

**Define:**  
**Sexual Consent**

The giving of permission by a person to engage in any form of sexual activity including penetrative and oral sex.

**Define:**  
**Affirmative Consent**

Consent is only given when a person agrees verbally to engage in sexual activities including penetrative and oral sex.

**Define:**  
**Coercion**

The action or practice of persuading someone to do something they wouldn't normally do or something they don't want to do by using force or threats.

**Define:**  
**A person who is a minor**

A person who is under the age of 18 and legally considered a child.

**Consent is:**

<b>1</b>	<b>Freely given.</b> It's not okay to pressure, trick, or threaten someone into saying yes.
<b>2</b>	<b>Reversible.</b> It's okay to say yes and then change your mind — at any time!
<b>3</b>	<b>Informed.</b> You can only consent to something if you have all the facts.
<b>4</b>	<b>Enthusiastic.</b> You should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic stop and check in.
<b>5</b>	<b>Specific.</b> Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

**When can consent not be given?**

<b>1</b>	<b>When a person is drunk or high,</b> to the point that they are unable to speak or look after themselves.
<b>2</b>	<b>Asleep or Passed Out</b> – if they are not conscious they are unable to agree to any sexual activity. If someone passes out whilst engaging in sexual activity – STOP!
<b>3</b>	<b>They are Underage</b> – Legally a person under the age of 16 cannot give consent to any sexual activity.
<b>4</b>	<b>Mental disability or learning difficulties</b> which mean they are unable to fully understand what they are consenting to.

**What does the Law say?**

Act	Definition	Consequence
<b>Rape</b>	A rape is when a person uses their penis without consent to penetrate the vagina, mouth, or anus of another person.	Rape is punished by a maximum of fifteen years' in prison. Aggravated Rape is punished by a maximum of twenty years' in prison Both offences would result in placement on the sex offenders register.
<b>Sexual Assault</b>	Sexual assault is when a person is coerced or physically forced to engage against their will, or when a person, touches another person sexually without their consent. Touching can be done with any part of the body or with an object.	Up to 10 years in prison and placement on the sex offenders register
<b>Sex Between Minors</b>	When both parties involved the sexual activity are under 16 but have consented to the activity.	Technically the law is that if two 13 – 15 year old's engage in consensual sexual activity and each knows that the other is under 16, they will both be guilty of an offence carrying a maximum penalty of five years' imprisonment, however it is unlikely the CPS will prosecute. If one party is under 13 and the other under 18 it is statutory Rape which is punishable by Life imprisonment, but the average is 6-7 years when prosecuted.

**Who Can you turn to for help and Support**

Parents or trusted family members	The Police / Community support officers
School Safe Guarding Team or any member of staff.	
NSPCC	Helpline: 0808 800 5000 (24 hours, every day) <a href="https://www.nspcc.org.uk">nspcc.org.uk</a>
Childline	Helpline: 0800 1111 (24 hours, every day) <a href="https://www.childline.org.uk">https://www.childline.org.uk</a>
Rape Crisis	Helpline: 0808 802 9999 (12-2:30 and 7-9:30) <a href="https://www.rapecrisis.org.uk">rapecrisis.org.uk</a>
Survivors UK – Male Rape and Sexual Abuse Support	<a href="https://www.survivorsuk.org">survivorsuk.org</a>
RASAC (Rape and Sexual Abuse Support Centre)	National Helpline: 0808 802 9999 (12-2.30 & 7-9.30) <a href="https://www.rasasc.org.uk">rasasc.org.uk</a>

**Define: *Nicotine***

A toxic colourless or yellowish oily liquid which is the chief active constituent of tobacco. It acts as a stimulant in small doses, but in larger amounts blocks the action of autonomic nerve and skeletal muscle cells.

**Define: *Vaping***

The action or practice of inhaling and exhaling the vapour produced by an electronic cigarette or similar device.

**Define: *Smoking***

The action or habit of inhaling and exhaling the smoke of tobacco or a drug. Usually through Cigarettes or Cigars.

**Define: *E-Cigarette***

E-cigarettes are electronic devices that heat a liquid and produce an aerosol or mix of small particles in the air. Which is then inhaled.

**Effects Of Nicotine**

**Nicotine is both a sedative and a stimulant.**

When a body is exposed to nicotine, the individual experiences a "kick." This is partly caused by nicotine stimulating the adrenal glands, which results in the release of adrenaline. This surge of adrenaline stimulates the body. There is an immediate release of glucose, as well as an increase in heart rate, breathing activity, and blood pressure. Indirectly, nicotine causes the release of dopamine in the pleasure and motivation areas of the brain.

**How do E-Cigarettes Work**

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine, flavorings, and other chemicals that help to make the aerosol.

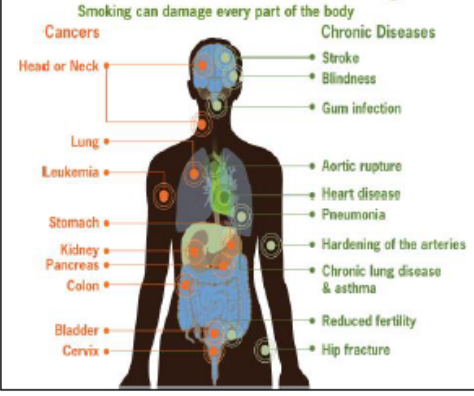
The liquid used in e-cigarettes often contains nicotine and flavorings. This liquid is sometimes called "e-juice," "e-liquid," "vape juice," "vape liquid."

Users inhale e-cigarette aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales it into the air. E-cigarette aerosol is NOT harmless "water vapor." The e-cigarette aerosol that users breathe from the device and exhale can contain harmful and potentially harmful substances, including:

- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Volatile organic compounds
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead

It is difficult for consumers to know what e-cigarette products contain. For example, some e-cigarettes marketed as containing zero percent nicotine have been found to contain nicotine.

**Risks from Smoking**



**Side effects of vaping**

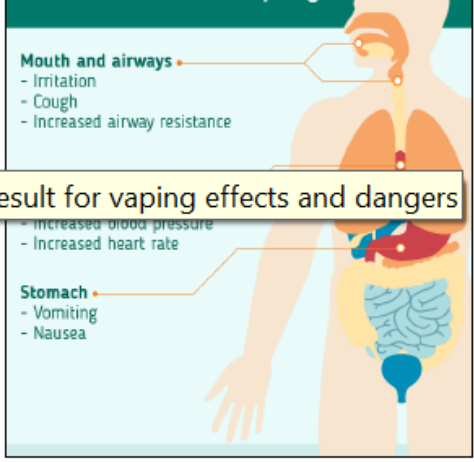


Image result for vaping effects and dangers

**Smoking and the Law**

- You must be over 18 to buy cigarettes in the UK. If you're under 16 the police have the right to confiscate your cigarettes.
- It's illegal:
- For shops to sell you cigarettes if you are underage
  - For an adult to buy you cigarettes if you are under 18
  - To smoke in all public enclosed or substantially enclosed area and workplaces.
  - To smoke in a car with a child.

**Vaping and the Law**

- You must be 18 or over to purchase e-cigarettes or e-liquids in the UK. It also became illegal for an adult to buy e-cigarettes for someone under the age of 18.
- Although there is no legal restriction on where you can vape in the UK there are local laws and bylaws in force that prohibit the practice. The choice of whether or not to allow vaping is that of the property owner.
- Vaping generally is not allowed on the underground, planes, buses or trains and train stations in the United Kingdom.
- Vaping while you drive may not seem like such a big deal but it could land you with up to nine penalty points and a fine of £2,500.

**Who Can you turn to for help and Support**

Parents or trusted family members	School Safe Guarding Team or any member of staff.
Your GP or Practice Nurse.	
Smoke Free Future	<a href="https://smokefreefuture.co.uk">https://smokefreefuture.co.uk</a>
NHS – Stop Smoking	<a href="https://www.nhs.uk/live-well/quit-smoking">https://www.nhs.uk/live-well/quit-smoking</a>
Smoke Free	<a href="https://smokefree.gov/">https://smokefree.gov/</a>