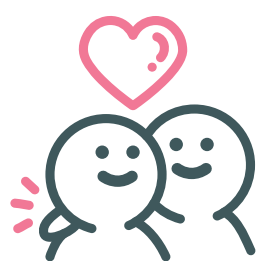


CONSENT & HEALTHY RELATIONSHIPS



What is Consent?

Consent is about respect, communication, and choice. It's the foundation of any healthy relationship, whether romantic, platonic, or sexual.

- **Clear:** Freely given, without pressure or manipulation.
- **Enthusiastic:** A genuine "yes!" – not silence or uncertainty.
- **Ongoing:** Can be changed or withdrawn at any time.
- **Specific:** Saying yes to one thing doesn't mean yes to everything.

yes

⚠ **Important:** Consent is not valid if someone is drunk, high, or asleep. Everyone involved must be able to make informed, voluntary choices.

📱 Consent in Digital Communication

With technology being a big part of university life, it's crucial to set clear boundaries online too.

Respect Privacy: Don't share photos, videos, or personal information without consent.

Ask Before Sending: Always ask before sending intimate content, and ensure the recipient is comfortable with it.

Be Mindful of Online Interactions: Just because something happens in a private chat doesn't mean it's okay to cross boundaries.

🌍 Respecting Diversity in Relationships

Every relationship is unique, and it's essential to respect and embrace diversity in all its forms.

Cultural Awareness: Be mindful of cultural differences and understand that norms and expectations might vary.

Gender & Sexuality: Respect each other's gender identity, sexual orientation, and personal expressions.

Inclusivity: Everyone deserves respect, regardless of their background or identity.

❤️ Signs of a Healthy Relationship

A healthy relationship should feel empowering and safe. Here's what to look out for:

💰 **Respect:** Valuing each other's boundaries and opinions.

🔒 **Trust:** Feeling safe and secure emotionally and physically.

⚖️ **Equality:** Decisions are made together; power is balanced.

🗣️ **Communication:** Open, honest conversations

👤 **Independence:** Maintain your own identities and interests.

🚩 Warning Signs of an Unhealthy Relationship

Recognising the signs early can help you protect yourself and others. Watch for:

🚫 **Controlling behaviours** (e.g. checking your phone)

😞 **Jealousy, guilt-tripping, or emotional manipulation**

✗ **Ignoring your boundaries or pressuring you**

👤 **Isolation from friends, family, or support**

✍️ **Lack of trust or honesty**

🏡 Setting Healthy Boundaries

Boundaries help protect your physical, emotional, and mental wellbeing.

Know Your Limits: Understand your comfort zones.

Communicate Clearly: Express boundaries directly.

Respect Boundaries: Honor others' limits.

Re-evaluate: Boundaries can change over time.

What to do if you are unsure..

Talk: Open up to a friend, counsellor, or trusted adult about your concerns.

Access College Support: Access welfare support at College – welfare@westdean.ac.uk

Use anonymous resources like:

🌐 Love is Respect

📞 Rape Crisis (UK) – 0808 802 9999

☎ National Domestic Abuse Helpline – 0808 2000 247