

# Consent and healthy relationships program checklist

## The Commonwealth Consent Policy Framework

### Use this checklist to ensure that the framework's principles are reflected in your initiative.

### Have you identified the skills needed for healthy sexual relationships using day-to-day scenarios?

* Consent involves skills that need to be learned and practiced.
* Acknowledge that young people may not feel comfortable or experience other barriers to checking in with their partner, and discuss the best ways to address them.
* Learning skills is different to using them in day-to-day scenarios. Find out ways that can help your audience to feel motivated to use these skills, include being a respectful partner. See Principle 3.

### Have you created partnerships with young people to develop, design and evaluate your initiative?

* Consider establishing advisory roles for young people from the outset. See Principle 9.

### Is your content consistent with young people’s experience of consent and sex?

* Include relatable phrases that partners can use check in with each other. Avoid using metaphors that can lead to misunderstandings and confusion. See Principle 3 and Principle 5.

### Have you covered the positives as well as the need to prevent harm?

* In an age-appropriate way, have you focused on what young people can do to have a healthy sexual relationship, and the pleasurable aspects of sexual activity, as well as the need to prevent sexual violence, risks and associated laws. See Principle 4.

### Have you reflected the idea that sexual violence is gendered?

* Dispel the myth that men and women are equally likely to be perpetrators and victims of sexual violence or that LGBTIQA+ people do not experience sexual violence. The use of data and statistics can help with this. See Principle 1.

### Are you speaking to a diversity of experiences, audiences and relationships?

* Ensure you are recognising and speaking to the diversity of sexual relationships, backgrounds, sexual orientations and genders. See Principle 8.

### Have you reflected that gender stereotypes and inequality drive violence?

* Dispel the myth that only the actions of individuals drive violence. Help your audience reflect on the roles and stereotypes they see in day-to-day life and how these contribute to violence supporting attitudes and behaviours. Analyse your materials and remove any gender stereotypes. See Principles 1 and 5.

### Have you prepared for resistance and backlash?

* Talking about sexual relationships and consent can challenge some audiences. Pointing to the evidence can help show why it’s important to have conversations about this topic. See Principle 6.

### Have you considered what supports are in place for your audience, as well as how staff are supported and trained?

* Many people have been affected by sexual violence. Be prepared and ensure you have options to support anyone involved in your initiative. A list of support services is at the beginning of this framework. See Principle 7.

### How does your initiative sit within your broader community, organisation, school or workplace?

* Reflect on what other messages your audience might be getting that may contradict your message about the need for gender equality in relationships.
* Consider actions that broadly address the drivers of violence and gender inequality across your organisation. See Principle 2.

### Are you using the right content for your audience? Are you speaking to the right age group?

* Researching your audience means understanding where they are at in terms of their understanding of consent, sex, dating and relationships. Direct content that is age – and stage-appropriate, as well as relevant to their experience, is key. See Principle 6.

### Do you know how you are going to measure success?

* Knowing whether you aim to change attitudes, understanding or behaviours is critical. Consider ways you can test any changes, including through pre and post-workshops and surveys. See Principle 10.

### Do you have partnerships with sexual violence prevention and respectful relationships experts, and those with lived experience?

* Seek advice from sexual violence services and other organisations that specialise in sexual violence prevention and the promotion of healthy sexual relationships.
* Listen to and be guided by people with lived experience of sexual violence, including those from diverse communities. See Principle 9.

### More information

**To read The Commonwealth Policy Consent Framework, visit** [**dss.gov.au/sexual-consent**](https://www.dss.gov.au/sexual-consent)