

Module 2 - My Confident Future Self

The C.A.R.E Factor

In this module you learnt about the topic: consent. You explored the meaning of consent through quizzes and videos and you were introduced to the C.A.R.E factor, a tool that helps you to understand if a situation is consensual.

C

Communication



C is for Communication

Communication is the first key step to consent.

Communication can be spoken in words or body language that lets the other person know what your intention is, and the other person can use communication to let you know their preferences. Sometimes it can take a lot of courage to ask someone but it's important that the person gives consent to any sexual or physical touch. Consent is when a person gives another person permission to do something based on their knowledge of what that action involves. It also gives a person the right to say No.

A

Age



A is for Age

The age of consent is a legal age limit for when another person can:

- have sex with you
- touch you sexually or get you to touch them sexually
- perform a sexual act in front of you

If somebody has sexual intercourse with someone younger than the age limit, they can be charged with a sexual offence, even if the younger person agrees to it. Different states have slightly different laws, so it's important to check what the law is where you live. Remember, just because sex is legal, it doesn't make it healthy or consensual. It is always important to ask for consent and consider whether the relationship is fair and healthy.

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R

Respect



R is for Respect

Respect is being kind and thoughtful to yourself and others. Everyone thinks and feels differently, and someone's choices and preferences might be different to yours. It might feel disappointing and confusing when someone's choices aren't what you expected but respect means listening, being kind and showing understanding.

E

Equality



E is for Equality

Equality is having a fair power balance between all people involved in sexual activity. There can be scenarios where a sexual act can be 'legal' but not respectful or equal. Here are some things to look out for when assessing whether a relationship is equal or not: age, difference in popularity, professional role, religious or cultural role, disability, financial circumstances and more. There are lots of different factors that you might be able to think of, it's valuable to think about equality in every relationship.