



# 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 LGBTIQ+ 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://dss.gov.au/sexual-consent)

