

## **Summary of VISCAT (Verbal Informed Sexual Consent Assessment Tool)**

It is important to get a good sexual/social history – Talk with family, staff and others close to the person. Is there any history of abuse or trauma related to sex and, if so, has the person received counseling? In addition to determining ability to consent, this tool can also be used to get a ‘snapshot’ of the person’s sexual knowledge.

### **Assess current sexual knowledge (Suggested discussions questions)**

**Body Parts & their functions (All of them)**

**What is sex?**

**Tell me about the first time you heard about or learned about sex.**

**Is there someone NOW that you can talk to about sex?**

**What are some sexual things that you feel are ok to talk about?**

**Are there sexual things that you feel should not be talked about? If so, what do you think some of these things are?**

**What are some things that two people can do together sexually?**

**Endless list – kiss on the mouth, use their hands to touch each others bodies, use their mouths on each others bodies, vaginal sex, anal sex**

### **Assess current socio-sexual issues**

**Who are the most important people in your life?**

**Is dating important to you?**

**Have you had sex within the past year?**

**Have you had sex with someone when you did not want to?**

**If you had a problem with someone hurting you or forcing you to have sex, what would you do?**

**Can you give an example of what you can do with a date in private that you can not do in public?**

**Who do you think is in charge of making decisions in your life?**

### **Use scenarios such as:**

**Imagine that you are in a private place with a person you have kissed, hugged and touched before. Now this person unzips their pants and asks you to put your hand inside. What do you think this person is asking you to do? What would you do?**

**Note: If the client says they are willing to engage in this activity, ask, what if you didn’t feel like touching this person?**

### **Safe Sex questions**

**When a man and a woman have sexual intercourse, the woman can become pregnant. What can you do to not get pregnant?**

Sometimes two people have sexual behaviors, such as intercourse, oral or anal sex and if one person has an infection the other person can get it. What can a couple do not to get an infection?

### **Legal/Illegal questions (Again, an endless list)**

Do you know of any sexual behaviors that are against the law?

Is it ok to watch a 'porno' film?

Is it ok to pay money to have sex?

Is it ok for an adult to have sex with a child?

What is a child?

The VICSAT workbook has a grid that allows you to indicate a "YES" or "NO" answer to one of five Principles of Informed Consent \* (Listed below)

### **Five Principles of Sexual Informed Consent**

Client demonstrates:

1. An awareness of the nature of sexual acts and the ability to choose to engage or abstain.
2. An understanding of how to avoid unwanted pregnancy or STIs
3. An understanding of the need to restrict sexual behavior to certain times and places
4. An understanding that certain sexual behaviors are illegal in this state
5. The ability to identify harmful situations and to avoid being exploited.

The results of this process are that the person falls into one of the four groups:

1. Client fulfills requirements of principles and can give verbal informed sexual consent. This determination is made ONLY if all 5 of the above principles are answered "YES"
2. Client is able to give verbal consent and would benefit from services indicated below (Only is YES to all five principles).
3. Client cannot give verbal informed sexual consent at this time. Requires services listed below.
4. The client's ability to provide verbal informed sexual consent is vague and could not be determined. (Refer to a Sexuality or Ethics' Review Committee)

### **Services and targeted need**

- Education – Example: Learn more about PA Law
- Counseling – For any past abuse or unwanted sexual interactions
- Skills training – Relationships: Difference between a friend, boy/girl friend, partner
- Program Planning – plan more 'together time' with other person – invite to dinner, movie, etc

