

Men and women often experience different pressure about sex

Check out this breakdown of “expectations” and pressures:

Men are “Expected” to:	Women are “Expected” to:
want sex all the time	be sexy but not think about sex
be confident in the bedroom	not be a prude, but not be “slutty”
always know what to do	not know too much
initiate sex	let the guy lead
never say no to sex	always say no even if they want to say yes
not be vulnerable	be compliant, not make a guy feel bad

- If you are in a situation and notice yourself or the other person seeming unsure, you need to STOP.
- Signs of ambivalence are not your cue to keep going, but your cue to STOP.

IN CONCLUSION

We hope that this has cleared up some confusion. It may on the other hand prompt even more questions. If you are still confused or feel that you need support you can contact the following confidential support services.

**Student Counselling Service
Dundalk Institute of Technology:**

Phone: 042 – 9370452

Email: gertie.raftery@dkit.ie

roisen.keaveney@dkit.ie

**Rape Crisis North East Counselling
and Support Service:**

Phone: 042 – 9339491

Freephone: 1800 21 21 22

Email: info@rcne.ie



Campaign To Promote
Responsible Sexual Behaviour

Lets Talk Sex

Joint Initiative Between
Students Counselling Service Dundalk Institute
of Technology & Rape Crisis North East

ABOUT THIS CAMPAIGN

Face it, sex is one confusing issue! Sometimes it's fun. Sometimes it's scary. Sometimes unfortunately it turns violent.

Our experience working with students suggests there can be confusion around sex and sexual activities.

In working with students, it seems there is confusion around sex and sexual activities. The consequences of getting it wrong can be really serious. If you assume consent when it is not absolutely clearly given, you could be charged with sexual assault. Would you want to risk a prison sentence?

FACT: *“one fifth of survivors of sexual assault attending Rape Crisis Centres are aged between 17 - 23, the typical age of a student”.*

(Ref: Rape Crisis Network Ireland National Statistics Annual Report 2008).

WHAT IS CONSENT?

Consent is ensuring that the person you're having sex with actually wants to have sex with you. This may seem like an obvious detail but it is often something that is chanced.

You must also ensure that the person consenting to have sex is over 17 years of age - under-age sex even between two consenting adults under 17 is unlawful.

A person who is too drunk, asleep or otherwise too out of it to be sure

about what's going on can't legally meet the criteria for a valid consent.

Every person, no matter what the circumstances, has the right to withhold or withdraw consent from sexual activity at any time. This is true even if you have been dating for a long time.

Any consent at the start of sex can be withdrawn at any time.

NON-CONSENSUAL SEX

NEWSFLASH: *Sexual assault is always the responsibility of the person who committed the offence. It is never the victim's fault. Ever! No matter what they said, wore, did, drank or took.*

- *‘Saying nothing’, doesn't mean he or she is saying “yes”.*
- *If you hear ‘no’, take it as a red light and STOP.*
- *Silence does not = consent*

BODY LANGUAGE

“Hey”, you say, “all this talk stuff's fine. But how am I supposed to know what's going on if the other person's not saying anything?”

Never assume that body language gives you implicit permission to do anything sexual.

- Take off your beer goggles (or don't put them on in the first place). The more alcohol you've consumed, the less clued in you are, not only to yourself, but also to other people.
- If she or he seems to be pulling back, she or he probably is, assume the worst and stop.
- If he or she is trying to get you alone, chances are he or she doesn't just want to show you their aquarium!
- Be clear about what you want and don't want.
- Don't be afraid to say NO.
- If a person or situation feels wrong to you, it probably is..... Trust your Instincts!