

# Caring for Me

**I will be doing what I can to keep myself safer from sexual violence if:**

- I can say 'NO' to any sexual activity that I am not ready for or not interested in.
- I take 'NO' for an answer.
- I know if I am feeling uncomfortable there may be a good reason and it's ok to act on that.
- I am clear in my communication.
- I know my personal boundaries.
- I allow for other people's personal boundaries.
- I know that I cannot give consent legally when I am under 17 years of age.
- I know that I cannot get consent legally if the other person is under 17 years of age.
- I understand and take into account that alcohol/drug use will affect other people's judgement.
- I understand and take into account that alcohol/drug use will affect my judgement.
- I know that alcohol/drug use makes it more difficult for me to work out people's intentions or understand danger.
- I know where to turn for help if I experience sexual violence.

Note: Invite participants to get the 24 hour helpline number or download the app  
[www.rcni.ie/apps](http://www.rcni.ie/apps)