

Supporting Parents to Understand Consent Education

In a 1.5hr seminar, we address these key topics:

- Consent Foundations
- Digital Consent
- Consent with Alcohol & Other Drugs
- Recognising & Responding to Sexual Harassment and Assault

We will answer questions, such as:

- How can I keep my children safe, even if I have different views about sex and relationships?
- How can I start a meaningful conversation with my children?
- What are some strategies I can use when discussing these awkward topics?



Consent Labs is a quality-assured program in the NSW Department of Education's Student Wellbeing external programs catalogue in the themes of Behaviour & Sense of Belonging.

Our programs have been vetted by:



Paul Dillon
Drug and Alcohol Research
and Training Australia



Katrina Marson
Senior Prosecutor (Sexual
Offences Unit), ACT Director of
Public Prosecutions



Matthew Keeley
Director,
Youth Law Australia



Dr Melissa Kang
Associate Professor,
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Renee West
PDHPE Advisor 7-12,
NSW Department of Education



Dr Eleanor Freedman
North Sydney Sexual
Assault Service

Why Consent Labs?

Every young person deserves to be safe and respected in relationships.

Parents are a key part in shaping their child's values. Our vision is that young people and their parents and/or carers can have conversations about these topics without any awkwardness.

We want to help you bridge the gap to your children, and give you tools to have meaningful conversations about respectful relationships.

Consent Labs is a not-for-profit delivering consent education that is:

- Backed by evidence: our programs are evidence-based and industry reviewed.
- Realistic and relevant: we don't shy away from hard topics because we believe that proactive education will enable your children to make informed choices.
- Inclusive: we ensure that everyone feels included in the conversation, so they can apply these skills to their own lives.

"Thank you for empowering everyone through knowledge and a non-judgemental approach. I felt safe and protected and now feel brave to act."

- Parent, Sydney

Our Efficacy

94%

of students stated their understanding was 'good' after our presentation, compared to 61% before.

88%

of students said that they would want to see us back at their school.

91%

of students said that they had learnt something practical that they could incorporate into their lives.

The Evidence for Respectful Relationships Education

By talking to your children, you will be empowering them to make informed decisions regarding respectful relationships. Extensive research has been conducted at an international level which supports the need for this education.

"High quality, comprehensive and rights-based sexuality education programmes can delay initiation of sexual activity and unprotected intercourse ... and therefore decrease unintended pregnancies and sexually transmitted infections among young people."

-International Planned Parenthood Federation (2009)

"Comprehensive relationships and sex education for children and young people promotes wellbeing for all and is known to be effective in reducing the incidence of negative sexual experiences and sexualised violence."

- Ignorance is Not Innocence: Safeguarding Sexual Wellbeing through Relationships and Sex Education (2018)

"Respectful relationships education provides an opportunity ... to address the drivers of gender-based violence and contribute to creating an Australia free from violence"

- Our Watch (2021)

Further reading: [UNESCO \(2018\)](#).