

# CONSENT

Doing anything sexual is a big decision and it is important that you do this at a time that is right for you. **You should never feel pressured into doing things that make you feel uncomfortable or worried.**

Consent means that you are saying yes to something without feeling pressure to do this. People should always ask each other for consent, even in relationships. It is also important to remember that you should give consent each time. Saying yes once does not mean saying yes always. You cannot give consent if you are under 16, under the influence of drugs or if you are drunk.

If you are not sure about any of this you should speak to someone you trust or Childline.

**WORRIED ABOUT A FRIEND?**

If you are worried about yourself or a friend there are a number of things you can do. These include:

- Speaking to your friend and letting them know you are there for them
- Speak to an adult you trust, like a teacher, youth worker or parent
- Contact Childline
- Call 999 if you think someone is in immediate danger

Find out more at  
[www.childline.org](http://www.childline.org)

**WORRIED ABOUT YOURSELF?**

# WHERE TO GET HELP

**Contact Childline 24/7  
on 0800 1111**

[www.childline.org](http://www.childline.org)

You can also contact  
**030 33 33 3001**

**and ask for Child MASH**

**NSPCC**  
SCOTLAND



*I didn't want to...  
but he asked me  
to be nice to his  
friends...*

**Child Sexual Exploitation**  
**IT HAPPENS HERE**  
Dumfries and Galloway

Information for young people  
on positive relationships

# IS THIS LOVE?

Being in a new relationship can be exciting. It is normal to feel happy and to enjoy feeling special or loved. But **relationships can change and things can go wrong.**

A healthy relationship should be based on respect, kindness and trust. It should make you feel good. It should not make you feel pressured into doing things that make you uncomfortable or unhappy. If this starts to happen then it might be time to end the relationship or seek help and advice.

Sexting includes sending naked or sexual images and having sexual conversations. You should not feel pressured into doing this by anyone and it is important to remember **that once you send this you cannot control where it goes.**

It is illegal for anyone to have a sexual photo of someone under the age of 18. This includes photos you have taken yourself. This means that if someone forces you to take or share a sexual photo they are breaking the law.

If you have already shared an image, you should ask for the person to delete it. If it is online you can request for this to be removed.

## SEXTING



*He's says he'll show everyone  
if I don't do what he says...*

## GROOMING

Grooming is when someone tries to pressure a young person into doing something sexual. This can happen online or in person.

If someone is a groomer, they might start by being nice to you, giving you attention or buying gifts to make you like them. However, they may then start to force you into sexual activity and ask you to keep secrets. They may also threaten or blackmail you so you don't tell anyone. Sexual activity can include sexting, sending naked images or performing sexual acts.

**Online, people can pretend to be someone they are not**, so it is important that you don't trust people unless you really know who they are.

Groomers can be the same age as you, older or younger. They can be both male and female. They can be very persuasive, so it is important to speak out if anything happens that makes you feel worried or uncomfortable.