

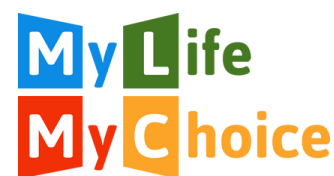


# **My Body, My Choice**

## **An Easy Read Guide**



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# Introduction



**You have the right to make choices about your own body. Sometimes people who you trust can help you make these choices.**



**Consent is when you say 'yes' and agree to do something or are happy for it to happen to you.**

**It is really important that you understand what will happen and that you have made your own choice.**



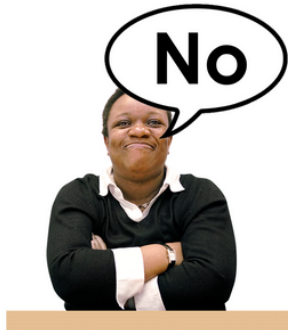
**Everyone has the right to say yes or no.**



**But if you are under 16, you can only give consent for some things.**

**If you are 16 or under, you cannot consent to have sex.**

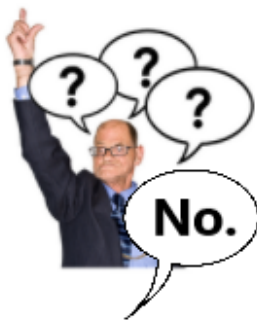
# No means no



It is ok to say 'no' to something.



A different word than 'no' might be used but it still means no.



If a person needs to talk another into saying 'yes', it is still a 'no.'



Only an willing 'yes' is a 'yes.'



**A willing 'yes' depends on...**



**1. What the person says.**

**If they say 'yes,' they are likely giving consent.**



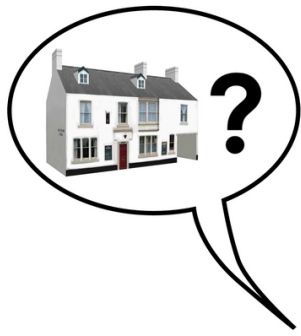
**2. How the person speaks.**

**If they sound happy, they are likely giving consent.**



**3. How the person moves their face and body.**

**If they smile or nod, they are likely giving consent.**



Here is an example.

You've asked a few people if they would like to go to the pub with you.



Some of them reply.

Do you think they are giving consent?



Mark says 'Totally!',  
is he giving consent?

- Yes, he is giving consent.
- No, he is not giving consent.
- I don't know



Samantha says 'maybe later,'  
is she giving consent?

- Yes, she is giving consent.
- No, she is not giving consent.
- I don't know



**Niamh doesn't say anything,  
are they giving consent?**

- Yes, they are giving consent.**
- No, they are not giving consent.**
- I don't know**



**Oscar says 'no,'  
is he giving consent?**

- Yes, they are giving consent.**
- No, they are not giving consent.**
- I don't know**



**The answers to these questions are  
at the back of this booklet.**

# How do you say 'No'?



**Saying 'No' can be harder than saying 'Yes.'**



**When someone asks you to do something that you know is wrong, or something you don't want to do, it can be really hard to say 'No.'**



**They might ask again and again to make you say 'Yes.'**

**This is not a willing yes.**





**Your friends have asked you to do something that you think is wrong.**



**Write down below what you would say.**



**Write down what you think they would say to you if you said that.**



**Do you think you can keep saying no?**

# My Body



**Your body is your own.**



**You decide who comes close to you and who touches you.**



**You can say 'no' if someone makes you uncomfortable.**



**You should tell someone you trust if you ever feel uncomfortable.**

# Personal Space



**Everybody has the right to personal space.**



**This is space around our body that we only let some people into at certain times.**

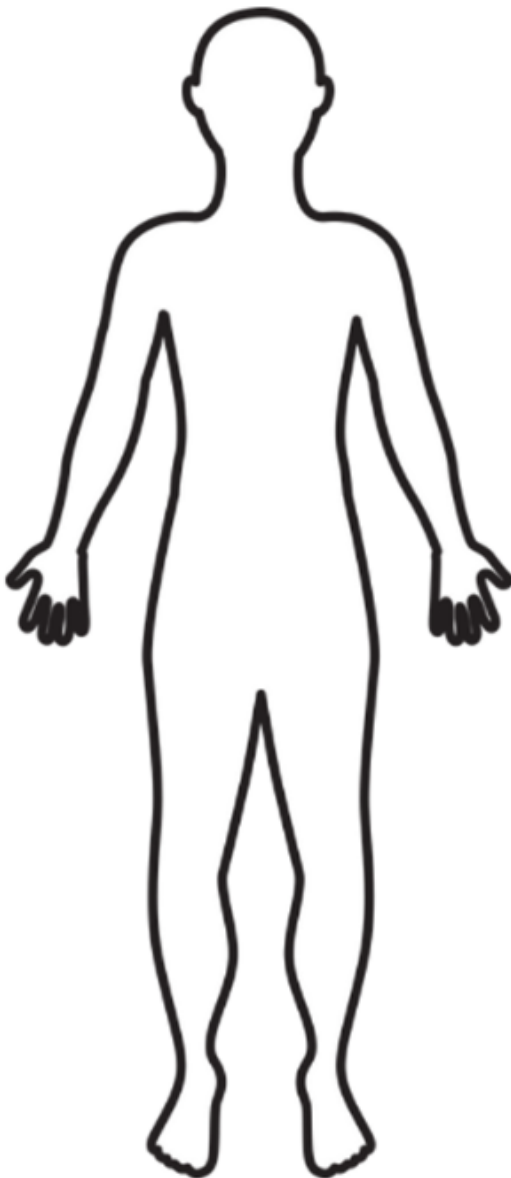


**We must respect other people's personal space.**

# You can touch me here



Colour in parts of the body to show where you are happy to be touched.



is for areas you are happy for anyone to touch.



is for areas only those closest to you can touch.



is for areas that are private and just for you to touch.

# Private Spaces



**Everyone has the right to private space.**



**Private spaces are places where you might be naked and do something private.**

**This might be in your bedroom.**



**A private thing might be changing, washing, going to the toilet or having sex or masturbating.**



**Public spaces are open to everybody. You should not do private things here.**



**Going to the toilet is a private thing to do.**



**Circle where you should go to the toilet.**



**A car park**



**A phone box**



**A bathroom**





**Having sex or masturbating is a private thing.**



**Circle where you should have sex or masturbate.**



**A playground**



**A cinema**



**My bedroom**

# Answers



**Answers to pages 5 to 6.**

**1. Yes, Mark was giving consent.**



**He said 'Totally!' and sounded happy to go to the pub.**

**He had his arms up in the air in joy and he was smiling.**

**2. No, Samantha was not giving consent.**



**She said 'Maybe later' and sounded like she was sad.**

**She had her hands over her face and was looking away.**



# Answers



**3. No, Niamh was not giving consent.**

**They did not saying anything.**

**They did not move and showed no emotion.**



**2. No, Oscar was not giving consent.**

**He was very to the point and said 'no.'**

**He was shrugging and had his hands up in their air. He was frowning.**

# Answers



**Answers to pages 13 to 14.**

**1. You should go to the toilet in the bathroom.**

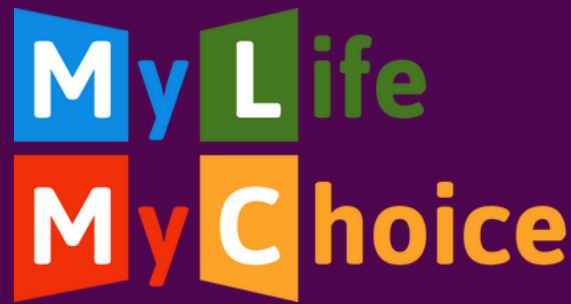


**A bathroom is a private space and has the equipment for you to go to the bathroom.**



**2. You should have sex or masturbate in your bedroom.**

**Your bedroom is your personal and private space.**



**This easy read guide was made  
by My Life My Choice  
and co-produced with young  
people with learning disabilities.**

**For more of our easy read, visit  
[www.mylifemychoice.org.uk](http://www.mylifemychoice.org.uk)  
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