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SEX TO ANYONE**

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# SEX IS DIFFERENT FOR EVERYBODY

Some people try everything, some people only like certain things.

Sex is intimate and personal. What happens with your body, your feelings and with your sexual partner can be great fun and give you lots of pleasure.

Because sex is intimate and personal it also can be used to hurt and scare you, it can be used to control you or exert power, sometimes it can make you feel like you don't have control or a choice.

You have the right to control what happens to your body, to say when you don't feel comfortable or safe and to have sex with someone who will listen to you and respect your wishes.

**If you are uncomfortable with anything your sexual partner wants to do or tries to persuade you to do you don't have to do it.**

**This could be anything from explicit talk, kissing, touching or groping in public to sex positions, giving or receiving oral sex, wearing a condom, or forced penetration.**

**Your sexual partner might want to film or photograph you, have you join in with other people, watch porn, make verbal reference to what you have done together in front of others against your will.**

**If you are forced or pressured this can constitute as sexual harassment, sexual assault, sexual violence and/or rape.**

**You can be sexually abused by a long term partner or spouse, a friend, a family member, a work colleague, a casual partner, a date or a stranger.**

**You can be sexually abused once or several times or more over a long period of time.**

**You may not realise it is sexual abuse or violence at first, you may be told that it isn't, you may be told that it's normal, you may feel you owe it or it's expected of you.**

**Anyone can be the victim of sexual assault and abuse. Sometimes gay and bisexual men are targeted in homophobic attacks and violence.**

**If you are a gay or bisexual man it is important to be aware that you may be at a higher risk of sexual assault, violence or rape if you sometimes or regularly take the following risks:**

- \* Meeting up with strangers from online dating sites and forums
- \* Regularly using recreational drugs including alcohol in social environments with strangers
- \* Spending time in isolated areas or at discreet or hidden venues to meet people for sex

**If you have been sexually assaulted  
and hurt it is never your fault**

**Many people don't realize that male  
rape and sexual assault exists.**

**For gay and bisexual men who  
have been victims of assault and/or  
rape it is normal to feel confused  
and doubtful about where to  
turn– especially because of the  
expectations placed on men in  
society about sex, strength and  
self protection**

**If you feel shamed,  
embarrassed, isolated,  
scared and unsafe ...**

**If you are physically hurt  
with internal and/or external  
injuries or worried about  
sexually transmitted  
infections...**

**You can call someone in  
complete confidence to get  
help and support.**



# **FOR CONFIDENTIAL ADVICE OR SUPPORT YOU CAN CONTACT:**

**Lifeline 24/7**

**0808 808 8000**

**Nexus Institute**

**Belfast      028 9032 6803**

**L'Derry      028 7126 0566**

**P'down      028 3835 0588**

**LGBT Advocacy Worker (NI)**

**028 9031 9030**