



Keeping Excellence
in Training Standards

OCTOBER 2021

EQUALITY MATTERS

KEITS Training Services Ltd



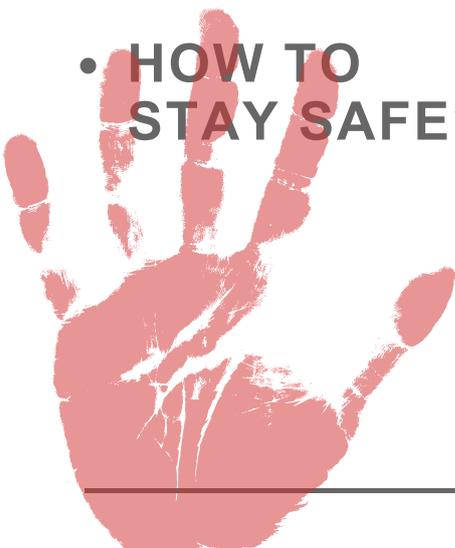
THIS ISSUE: Sexual Abuse, Harassment and Consent

- WHAT IS IT?
- WHAT ARE THE TYPES
- CONSENT
- HOW TO STAY SAFE?



In this newsletter we look at the topic of sexual abuse and harassment.

A review by Ofsted in June 2021 found that sexual abuse and harassment has become 'normalised' for children and young people and they wanted to discuss it more openly and sooner rather than later. KEITS aim to help, so we look at what this means, and how you can keep yourself and your friends safe.



What is sexual abuse and harassment?

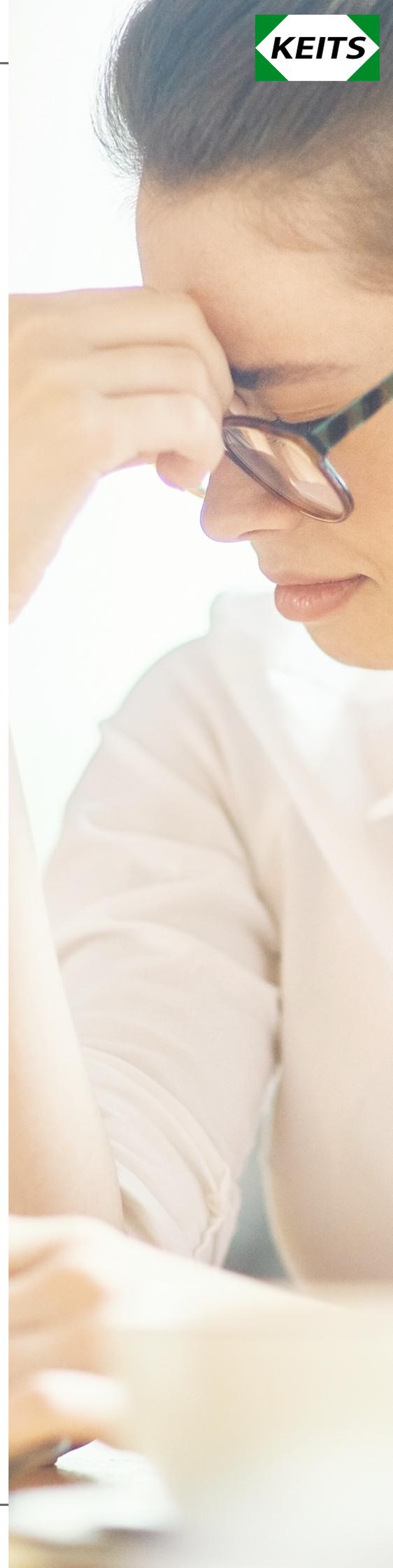
Sexual abuse and harassment can destroy lives, but by educating ourselves we can ensure we know how to protect ourselves and others around us. Lets take a look at the different categories.

Sexual Violence

This is any form of unwanted sexual act or activity or an attempted sexual act or activity by the use of violence or threat of violence. This includes rape; sexual assault such as non-consensual sexual activity and assault by penetration from another body part, other than the penis, or an object.

Sexual Harassment

Sexual harassment is any type or unwanted sexual behaviour that makes you feel uncomfortable and distressed with the aim to intimidate, degrade or humiliate and violates your dignity. It can be name calling, being stared at, sexual jokes, propositions, touching, advances, exposure to unwanted sexual imagery, messages and emails and offers of rewards for sexual favours.





Coercion

Coercion is the act of intimidating an individual to do something by using threats of violence or force. Abusers can also use guilt to make an individual do something they wouldn't normally. They may be in a position of power and victims may feel they have a duty to complete what is being forced on them. Coercive behaviour often uses techniques such as isolation from others, controlling of finances, threats and intimidation. They may also monitor the behaviour of the victim to try and maintain more control.

Online Sexual Behaviours

As its name suggests these are sexual behaviours that take place online. This can be the sharing of sexual images and videos that are either consensual or non-consensual. Some images may have been taken without the victims knowledge and can be shared by either posting them online or sending to others. Online sexual behaviours can also include sexting and the sending of 'nudes' to others.



Consent: No means No!

Let's talk about consent!

What does it mean and how do you give it and how do you know when it has been given or withheld.

The legal definition of consent is “when we agree by choice and when someone has the freedom and capacity to make that choice”.

What is capacity to consent?

A person cannot give consent if they are under the influence of alcohol or drugs. They cannot consent if they are asleep or unconscious. They cannot consent if they are underage or lack the capacity to do so due to a disability or vulnerability.

Freedom to consent

An individual must have the freedom to consent. They must be free from pressure and they must not have been coerced or threatened into consenting to an activity.

How to give it and get it?

Consent should happen every time an activity is going to occur. Just because someone has engaged in an activity once, does not mean they have to engage in or want to do it again.



Consent continued..

If a person hasn't consented or is coerced or pressured into it, whether that is through imagery or physical contact, ignoring the person saying no, sharing sexual content, touching them without a persons consent, are all forms of sexual abuse.

The most obvious form of consent is a clear verbal 'yes, I want to' or a clear verbal 'no, I don't want to'. You can ask your partner 'do you want to?' or 'is this okay?' then a clear consent response can be given with either a 'yes' or a 'no'.

Non-verbal consent can be given using body language, this can include nodding or initiating contact or pulling away and shaking the head.

Sometimes the signs of non-consent may be very subtle, such as a look away or an 'um' response. If you are not sure they are consenting, ask and look for enthusiastic consent, such as smiling while maintaining eye contact and nodding. A definite 'yes', rather than the absence of 'no'.

If you are not sure if they are consenting, ask?

Also, if you are not sure if you want to then, say no!

No always means NO!





How to stay safe?

It is important to know the facts about sexual harassment and abuse to help you identify the warning signs to enable you to protect yourself and others. It is important to know that it is **never** the fault of the person who has been the victim of sexual harassment or abuse.

You don't have to do anything you don't want to! If you are feeling pressured or distressed, talk to someone, your parents/guardians, employer or training consultant. KEITS are always here for you.

Be careful sharing intimate images of yourself and never share intimate images of others. Follow your gut instinct.

If you do consent and send 'nudes' or yourself or images of a sexual nature to your partner, it is a crime if they share those images without your consent. Revenge porn is becoming more common and it is a crime.

If someone really loves and respects you, they wouldn't force you to do anything you don't want to.

To learn more about consent, or signpost someone that needs help with sexual harassment, sexual abuse, for more support or find a referral centre, click the logos below! **If someone discloses information to you, ensure you listen carefully and signpost them to help.**