

Module 2 - My Informed Future Self

Conflict

In Module 2 you learnt about:

- What consent is
- Consent laws across Australia
- The impacts of drugs and alcohol on consent
- The importance of checking in and reconfirming consent
- What conflict is and stages of conflict
- How to manage conflict within peer, family and intimate relationships
- What grooming is
- The stages of grooming and red flags for yourself and others

Remember that conflict shouldn't always be reflected as a negative. It can appear in all relationships from family, friends, peers and romantic relationships. It is challenging to navigate! See below for a refresher on some of the topics you learnt

Conflict can occur in both healthy and unhealthy relationships. The below questions might help you figure out if the conflict is unhealthy:

- Does the argument make you feel like you are in danger?
- Do you believe that the other person or people were disrespecting you and your emotional boundaries?
- Did the conflict involve violence of any kind? Including physical harm, throwing of objects or emotional abuse?
- Does conflict happen a lot?

*** If you answered yes to any of the above questions, it is important to get a trusted adult or organisation involved to help you navigate the conflict.**

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Steps to navigating conflict when you feel safe:

1

If you're feeling like you can't calmly communicate – give yourself sometime to calm down.

2

Evaluate the situation on your own and try to understand both sides.

3

Tell the person or people that you would like to talk about what happened.

4

Be an active listener and try to understand their story.

5

Use open body language to show the person you're listening.

6

Once everyone has had an opportunity to speak try find a way to solve the problem.

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Consent

Affirmative consent means that there is an enthusiastic agreement between everyone involved in a sexual activity. Everybody has a responsibility to get clear, verbal consent before engaging in any sexual activity, including kissing and touching.

Consent is:

- **Free and Voluntary**
- **Specific and Informed**
- **Affirmative and communicated**
- **Ongoing and mutual**
- **Reflects capacity**

The importance of checking in:

Obtaining sexual consent is an ongoing process that doesn't end once the initial consent is given. So, how can we keep checking in on consent?

The first thing to be aware of is that consent can be withdrawn at any time, even if someone says yes at the start of sexual activity. By saying yes at the start, the other person is only providing consent for the initial act – not what comes after. A person can change their mind at any time, which makes it extra important to check in about consent throughout the sexual activity.

Examples of checking in:

- Are you ok?
- Do you want to keep going?
- Is this ok?
- How are you feeling?
- Can I... or should we stop?
- Are you alright? Did you want to stop?

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My Informed Future Self - Glossary

Affirmative Consent

An enthusiastic agreement between everyone involved in a sexual activity. Consent also includes body language and other physical clues that let us know that a person is comfortable in a sexual situation.

Conflict

Conflict is when you have what you might call an argument, fight or disagreement with another person or people. It can appear in all relationships from family, friends, peers and romantic relationships.

Abuse of Power

Abuse of power: Someone in a position of authority using their power to control you.

Intoxication

If you're intoxicated, you can't really think straight. A person's speech and physical abilities can be impaired. Things to look out for: Speech: Slurred, sentences not making sense, slow responses to questions. Physical: Unable to walk, swaying, unconscious, vomiting, spilling their drinks, disoriented, drowsy, falling asleep

Stealth

Stealth is Non-consensual condom removal, or "stealth", is the practice of a person removing a condom during sexual intercourse without consent, when their sex partner has only consented to condom-protected sex.