

If you have experienced a rape or sexual assault,  
and are in need of confidential, non-judgemental support,  
please call our National 24-hour Helpline on 1800 77 88 88

**Galway Rape Crisis Centre**

The Lodge, Forster Court, Galway  
1850 355355  
administrator@galwayrcc.org  
www.galwayrcc.org

**Mayo Rape Crisis Centre**

Newtown, Castlebar  
1800234900  
mayorcc@eircom.net  
www.mayorapecrisiscentre.ie

**Rape Crisis & Sexual Abuse Counselling**

**Sligo, Leitrim & West Cavan**

1800 750780  
info@srcc.ie  
www.srcc.ie

**Athlone Midlands Rape Crisis Centre**

Suites 5/6 Townhouse Centre  
St Mary's Square, Athlone  
1800 306600  
amrcc@eircom.net  
amrcc.ie

**Tullamore Sexual Abuse & Rape Crisis**

4 Harbour View, Store St, Tullamore  
1800323232  
tullamorercc@eircom.net

**Tipperary Rape Crisis & Counselling Centre**

20 Mary St, Clonmel  
1800340340  
trcc@eircom.net

**Sexual Violence Centre Cork**

5 Camden Place, Cork  
1800 496496  
info@sexualviolence.ie  
www.sexualviolence.ie

**Waterford Rape & Sexual Abuse Service**

2A Waterside, Waterford  
1800 296296  
wrcc@indigo.ie

**Rape Crisis Midwest**

Phoenix Hse, Punch's Close,  
Rosbrien Road, Limerick  
1800 311511  
info@rapecrisis.ie  
www.rapecrisis.ie

**Donegal Sexual Abuse & Rape Crisis Centre**

2A Grand Central, Canal Road, Letterkenny.  
1800 448844  
rapecrisis@eircom.net  
www.donegalrapecrisis.ie

**Rape Crisis North East**

PO Box 72, 59A Anne St, Dundalk  
1800 212 122  
info@rcne.ie  
www.rcne.ie

**Dublin Rape Crisis Centre**

70 Lr Leeson St, Dublin 2  
1800 778888  
rcc@indigo.ie  
www.drcc.ie

**Kilkenny Rape Crisis & Counselling Centre**

1 Golfview Terrace, Granges Rd, Kilkenny  
1800478478  
kkrrcc@eircom.net  
www.kilkennyrcc.com

**Carlow & South Leinster**

Rape Crisis & Counselling Centre  
72 Tullow Street, Carlow  
1800 727737  
info@carlowrapecrisis.ie  
www.carlowrapecrisis.ie

**Wexford Rape & Sexual Abuse Support**

Clifford Street, Wexford  
1800 330033  
wexrapecrisis@eircom.net  
www.wexfordrapecrisis.com

**Kerry Rape & Sexual Abuse Counselling**

5 Greenview Terrace, Princes Quay, Tralee  
1800 633333  
krcc@eircom.net  
www.krsac.com



#AskConsent

ASK

CONSENT



WWW.DRCC.IE

Dating can be amazing when you both click but it can also get a little confusing, especially when it comes to sex. It can be unclear what the other person is thinking or how intimate they wish to get – we are not mind-readers after all. Before you take things any further with a romantic or sexual partner, it's important to obtain their permission, which means their consent. A lack of understanding of what is meant by consent and that consent is crucial in all sexual activity can be a contributing factor for unwanted sexual activity and assault.

## WHAT IS CONSENT?

Sexual consent is the voluntary agreement in a relationship with equal power to engage in sexual activity.

This agreement can be verbal or nonverbal but should be given freely by individuals capable of consenting, that is, who are over the legal age of consent and not under the influence of drugs or alcohol.

Consent should never be assumed – it should be a clear, ongoing and continuous process present in every new or repeated sexual encounter.

## HOW DOES IT WORK?

Many people worry that talking about consent will be awkward or a mood-killer, but this is not the case. If anything, the mood is much more positive when both of you can freely communicate what you do or don't want.

There are many ways to enhance your sexual communication. First off, you could talk about what terms like "hooking up" or "going further" mean to each of you. You can also talk about how you like to indicate when you're in the mood, and how you'd like your partner to respond to you when you are. Consider having these conversations during a time when you're not being physically intimate.

Communication and consent can even become part of your foreplay, for example by saying things like:

- Are you comfortable?
- Is this ok?
- Does this feel good?
- Tell me what you like.

Listen and respond to their answers and always remember that consent is about more than avoiding abuse – it is about making sex safer, healthier, and more pleasurable for everyone involved.

## HOW TO KNOW IF SOMEONE IS NOT FREELY CONSENTING

- If someone is not responding enthusiastically or clearly, they may be feeling coerced. Check in with them and if they seem happy not to continue, stop
- If someone is struggling or expressing any sort of discomfort (verbally or non-verbally), notice and stop
- If the other person seems frozen or afraid, stop
- If someone is asleep or falling asleep, stop
- If someone is under the effects of drugs or alcohol and can no longer indicate their enjoyment and/or willingness, stop
- If he or she is acting in any other way that suggests they are not up for sex, check it out and be prepared to stop

## SOME FACTS TO KEEP IN MIND

- The legal age of consent for having sex in Ireland is 17.
- Engaging in sexual activity of any kind without consent is extremely harmful to the person you are assaulting and is a criminal act.

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