRANGER ('ONE NIGHT STAND')</u>	<u>PHONE SEX/CYBERSEX</u>	<u>USING SEX TOYS</u>

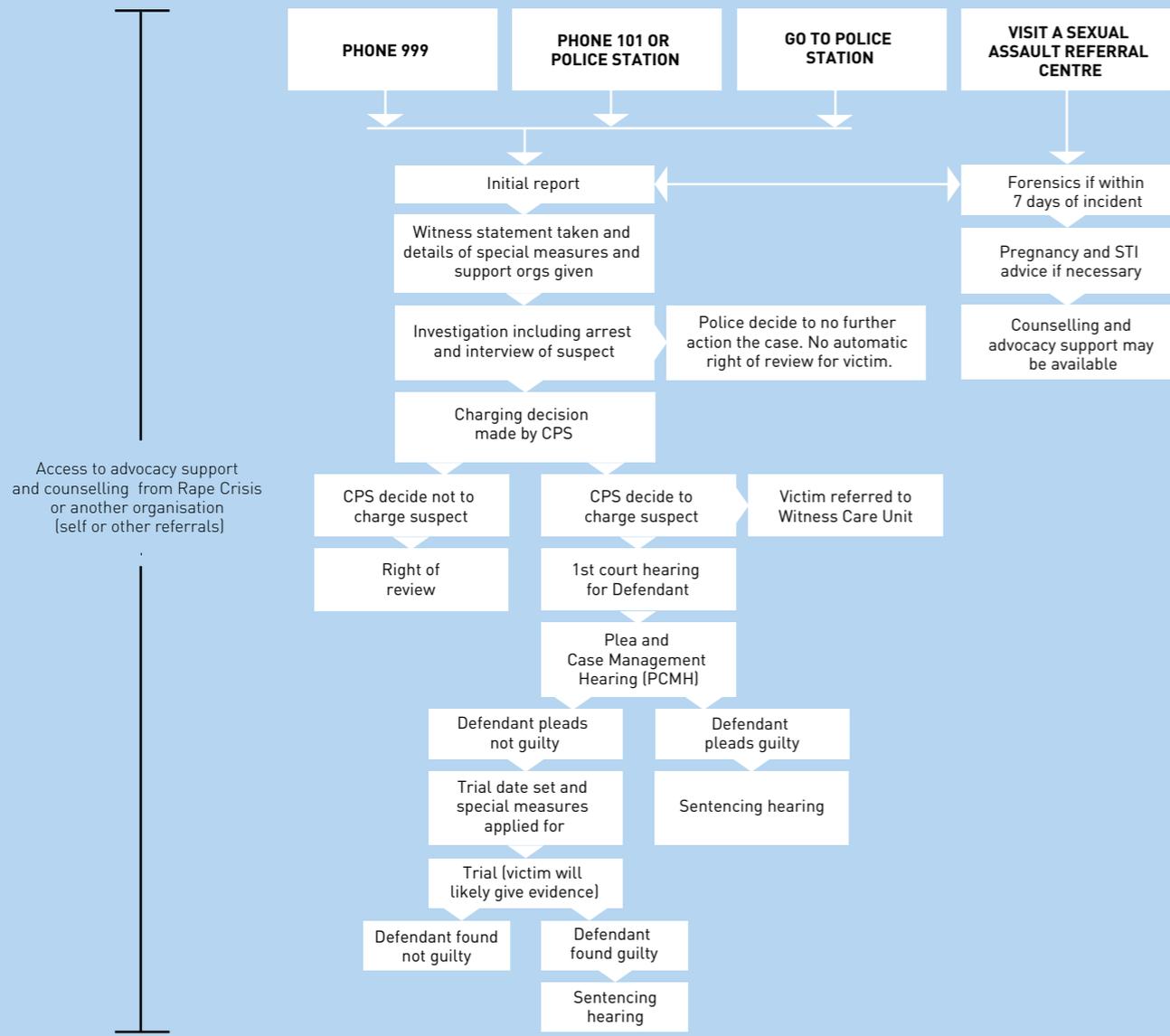
TIME AND PLACE

<u>SEX IN A NIGHTCLUB</u>	<u>SEX IN A CAR</u>	<u>SEX IN THE BEDROOM</u>	<u>SEX IN PORNOGRAPHY</u>
<u>FIRST-TIME SEX</u>	<u>SEX IN A SCHOOL TOILET</u>	<u>PAYING FOR SEX</u>	<u>SEX IN THE KITCHEN</u>
<u>SEX ON HOLIDAY</u>	<u>SEX IN A PARK</u>	<u>SEX AFTER DRINKING ALCOHOL</u>	<u>SEX AFTER AN ARGUMENT</u>

OPTIONS AND LEGAL REMEDIES MAP FOR YOUNG VICTIMS OF ABUSE



CRIMINAL JUSTICE PROCESS MAP



CONSENT

If you work with young people who have experienced, or are at risk of experiencing sexual violence you need to understand the concept of **consent**.

According to section 74 of the *Sexual Offences Act 2003* a person **consents** if s/he agrees by choice and has the **freedom** and **capacity** to make that choice.

When thinking about consent to sexual activity, you might want to consider the following:

A person's agreement can be expressed or implied, it may be shown by words or conduct, past or present. Having the **freedom** to consent means that it will not be deemed consent if a person is not free to say 'no' because, for example, they fear that violence will be used against them. Belief in consent must be reasonably held. Whether belief in consent is **reasonably held** depends on all the circumstances, including the steps the defendant has taken to find out if the complainant is consenting.

1. How might someone indicate that they consent to sexual activity? (they initiated sexual activity or verbally agreed to it).
2. What facts might indicate to you that someone did not consent to sexual activity? (they 'froze' or said 'no').
3. What factors might affect someone's ability to consent to sexual activity? (they were voluntarily or involuntarily intoxicated, they were young or in an abusive relationship).

Resources:

The Havens Where is your line?
Interactive video <http://www.youtube.com/watch?v=j3TToTfOHKM>

SIGNPOSTING RESOURCE

SUPPORT ORGANISATIONS FOR THOSE WHO HAVE EXPERIENCED DOMESTIC AND SEXUAL VIOLENCE

ORGANISATION	SERVICE OFFERED	CONTACT DETAILS
Rape Crisis Federation	Emotional support and information on how to access local services such as counselling and advocacy support.	Helpline (Daily 12-2.30pm & 7-9.30pm): 0808 802 9999 info@rapecrisis.org.uk www.rapecrisis.org.uk
The Survivors Trust	Information on how to access local services such as counselling, for those who have experienced sexual violence.	Telephone: 01788 550554 info@thesurvivorstrust.org www.thesurvivorstrust.org
Women and Girls Network (London only)	Emotional support and referrals to counselling and advocacy services for women and girls.	Helpline (Mon & Fri 10am-12noon and 2.30-4.30pm, Tues, Wed and Thurs 10am-12 noon and 6.30-9.00pm, Sat 10am-1pm): 0808 8010 770 info@wgn.org.uk www.wgn.org.uk
Respond	Support for learning disabled people.	Helpline (Thurs 10am-4pm): 0808 808 0700 admin@respond.org.uk www.respond.org.uk
Survivors UK	Support for men and boys who have experienced sexual violence.	Helpline (Mon & Tues 7pm-9.30pm & Thurs 12pm-2.30pm): 0845 122 1201 Email: info@survivorsuk.org www.survivorsuk.org
The Cassandra Learning Centre (London only)	Support in south London for young people experiencing domestic abuse.	Telephone: 0870 446 0068 Email: info@clcentre.org.uk www.cassandralearningcentre.org.uk
GALOP	Support for lesbian, gay, bisexual and transgender people.	Helpline: 020 7704 2040 Email: info@galop.org.uk www.galop.org.uk

SIGNPOSTING RESOURCE

SEXUAL ASSAULT REFERRAL CENTRES

SARC	CONTACT DETAILS	LEGAL ADVICE
Haven Camberwell	King's College Hospital Denmark Hill London SE5 9RS 020 3299 1599 (Office hours) 020 3299 9000 (other times)	- To find out if someone is eligible for free legal advice by applying for legal aid and to find local solicitor's firms that offer legal aid work contact Civil Legal Advice on 0845 345 4345 or visit www.claonlineadvice.justice.gov.uk/about-cla.aspx .
Haven Paddington	St Mary's Hospital Praed Street London W2 1NY 0203 312 1101 (Office hours) 0203 312 6666 (other times)	- Visit a local Law Centre or Citizens Advice Bureau for free legal advice on a variety of issues – see www.lawcentres.org.uk and www.citizensadvice.org.uk .
Haven Whitechapel	The Royal London Hospital Whitechapel London E1 5BD 0207 247 4787	- For free confidential legal advice for women provided through a series of different telephone advice lines visit Rights of Women www.rightsofwomen.org.uk .
		Contacting the police and Crown Prosecution Service (CPS).
	For more information on the Havens visit www.thehavens.co.uk	- Police – call 101 with a non-urgent enquiry. For complaints about the police contact the Independent Police Complaints Commission (IPCC) on 08453 002 002 or www.ipcc.gov.uk .
	For SARCs outside London you can try to find a SARC using NHS Choices Service Directory www.nhs.uk/ServiceDirectories . Search for 'Rape and Sexual Assault Support' and enter your postcode to find the service closest to you. Alternatively contact Rape Crisis.	- CPS – visit the CPS website www.cps.gov.uk for information on what the CPS does and information on how to access the victims' right of review or provide feedback.



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