



IN4M: Information in 4 Minutes (Student)

Dec 2017

At Christmas time, we are often invited to parties or events where we drink alcohol to celebrate the festive season. In the majority of cases, this is a harmless but, sometimes, it can lead us to make poor decisions. In some cases, it can completely reduce our capacity to give consent.

During social gatherings, nights out and the work Christmas party we can find ourselves under the mistletoe, which is all well and good. However, being under the influence can impair our ability to judge whether being under the mistletoe should lead on to anything further.

This bulletin aims to *wish you well over the festive season* but remind you to be cautious when you are drinking in these situations.

POINTS TO HELP TO KEEP YOURSELF SAFE

Make sure the other person is participating freely and readily.

Someone on drugs or too drunk to make decisions doesn't have the mental capacity to give consent.

If someone is on drugs or seems too drunk to consent, or you're not sure, stop!

Somebody who is asleep or unconscious cannot give consent.

Your partner has the right to withdraw their consent at any time.

Once consent is withdrawn you must stop engaging in sexual activity immediately.

In some circumstances, people under the influence of alcohol, can have sexual contact that they would not have agreed to if they were in a sober state of mind.

This means that their ability to give consent can be reduced and, in some cases, the person may be in a condition where they may not be fully aware of what is happening to them. Be aware of the amount of alcohol you are drinking.

Be aware that drinks can be 'spiked' and take precautions to prevent this. Be aware that, if you find yourself in a sexual situation with someone whose ability to agree to your activity is reduced by the amount of alcohol they have drunk, you could be committing a criminal offence.

Have fun at Christmas, enjoy yourself but, please

REMEMBER

- **Consent can be withdrawn at any time**
- **Yes yesterday does not mean yes today**
- **Sex without consent is rape**

CONSENT
IT'S SIMPLE AS TEA

Watch the short clip on consent

<https://www.youtube.com/watch?v=pZwvrxVavnQ>

If you are concerned that something has happened to you, that you don't feel you consented to, you should contact the police on 999 if you are in immediate danger or 101 if you want to report something after the fact. The Safeguarding Team are here to support you, if you want to talk to someone in confidence, call in to the Pod at any time.