



THE POMPADOUR

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The Pompadour is a resource for anyone who wants to learn about respectful sexual relationships.

 **White Ribbon**
Australia

WHAT IS THE POMPADOUR?

Looking to up your game when it comes to respect, love, and sex? Well, look no further than the Pompadour! The Pompadour is your go-to guide for making navigating sex and consent.

Consent is more than just a yes or a no. It's about making sure everyone involved is on the same page and totally into it. Consent needs to be enthusiastic, from before you start, to each time you try something different. We're here to talk you through enthusiastic consent. We'll even give you the handy N.U.D.E. consent checklist, so you can make sure sex is always a consensual, respectful experience.

RULES OF CONSENT

In The Pompadour, we've got five key consent reminders that are essential for every guy to know. Let's break 'em down real quick:

"YES" DOES NOT MEAN "YES" FULL STOP	It's important to keep the communication lines open throughout your intimate encounters. Make sure you're both continuously expressing your desires and boundaries.
"NO" MEANS NO, PLAIN AND SIMPLE.	When someone says no, respect their decision without question. It's all about establishing trust and fostering a safe environment.
IF THINGS ARE FEELING TENSE, TAKE A MOMENT TO CHECK IN.	Pay attention to the verbal and non-verbal cues your partner is giving you. Communication is key, my friend.
ALWAYS BE ON THE LOOKOUT FOR RESPECT AND COMFORT.	Consent isn't just a one-time thing; it's an ongoing process. Prioritize the well-being and comfort of your partner at all times.
NEVER ASSUME, AND ALWAYS RESPECT BOUNDARIES.	Don't make assumptions about what your partner wants or is comfortable with. Open and honest communication is vital to ensure both of you are having a great time.

HOW DO YOU RESPECT YOUR PARTNER?

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TAKE RESPONSIBILITY FOR YOUR ACTIONS

They're your choice. Ask yourself, "If I was the kind of man I'd really like to be, what would I do?" Ask her how you can communicate better, and really take it on board. Do what you can to improve things for everyone.

E

TREAT YOUR PARTNER AS AN EQUAL

Treat your partner as an Equal. She's her own person, as important as you are. You don't need to have all the power – make decisions with her, not for her.

S

SAY HOW YOU FEEL

Say how you feel. Share stuff, even the scary stuff. Talk about your worries and how you'd like things to turn out. Start sentences with "I feel".

P

LISTEN TO OTHER POINTS OF VIEW

Listen to other Points of view. Value her views as much as you value your own. Think about what she says and take it on board. Ask questions; you'll learn new stuff.

E

EMPATHISE WITH YOUR FAMILY

Empathise with your partner. Imagine how it feels to be in her shoes, and if you can do something to make it better, then do it.

C

CHALLENGE SET BELIEFS

Challenge set beliefs. Question assumptions about how men and women have to act, and what media or advertising keep reinforcing. Find your own way and let each person choose how they'll behave.

T

TELL YOUR KIDS YOU LOVE THEM

Tell her you appreciate what she does for you. Notice how she improves your life and makes you a better person. Tell her.

WHAT IS A RESPECTFUL SEXUAL RELATIONSHIP?

A respectful sexual relationship is when everyone:

- Knows they can say 'no' at any time, and are also able to say 'yes'.
- Finds the experience positive and is enthusiastic for more.
- Has sex to connect and express affection.
- Can be themselves.
- Lives by their values and who they are, and avoids any scripts.

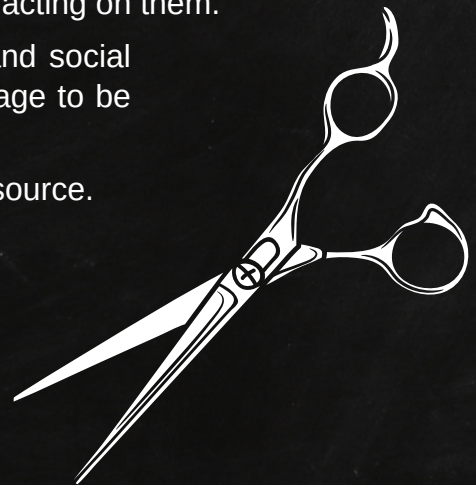
That's it. Pretty good, right? You can do this.

WHERE ARE YOU AT?

Sexuality is different for everyone, but what's important is that YOU:

- Know who you are, and are comfortable with your body. That includes your sexual orientation and gender identity.
- Express your sexuality in ways that match your values, while also respecting the rights of others.
- Can show love and affection, and accept it too.
- Respect the sexuality of others, especially when they're different from you.
- Enjoy your sexual feelings without necessarily acting on them.
- Are aware of all the family, cultural, media, and social messages about your sexuality, and still manage to be yourself.
- Find out things you don't know from a trusted source.
- Only have sex that is honest, pleasurable, consensual and safe. We'll talk more about this later.

You might want to talk to someone about this stuff, just so you're clear. Talking always helps.



ENTHUSIASTIC CONSENT IS SEXY

The best sex is when both your partner and you are enthusiastic about it. Whatever you're doing, and whoever you're doing it with, enthusiastic consent is always your starting point. **Consent** is much more than a "yes" or a "no". It's an ongoing talk about desires, needs, and comfort with different sexual interactions.

Remember – you don't ever "earn" the right to have sex with someone. If anything's going ahead, you have to both be into it, all the way. You and your partner **both** get a say on what happens, and you can each change your mind whenever you want to.

YOU'VE GOTTA ASK, NOT ASSUME

Don't just assume your partner is OK with whatever you're doing. **You need to ask, listen and pay attention to how she's acting.** You can only keep going if she's enthusiastic about it too, and actively and equally participating. And even more important, you need to accept what she wants – even if it feels unfair.

DO IT TOGETHER

Being sexual is something you do together. **You both need to be actively and equally participating.** Is she touching and kissing you back? No? Then check in with her.

CHECK IN

Keep checking in. After all, relationships and sex can involve lots of different activities – **saying yes to one thing doesn't mean you say yes to everything.** Before you take it a step further or change things up, ask if she's OK with it. It doesn't have to be awkward – checking in could be as simple and as sexy as asking "would you like to take your shirt off?". And no pressure if she says no. You also get to say what you're OK doing.

EVERYONE HAS TO BE ABLE TO SAY YES

If a woman is out of it from alcohol or drugs, she can't give you the big thumbs up. Obvious, right? Here's how it works. Not saying "no", or allowing something to happen, or not resisting, being silent, doesn't mean she's giving you consent. **You need a clear, enthusiastic YES to go ahead.** And underage girls cannot give consent at all.

NO PRESSURE

Consent only counts if it's given freely – that means no threats or tricks, including things like guilt trips or the silent treatment. Having sex like that isn't just a crappy thing to do, it's also illegal. If you're hooking up regularly, then develop your own ways of showing you're both keen and into it.

YOUR ENTHUSIASTIC CONSENT CHECKLIST

Take a second before you proceed to think	✓
Have I thought about what I really want, here, with this person? Be honest with yourself and the other person. Check what your values tell you is right.	
What do they want here? Get more info by asking them.	
Does it fit the NUDE Acronym? The NUDE Acronym below can help you make sure all consent is given willingly and enthusiastically.	

N NO STRINGS ATTACHED. THEY'RE FREE TO SAY YES OR NO THEY PLEASE.

U UNDERSTOOD. THEY KNOW WHAT WILL BE INVOLVED. EVERY ACTION REQUIRES UNDERSTANDING AND CONSENT.

D DELIBERATE. THEY AREN'T UNDER THE INFLUENCE OF ALCOHOL OR DRUGS, AND AREN'T BEING PRESSURED TO PARTICIPATE.

E EMPHATIC. IT NEEDS TO BE A DEFINITE, CLEAR YES. A MAYBE, SILENCE, OR HESITATION SHOULD BE TREATED AS A NO.

BE TRUSTWORTHY

A good relationship, and an enthusiastic sexual relationship, comes from you and your partner feeling safe with each other. So, work on being trustworthy in all the things you do together.

Being trustworthy is sexy.

It sounds super cheesy, but sharing your real thoughts and feelings helps your partner (and people in general) understand and connect with you. This means being direct and not playing power games. If you like someone and want a relationship, or even if you've been together for a while, make your affection obvious by listening, asking questions, talking, being helpful, showing warmth and with non-sexual touching.

Don't forget sharing your feelings, offering genuine compliments, being interested in her activities, respecting her moods and feelings, and saying what you appreciate about her. All of that, all the time, is part of a good relationship – and a big part of a respectful sexual relationship.

Men, women – don't believe everything you've heard.

Question all the messages you've got over your life about being a man. And all the messages about sex. They'll have come from your family, peers and culture, and all the TV shows, movies and ads you've seen, not to mention the porn that's around now. **Choose the messages that are helpful to you, and the way you want to live by your own values.**

Let go of old scripts for how men and women should be together, and make your own choice about what being a man means to you. Break out of the 'man box' and be the person you really are.

For example, you might've heard that as a man you have a right to sex, or you have to take the lead. Your partner will most probably disagree and women have their own feelings too. So, sort out together what you and your partner are most comfortable with, regardless of messages.

Everyone's an individual, so be open to how each person behaves and feels. Chucking out old scripts about how men or women should act makes it much easier for everyone to choose for themselves. You and your partner get to make it up together.

Life doesn't have a script – you direct your own movie. **When it comes to sex, be open to making it up together**

YOU'RE BOTH EQUAL

Lots of the messages men get are about being in charge and having more power than women.

These messages make it easy for men to think this is how things are, rather than choosing what's right, and what's best for respectful relationships with women.

When it comes to sex, feeling you must be in charge makes the sex about your power, rather than the two of you sharing your equal power to have a positive experience together.

Sex is something you do together, as two equal adults.

And remember, always being in charge is a lot of pressure you don't need.

PORN – WHAT'S THAT ABOUT?

Ask questions – Who has the power? Does everyone give their consent? How much of porn shows rape? As well as showing sex, porn often uses violence against women. This can be verbal or physical, and is mostly about men dominating women. Check out how much violence or abuse there is, and who uses it – mainly against women. Ask yourself, how is porn affecting your attitude about violence against women, and even your behaviour towards women?

Remember, porn can easily become a habit. The more you see, the more it will control what turns you on. So, consider how porn affects you, and make sure you're in charge of your sexuality. **You still want to be turned on by real bodies, real situations and real relationships. And real respect.**

Porn is made to be sexually arousing. It's like an action movie, with exaggerated make-believe drama. It's too unrealistic so you won't be able to imitate it. Porn is also unrealistic about how women and men look. So, keep your expectations real and focus on being real yourself – your confidence and relationships will be way better.

By developing your own skills to have good, real sex, your life will be more satisfying in every way possible. Real relationships are between equal, consenting adults.

TAKE CARE DOWN THERE

Sex is fun, and serious too.

You need to share the responsibility for contraception and protection – don't just assume she's on the pill and hope it'll all be good. When you're just getting together, use a condom. It's the easiest, most effective way to protect against STDs and pregnancy. And it shows you're a trustworthy guy.

If you're getting more committed, talk about what's best for you both. This can be a bit awkward at first, but bringing it up early on helps you get closer.





THE BARBER SHOP



A huge thank you to White Ribbon New Zealand, who allowed us to adapt this resource for the White Ribbon Australia Barber Shop.

White Ribbon New Zealand. (2020). Respectful Sexual Relationships. Retrieved from <https://whiteribbon.org.nz/wp-content/uploads/2018/11/Toolbox-Respectful-Sexual-Relationships-White-Ribbon.pdf>