

# Navigating Relationships and Consent Resources



**This list of resources accompanies Lifestart's *Navigating Relationships and Consent* webinar.**

## Takeaway tips

- Be brave – the first few words in starting the conversation with your young person are the hardest.
- There are steps to relationships – starting at meeting a new person right up to a Life partner. Relationships can be confusing.
- Keep communication lines open with your teen. Start conversations as early as possible about any relationships they are in and what they like, and do not like about them. Share information with them about your relationships with your friends – what you talk with them about and what you do not so that they can get a better perspective.
- Discuss the broad and dynamic nature of relationships and that they will change over time. Deal with the now.
- Where do you want the knowledge to come from on this topic? You or the young person's friends and internet? Stay informed.
- We know that informed young people are likely to have their first sexual experience later than those who are uninformed.
- Ensure your young person has a support network of at least 5 trusted and safe adults. These are the people they can go to with their questions and support needs. Parents cannot be the only source of this information as your relationship with your young person will change over time as well.
- Speak with your young person about boundaries – especially around bodily autonomy.
- Consent: 2 x YES = consent. NO means NO! No one can consent on your behalf.
- In NSW legal age of consent for sex is 16 years.
- Informed consent – we want our young people to be as informed as possible, without holding them to a higher standard than what is age appropriate. Other young people are not expected to justify their decisions and demonstrate their understanding around sex in the way young people with a disability are expected to. We need to find the balance between safeguarding and controlling.
- Seek professional help/advice if you feel that something is not right with a relationship your young person is in.

## Websites to address Q and A

### So Safe Program

<https://sosafeprogram.com/>

Lifestart have trained professionals who can individualise the support to meet the needs of the young person.

### Reach Out

<https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-sex/how-to-teach-your-teenager-about-consent>

### Family Planning NSW

<https://www.fpnsw.org.au/factsheets/individuals/disability>

<https://www.fpnsw.org.au/factsheets/individuals/disability/all-about-sex>

<https://www.fpnsw.org.au/factsheets/health-professionals/resources/supporting-decision-making-reproductive-and-sexual-health>

<https://www.fpnsw.org.au/factsheets/individuals/disability/sex-safe-and-fun>

### Body Talk

<https://bodytalk.org.au/>

The Body Explorer is designed for you to explore the human body and reproductive systems and to find out how it all works.

<https://bodytalk.org.au/relationships/>

Relationships can be difficult to navigate at times – unfortunately, they do not come with a manual! We hope that you find this section helpful – even if only in a small way – in navigating your relationships.

### Resourcing Inclusive Communities – Family Advocacy

#### Circle of Support

<https://www.ric.org.au/assets/Uploads/circles-of-support/fc67c032b4/Circles-of-Support-Manual-2019.pdf>

## Videos to watch together

### Tea consent (clean)

[https://youtu.be/LOS5\\_I3Yzog](https://youtu.be/LOS5_I3Yzog)

### Consent for kids

<https://youtu.be/h3nhM9UJjc>

### Consent is a YES

<https://youtu.be/F63awcIk8uM>

### Circle of Support

<https://imaginemore.org.au/portfolio/circle-support-sheree-henley/>