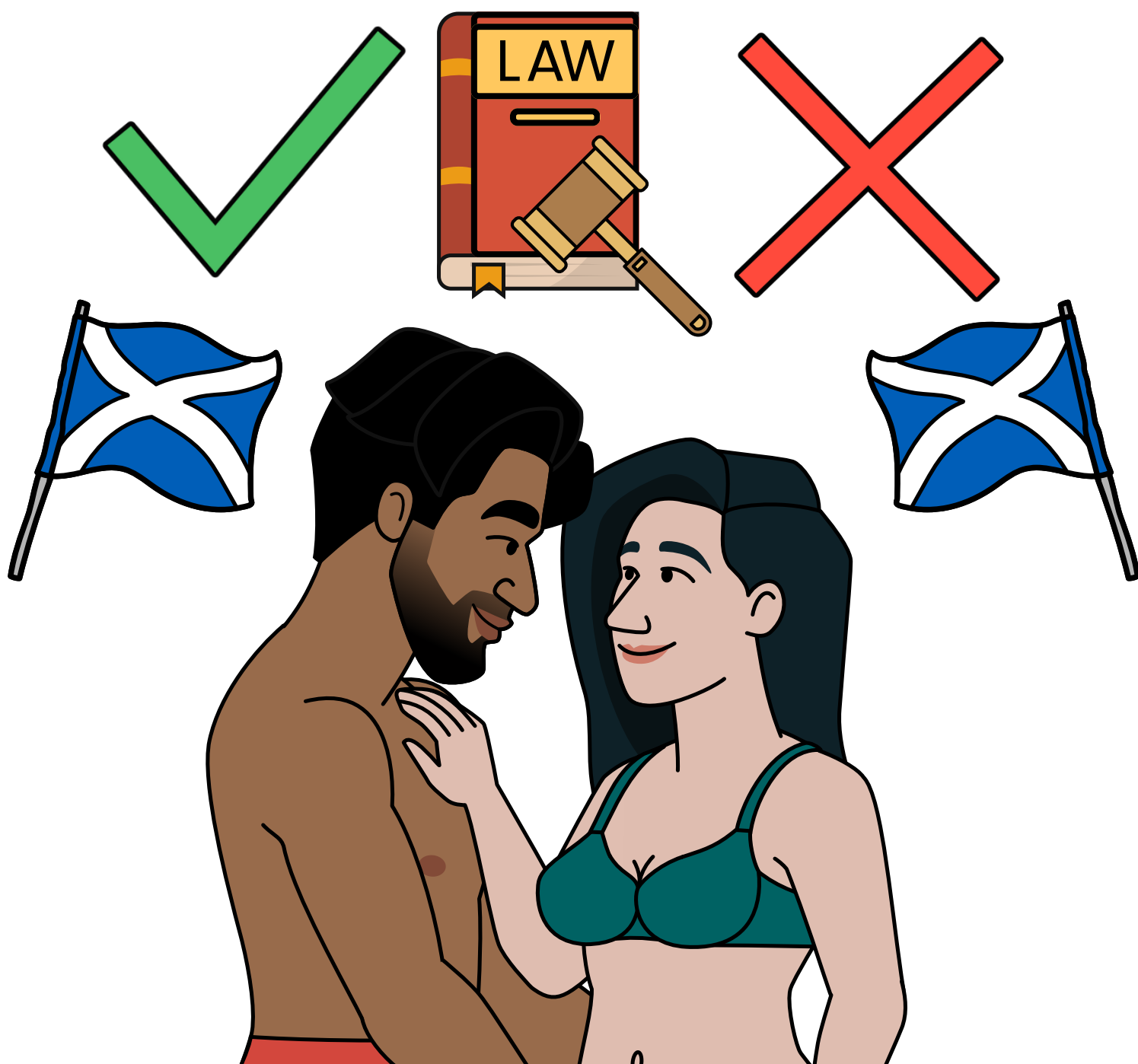
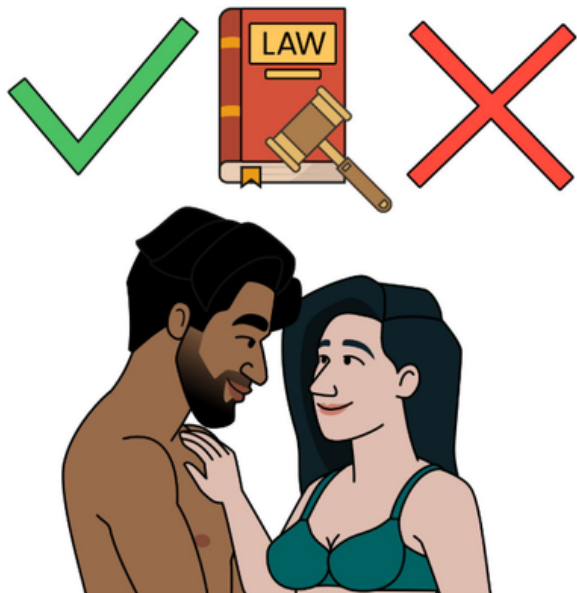


Sex and the law in Scotland Easy read guide



About this booklet

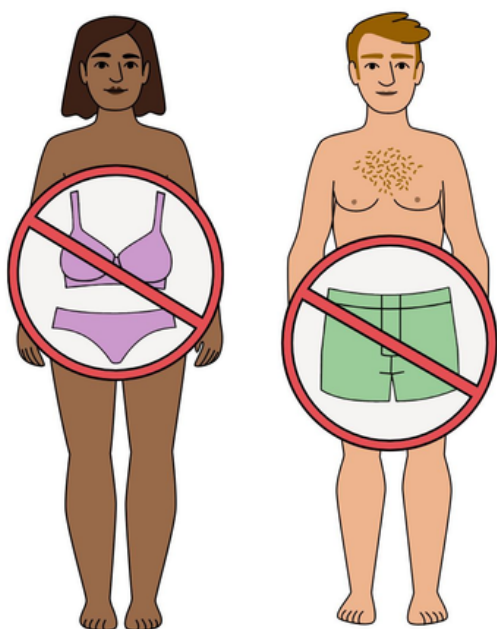


Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health. This is an important part of keeping safe.



This booklet is for ages 13 years and older.

If you are under 13, you can talk to a trusted adult about sexual consent and the law.

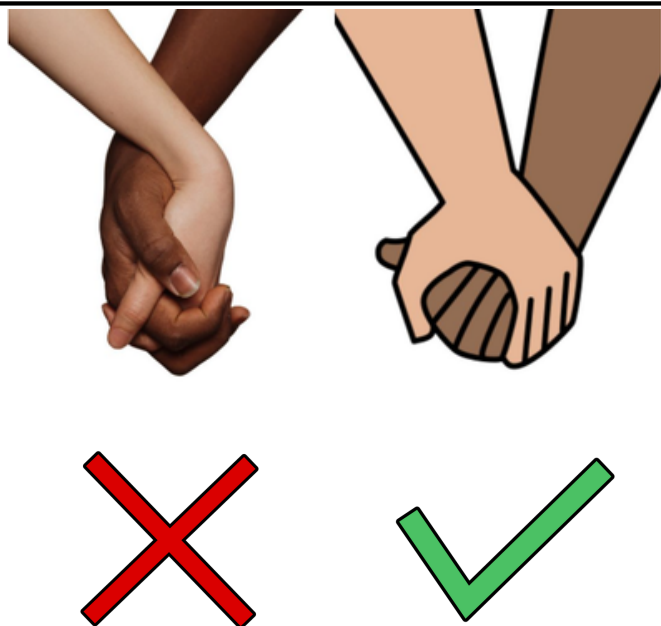


This booklet has drawings of:

- private body parts
- people with no clothes on
- sexual touching (with underwear on)

These drawings are there to help you understand.

About this booklet



There are no photos of real people's private body parts in this booklet.

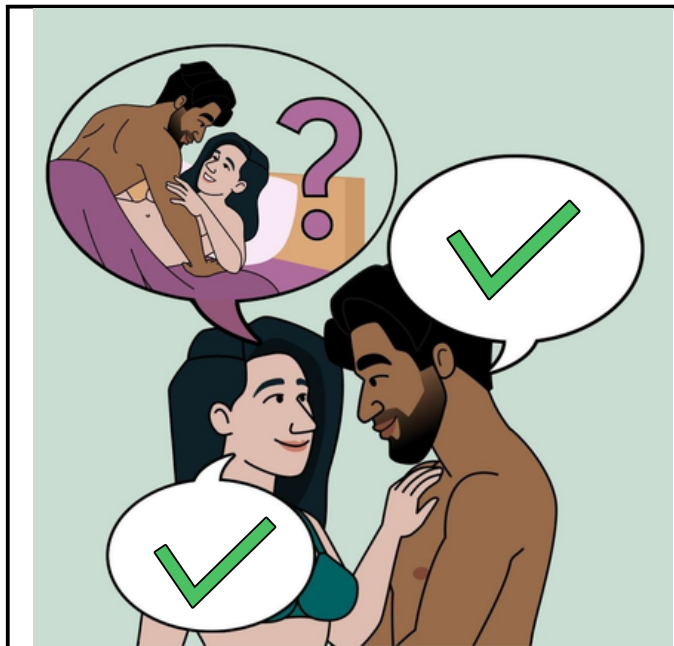


It is ok to see these drawings when learning about sexual consent and the law.



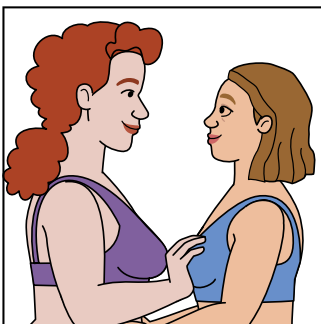
If you have any questions or feel upset about anything you read, it is good to speak to an adult you trust.

Sexual consent and the law in Scotland

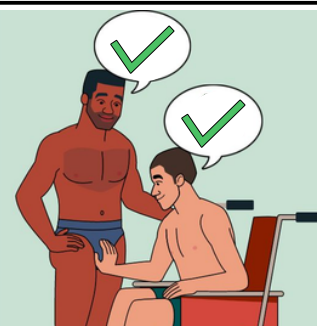


The law in Scotland says you can only have sex with someone who consents to having sex.

Consenting to sex means both people agreeing or saying yes to having sex.

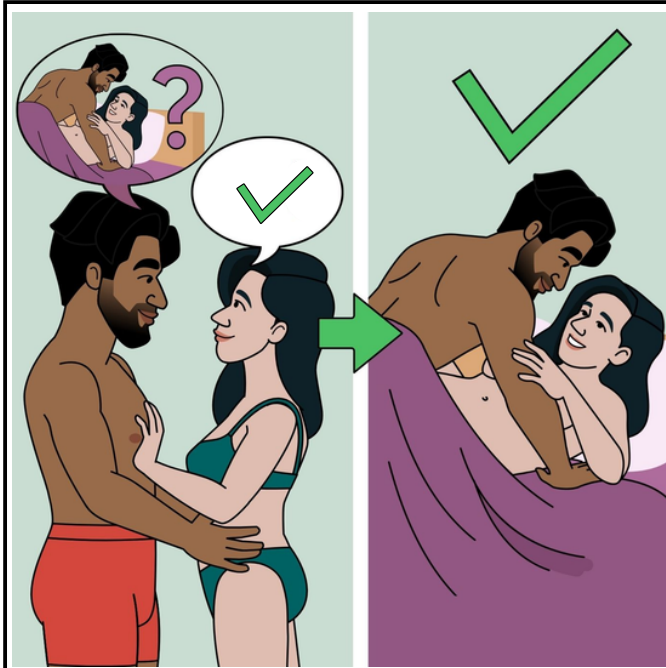


In Scotland, people can have sex with someone of the same gender or a different gender.



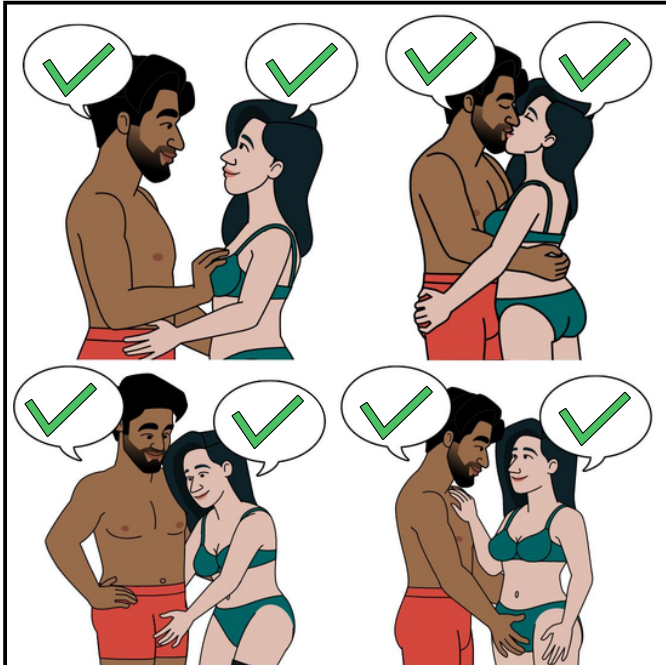
You need to get consent and give consent for every kind of touching or sexual activity.

Sexual consent and the law in Scotland

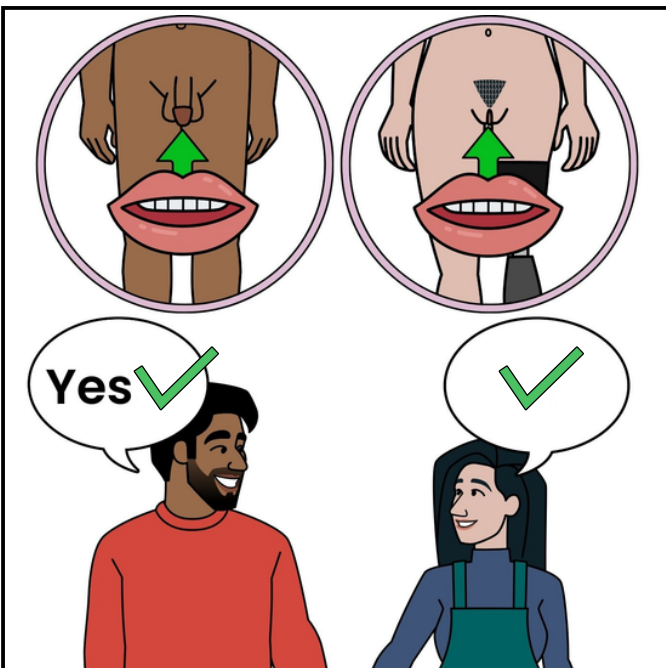


It is important to ask your partner if they want to have sex before any touching or sexual activity starts.

Only have sex if your partner consents and wants to have sex.



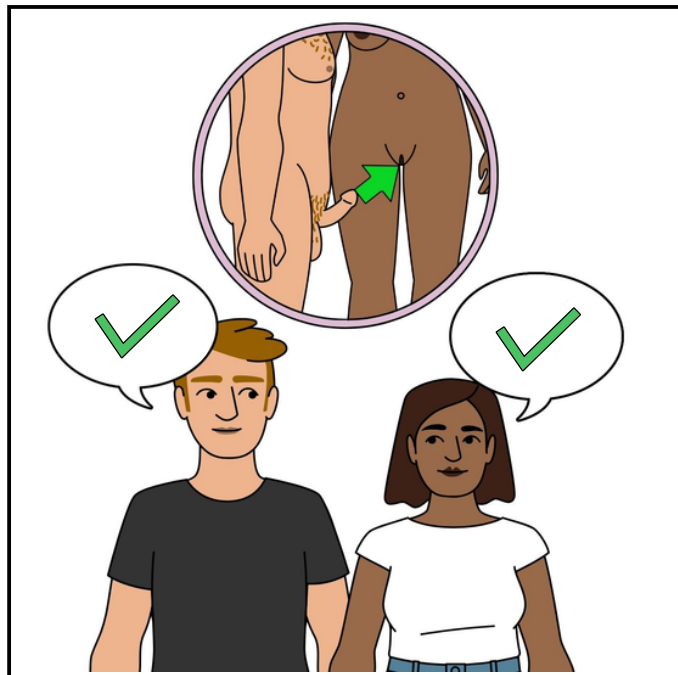
You need consent to touch your partner's private body parts.



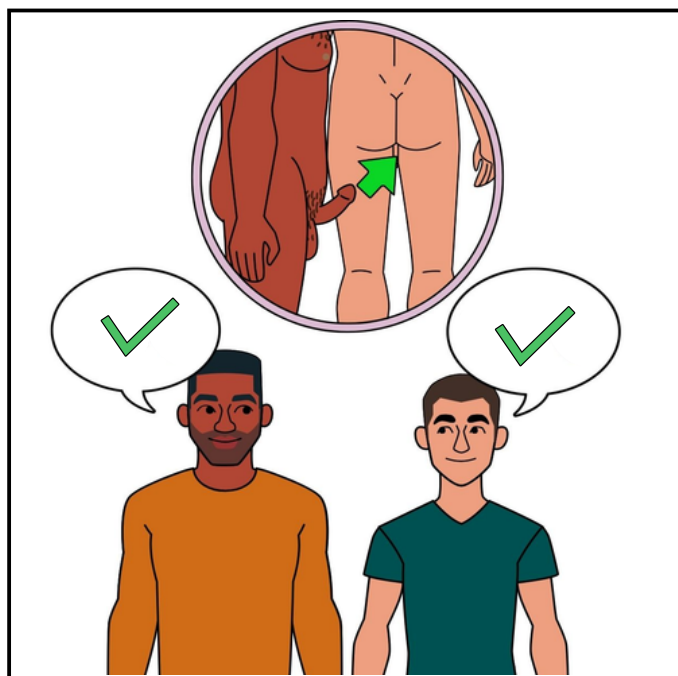
You need consent to have oral sex.

Oral sex is when partners use their lips or tongues to touch each other's penis or vulva.

Sexual consent and the law in Scotland



You need consent for penis in vagina sex. This is when the penis goes inside the vagina.



You need consent for anal sex.

Anal sex is when a person puts their penis into their partner's anus (bottom).



Always tell your partner if something does not feel good or if you change your mind.

If sex does not feel good for either of you, you can stop anytime.

Sexual consent and the law in Scotland



You have the right to say no.

Your partner must not pressure you to change your mind or try to have sex with you if you do not consent.



You must respect your partner's choice to say no.



If your partner does not give consent, do not pressure them to change their mind.

Do not try to have sex with them.

Sexual consent and the law in Scotland



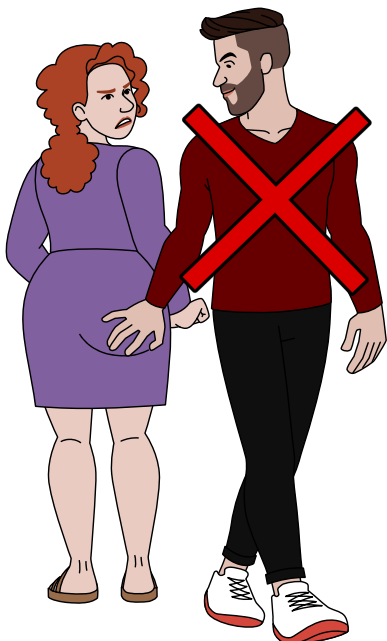
A person who is asleep cannot consent to sex.

It is never ok to have sex with someone who is asleep.



A person who is drunk or has taken drugs cannot consent to sex.

You should not have sex with someone who is unconscious, drunk, or high on drugs.



Any unwanted sexual behaviour — like sexual jokes, comments, touching, staring, or showing private parts — is sexual harassment.

It is against the law.

Sexual consent and the law in Scotland



When a person touches someone's private body parts, or kisses them without their consent this is called sexual abuse or sexual assault.

It is against the law.



When someone puts their penis in your vagina, mouth, or anus, without your consent, this is called rape.

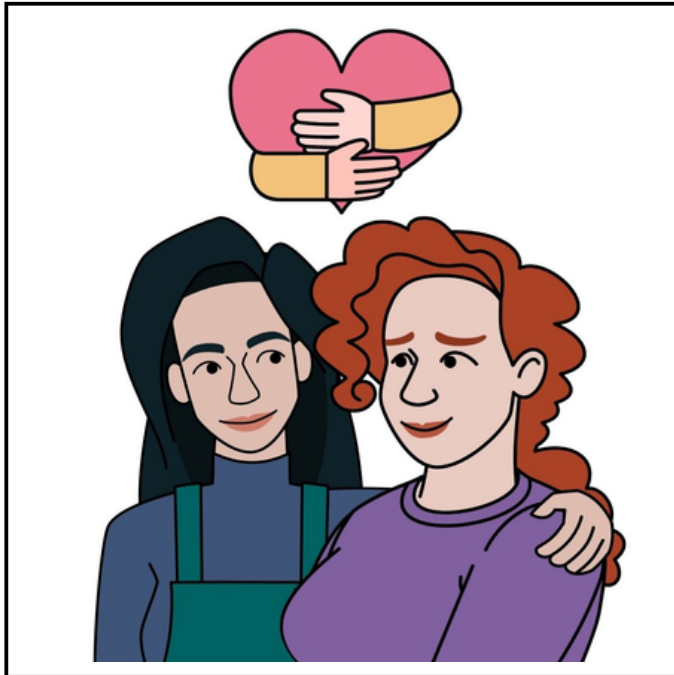
It is against the law.



If someone offers you gifts, alcohol, drugs, or money to do sexual things this is called sexual exploitation.

It is against the law.

Sexual consent and the law in Scotland



You do not need to cope on your own. You should speak to an adult you trust if someone tries to have sex with you when you did not consent.



You can help from Rape Crisis Scotland. Get in touch any day between 5pm – midnight.

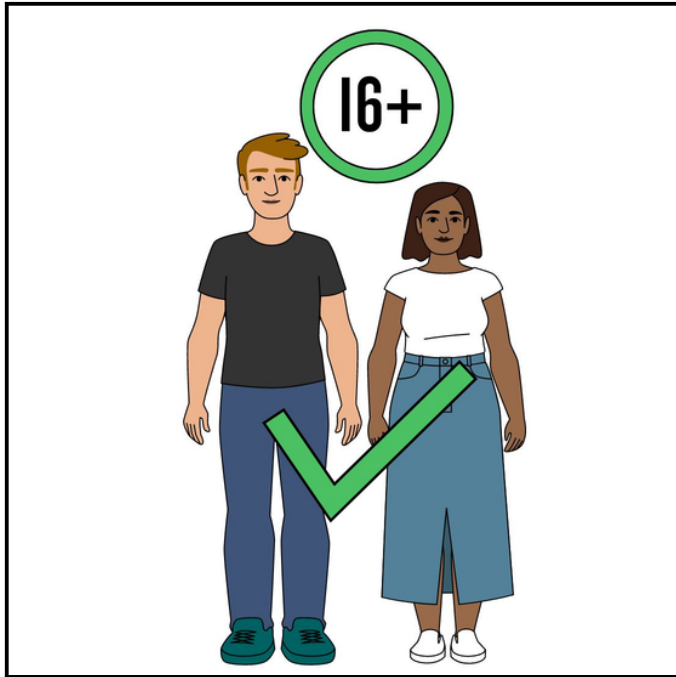
- call 08088 01 03 02
- text 07537 410 027
- email

support@rapecrisisscotland.org.uk



If you are in danger or need urgent medical attention, call 999.

Sex and the law in Scotland – age

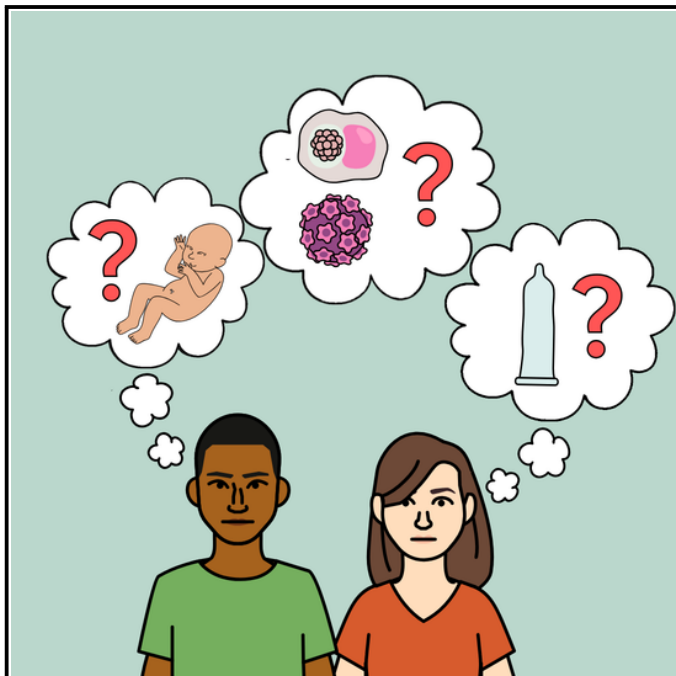


The law in Scotland says people should be 16 years old, or older, before they have sex.



The law says that people having sex need to know:

- what sex is
- the risks of having sex
- how to keep themselves safe



People who are younger than 16 might find it hard to make the decision to have sex and keep themselves safe.

Sex and the law in Scotland – age



Anyone under 13 cannot consent to any sexual activity. This law is to keep children safe. This includes:

- sex
- any sexual touching including kissing
- romantic relationships



The legal age of consent in Scotland is 16. It is best to wait until you are 16 or older to have sex.



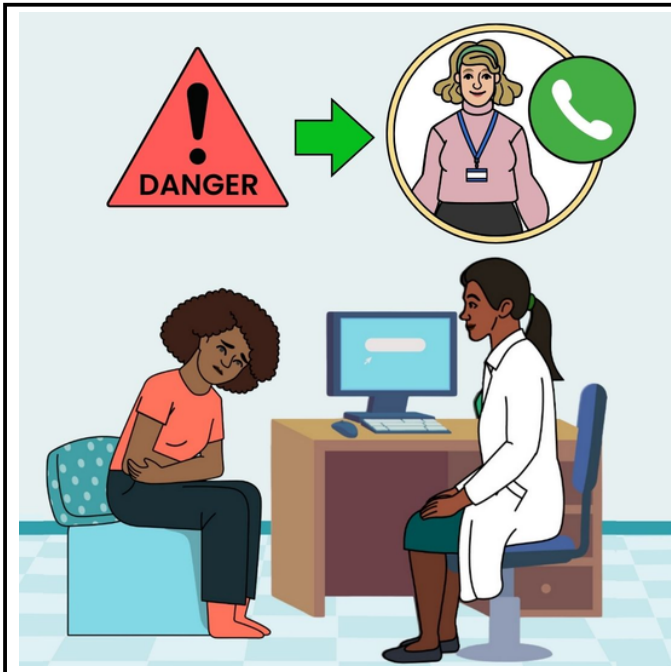
Young people aged 13 and older have the right to access free sexual health advice, help, and treatment.

Sex and the law in Scotland – age



These services are confidential.

This means the information you share with that service will stay private.



If the service thinks you are in danger or need further support, they may share some information with another professional to keep you safe.

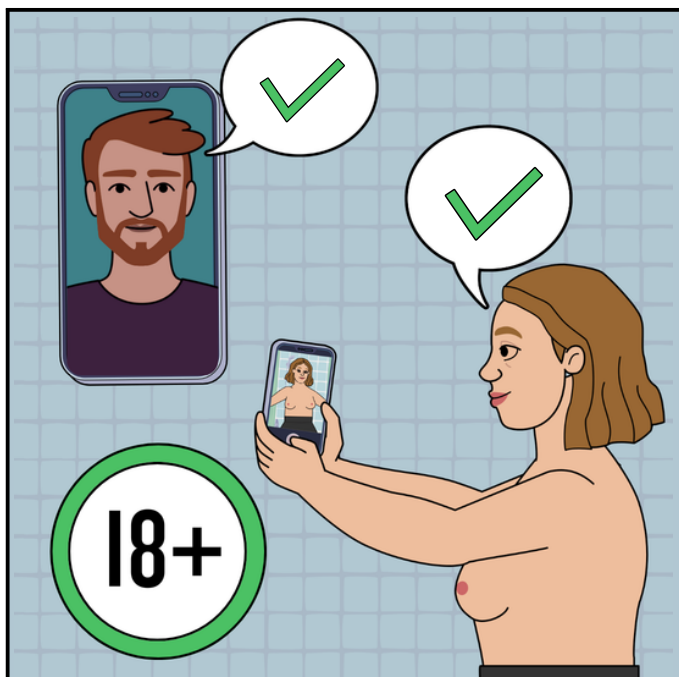


You can find services near you at www.healthyrespect.co.uk/etu/find-sexual-health-services-near-me

Sex and the law in Scotland – online

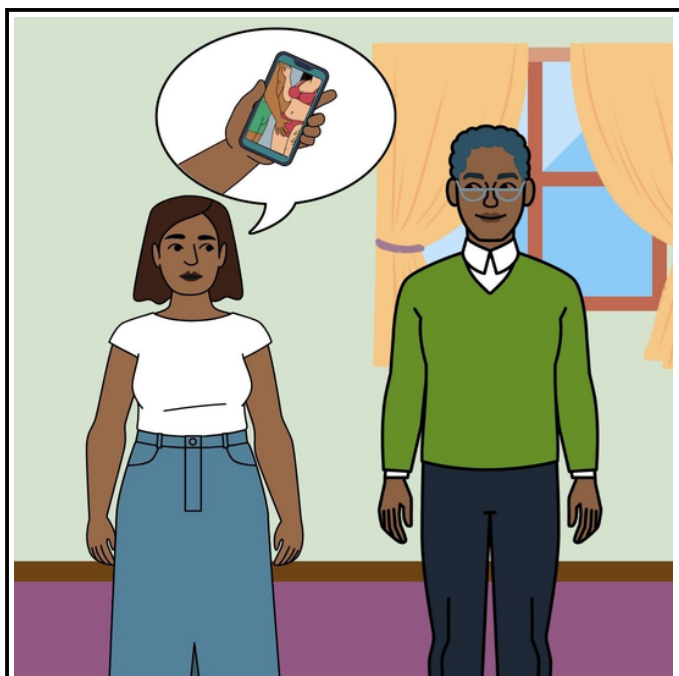


Taking, sharing or having a naked picture or a video of someone under the age of 18 is against the law.



If you are over 18, you must always get consent before sharing pictures or videos of private body parts.

These are sometimes called 'nudes'.



If you are worried about a nude you have shared or something you have seen online, there are people you can talk to.

Sex and the law in Scotland – online



If you are worried about online abuse or how someone is talking to you online, the CEOP (Child Exploitation and Online Protection) can help. Report to www.ceop.police.uk/safety-centre/



How can we help you?

If you are worried about your own or someone else's sexual thoughts, feelings, or actions, you can find help at shorespace.org.uk

Shore is a safe online space for teenagers.

People who cannot have sex with each other



It is against the law in Scotland for sex to happen between some people. These laws are to keep you and others safe.



It is against the law in Scotland to have sex with your family.

This could mean your:

- parents
- brother or sister
- aunt or uncle
- grandparents
- foster carers
- cousins



It is against the law in Scotland to have sex with a child. This is anybody aged 12 or younger.

This law is to keep children safe.

People who cannot have sex with each other



If someone who takes care of you as their job tries to have sex with you, they have broken the law.

This could be a:

- support worker or carer
- nurse
- doctor



If a teacher or person who works in your school tries to have sex with you, they have broken the law.



If someone who works at any clubs or groups you go to, like sports clubs or youth groups tries to have sex with you, they have broken the law.

Talk to someone you trust if you are worried



Tell a person you trust if any of these people has had sex with you or tried to have sex with you.

You could tell:

- your support worker
- a nurse or doctor
- a police officer



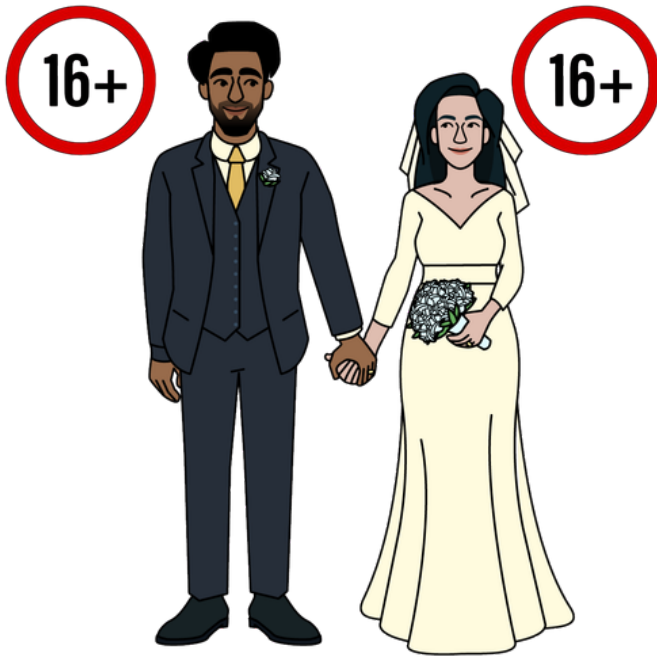
If you need to talk to someone, Childline can help:

- phone 0800 1111
- or chat online with a counsellor

Scan this QR code to chat with a counsellor.

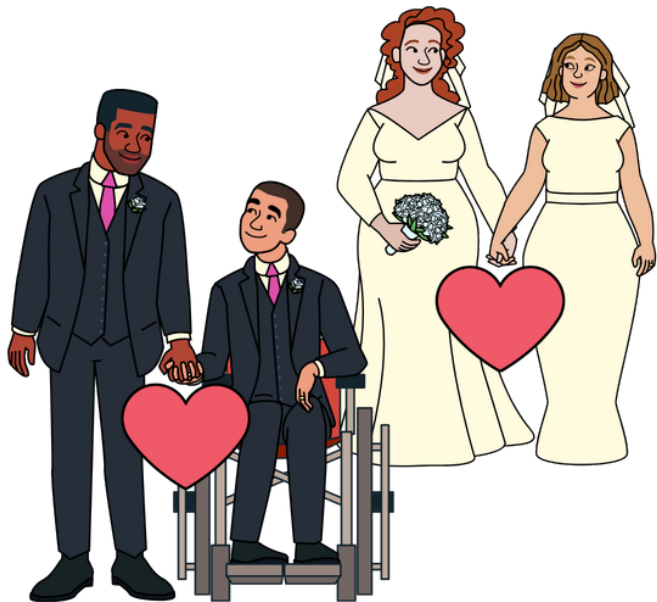


Marriage



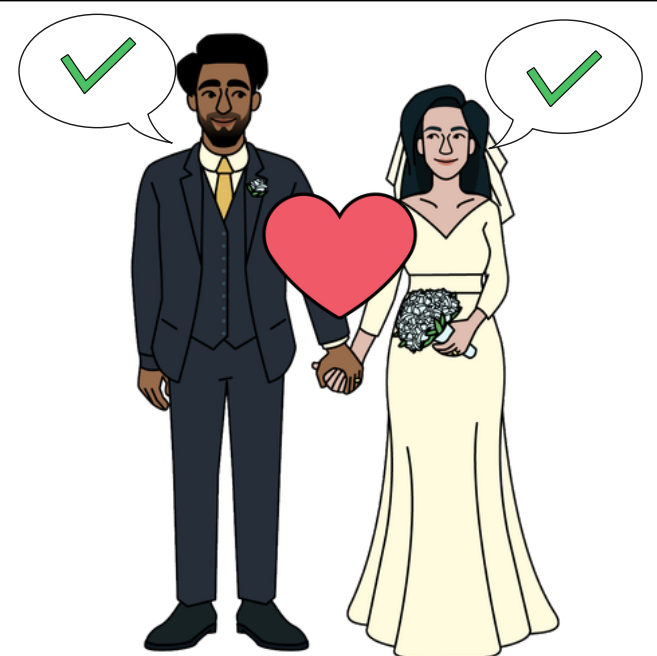
In Scotland the law says you must be 16 years old or older to marry.

Both partners getting married must be 16 years old or older.



In Scotland the law says you are allowed to have romantic and sexual relationships with people the same gender as you.

You are allowed to marry someone the same gender as you.



Both people getting married must consent to the marriage.

Marriage



In Scotland it is against the law for anyone to force another person to marry.



The law in Scotland says you need to get consent from your spouse (married partner) to have sex.

It is against the law to force or pressure your spouse to have sex.



If anyone is trying to force you to get married speak to someone you trust.

Tell the police if someone tries to force you to get married.

If you are in danger, call 999 and ask for the police.

Where can I get help



Support is also available 24 hours a day, 7 days a week on Scotland's Domestic Abuse and Forced Marriage Helpline.

Phone: 08000271234

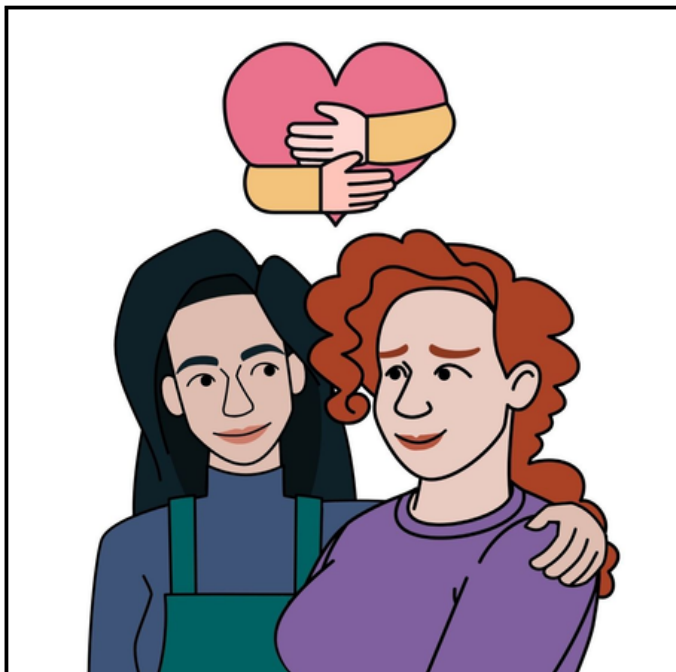
Text: 07401288595



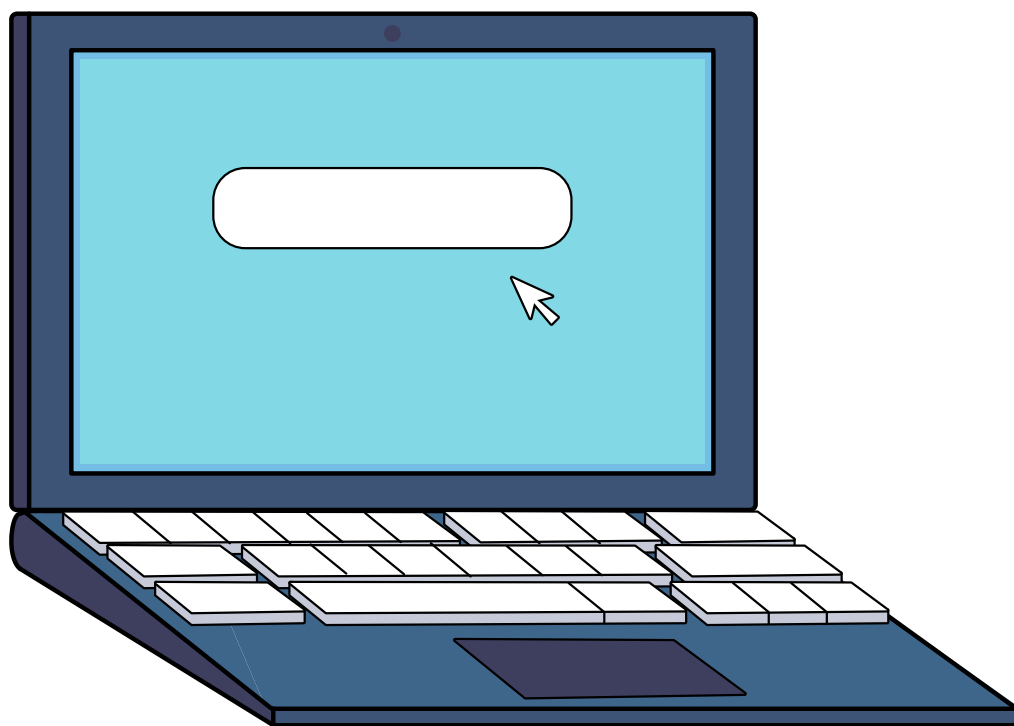
If you do not know what to do or where to go after a rape or sexual assault (sexual abuse). You can phone the sexual assault response co-ordination service (SARCS).

24 hours a day, 7 days a week
Phone 0800 148 88 88.

Calls are free.



Everyone in Scotland has the right to feel safe and protected from harm.



To view the web page version of this guide and more easy read information about relationships, sex, bodies, and more, visit:

www.healthyrespect.co.uk/etu

You can also scan this QR code to visit the page:

