



KHPA Parent Talk

October 1st 19:30

Dr Siobhan O'Higgins, Post Doctoral Researcher,
School of Psychology, NUI Galway.

'Smart Consent'

Dr O'Higgins is one of the authors of a report on sexual consent, published by NUI Galway last year, which painted a worrying picture about most college students not being well prepared for managing the sexual decision-making scenarios likely to arise when they get to college.

Dr O'Higgins says open and honest conversations about relationships and sex is where the groundwork is laid for the decision-making later on. At its heart, she says, it is about "being able to form a meaningful relationship with another human being, about trust, about knowing when it is OK to go further and understanding about not being pushed, as you grow into a sexual being. If you talk to people before they are put into a situation, and discuss 'what would I do', and four years later are in that situation, they are empowered".

On Tuesday Oct 1st, Siobhan will be talking about 'Smart Consent' the importance for parents to be able to talk to their teenagers about relationships and sexuality, debunk some of the fears parents have, some of the context of teenage reality and what we know about how this effects young people in college. Siobhan will also explore consent and how it is shown and the value of active consent. Siobhan assures us that although the topic is serious her talk is actually entertaining.

Find out more at <http://studenttalks.ie/smart-consent/>



The KHPA can be contacted at parentsassociation@thekingshospital.ie