

# SEX CHECKLIST

CONDOM  CONSENT\*

\*Do you have it?

## Do you...?

- Ask what you want when it comes to sex and respect your boundaries? Most sexual assaults are committed by someone the person knows. No one should pressure or force you into doing anything sexual, or harm you physically.
- Support your independence and interests? No one should keep you from your social life, work, or educational goals.

Sex should feel good for all partners and healthy relationships are ones that are supportive.

## IMPORTANT NUMBERS

**ACT POLICE**  
 T 131 444 (Non-immediate response)  
 T 000 (Emergencies)

**UCS**  
 T 6201 2222

**Domestic Violence Crisis Centre**  
 T 02 6280 0900 (24hrs crisis line)

**Carers Australia**  
 T 02 6247 2525 (7am-11pm)

**SAMSSA** (Support for men who have experienced sexual assault or past abuse)  
 T 02 6247 2525

**LIFE LINE**  
 T 13 11 14

<p>02 6201 2351</p>	<p>02 6201 2351</p>
---------------------	---------------------