



**STEALTHING**

**TEACHING PACK**

**Supplementary document**

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# ABOUT

This document was created and distributed by CERT Scotland. If you have any questions about the contents of this document please contact us at [cert.campaigns@gmail.com](mailto:cert.campaigns@gmail.com)

This is a supplementary document to CERT Scotland's Stealthing Teaching Pack. It contains a summary of the key topics covered in the teaching pack and blank worksheets with scenarios drawn from stealthing victim-survivor testimonies. These worksheets are intended to be used as a learning exercise to aid those wanting to deepen their understanding about these issues.

For full analysis of the common themes of stealthing, annotated scenarios and example answers to the questions in the worksheets, please refer to CERT's Stealthing Teaching Pack.

Content Warning: References to alcohol use, descriptions of sexual assault.

# SUMMARY OF KEY TOPICS

## Definition and Legal Status

Stealthing refers to the non-consensual removal or tampering of a barrier method of contraception before or during a sexual encounter.

Under the Sexual Offences (Scotland) Act 2009 Section 15 (2), “consent to conduct does not of itself imply consent to any other conduct”. Case law has established that stealthing is a form of sexual assault, as demonstrated by the 2023 Glasgow High Court ruling against Luke Oscar Ford—the first conviction of stealthing in Scotland.

## Common Themes in Stealthing Experiences

- *Lack of Awareness:* Initial lack of understanding and recognition of stealthing as sexual assault and of themselves as victims of sexual assault.
- *Physical Health Impacts:* Increased risks of STIs and unintended pregnancies.
- *Loss of Reproductive Autonomy:* Experiences of violations of bodily and contraceptive autonomy and disempowerment of contraceptive choice.
- *Emotional and Mental Health Impacts:* Trauma, anxiety, PTSD, depression, feelings of shame, self-blame, and violation, as consequences of stealthing.
- *Downplaying the Experience:* A shared sentiment among victim-survivors’ that their experience was not ‘bad enough’ to be considered rape.
- *Long-Term Effects:* Ongoing issues with intimacy, trust, sexual health, and overall well-being, as consequences of stealthing.
- *Stealthing and Alcohol:* Lack of understanding of the influence of alcohol and drugs on one’s capacity to consent.
- *Perpetrator Responses:* Gaslighting and other coercive, controlling behaviour. Perpetrators commonly make excuses about pleasure, prioritising their own pleasure over the partner’s health and autonomy.
- *Confiding in Others:* Victim-survivors hesitate to tell others due to stigma, lack of understanding, and fear of social repercussions.

# SCENARIO 1

THE FOLLOWING SCENARIO IS BASED ON STEALTHING TESTIMONIES SUBMITTED TO INSTAGRAM VICTIM-SURVIVOR ACCOUNTS.

“Last year I went on a tinder date with one of the [redacted uni] rugby guys...We had a few cocktails and he was very lovely and sweet so I went back to his, we had sex, and he was very respectful asking if I was okay throughout. We mutually phased out of each other’s lives and then a few months later I booty called him and he came round to mine. We started to have sex again but he was different this time. He was respectful in how he was talking but his actions were different, and despite me insisting that he use a condom he kept trying to put it in without.

He eventually put one on and I put my worries aside and kept going but then he somehow took it off without me knowing and put it in again without. I pretended at this point that I was done and asked him to leave, which he did, as I didn’t want to offend him but I didn’t want him around anymore.

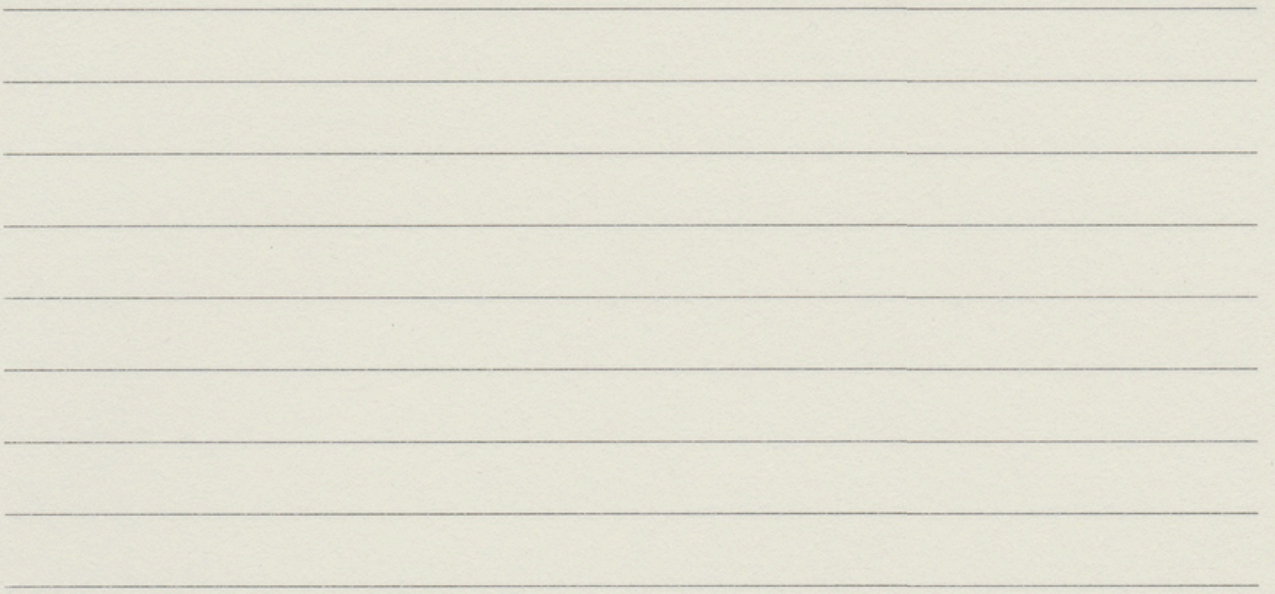
After a while I mentioned this encounter to my close friends as it was playing on my mind why he did what he did and I was confused as to why I felt bad about it. In this conversation I realised what he did was called stealthing, which is legally defined as sexual assault. What happened to me that night affected me mentally much more than I realised and I’ve not let myself get close to anyone since as I’m worried it would happen again.

**Analyse and annotate scenario 1. Make note of the key themes and issues with consent that you can identify in this account.**

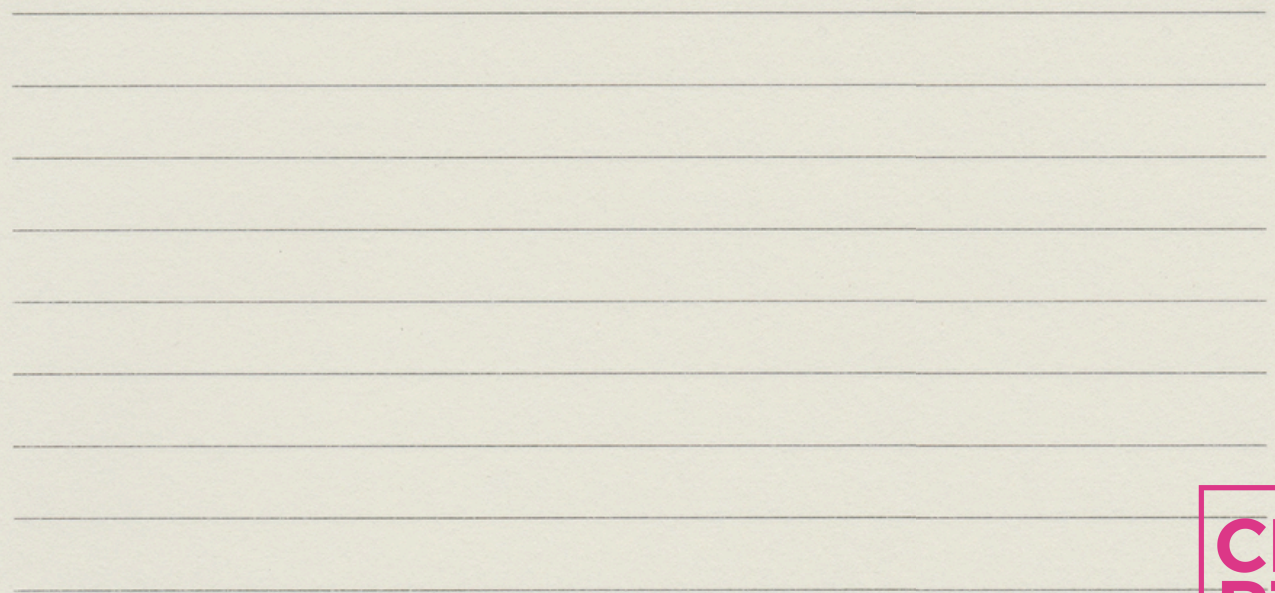
# SCENARIO 1 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

Why was this encounter non-consensual?



Does the fact that the individual had a prior positive sexual experience with Person B affect the validity of the consent? Please give reasons for your answer.

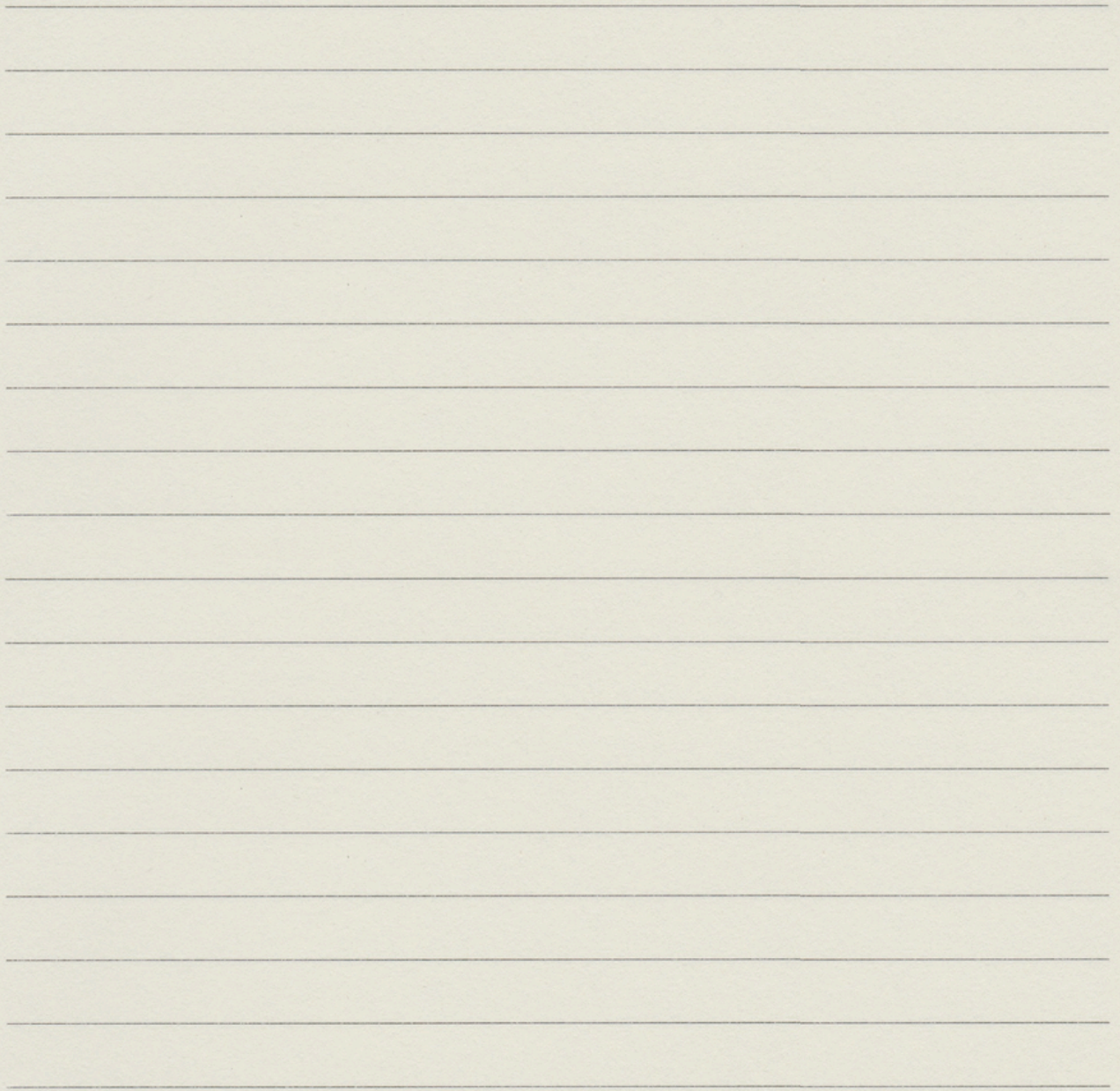




# SCENARIO 1 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

Person A has a delayed response to being stealthed. Does this affect the quality of the testimony?

A large, lined area for writing answers, resembling a spiral-bound notebook page. The lines are horizontal and evenly spaced, providing a structured space for the student to write their response to the question.

# SCENARIO 2

THE FOLLOWING SCENARIO IS BASED ON STEALTHING TESTIMONIES SUBMITTED TO INSTAGRAM VICTIM-SURVIVOR ACCOUNTS.

“I had been speaking to a guy I really liked for about a month. One night I was a bit tipsy and going from the pub and I asked if I could go over. He said yes and when I got [the] there we started kissing etc. I said to him that I wanted to use a condom which was fine. Then I noticed he had taken it off again and was about to enter me. I asked him why he’d taken it off and he said it had broken. He then tried to enter me again but I said no and tried to make him finish as quickly as possible so I could leave.

I never thought about it again until I watched I May Destroy You and saw the main character’s story about stealthing. I was so shaken up about it. I kept thinking if I’d been more drunk or if I hadn’t said no things would have ended very differently.

My friends convinced me to message the guy to try and explain it to him and get some closure. I made sure to keep my message as blameless as possible because he had seemed like a really nice guy and I thought he maybe just didn’t understand how upsetting and serious it is. He responded by slut shaming me and saying that I was ‘more than consenting’ before he’d taken it off and that I shouldn’t go around accusing people of sexual assault.

I hope I never see him again but he’s friends with one of the girls from my team.”

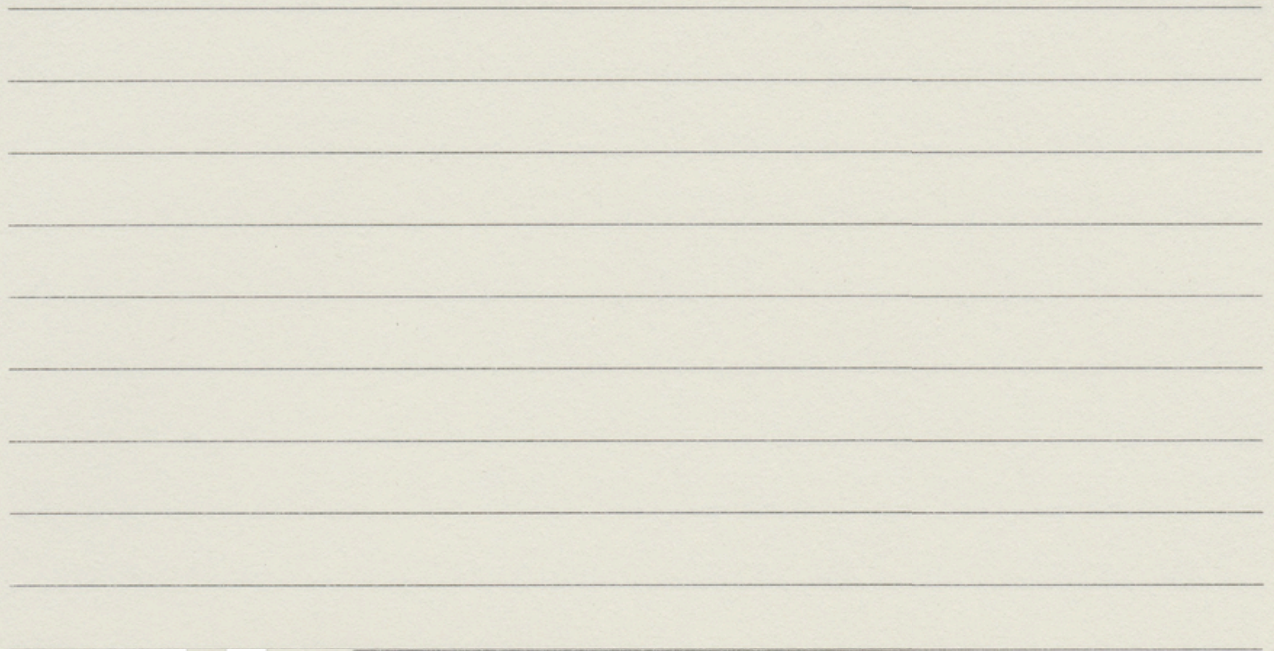
**Analyse and annotate scenario 2. Make note of the key themes and issues with consent that you can identify in this account.**



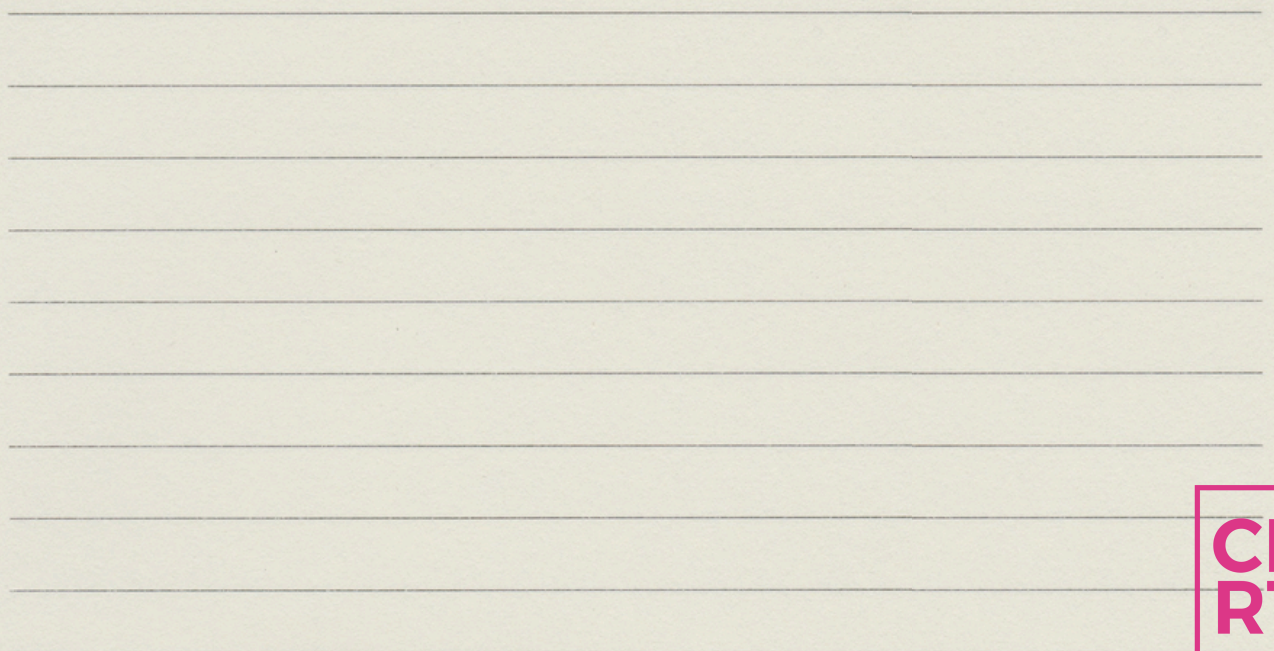
# SCENARIO 2 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

Why was this encounter non-consensual?



Describe the role alcohol plays in this encounter. How can the consumption of alcohol affect the quality of consent in sexual encounters?





# SCENARIO 2 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

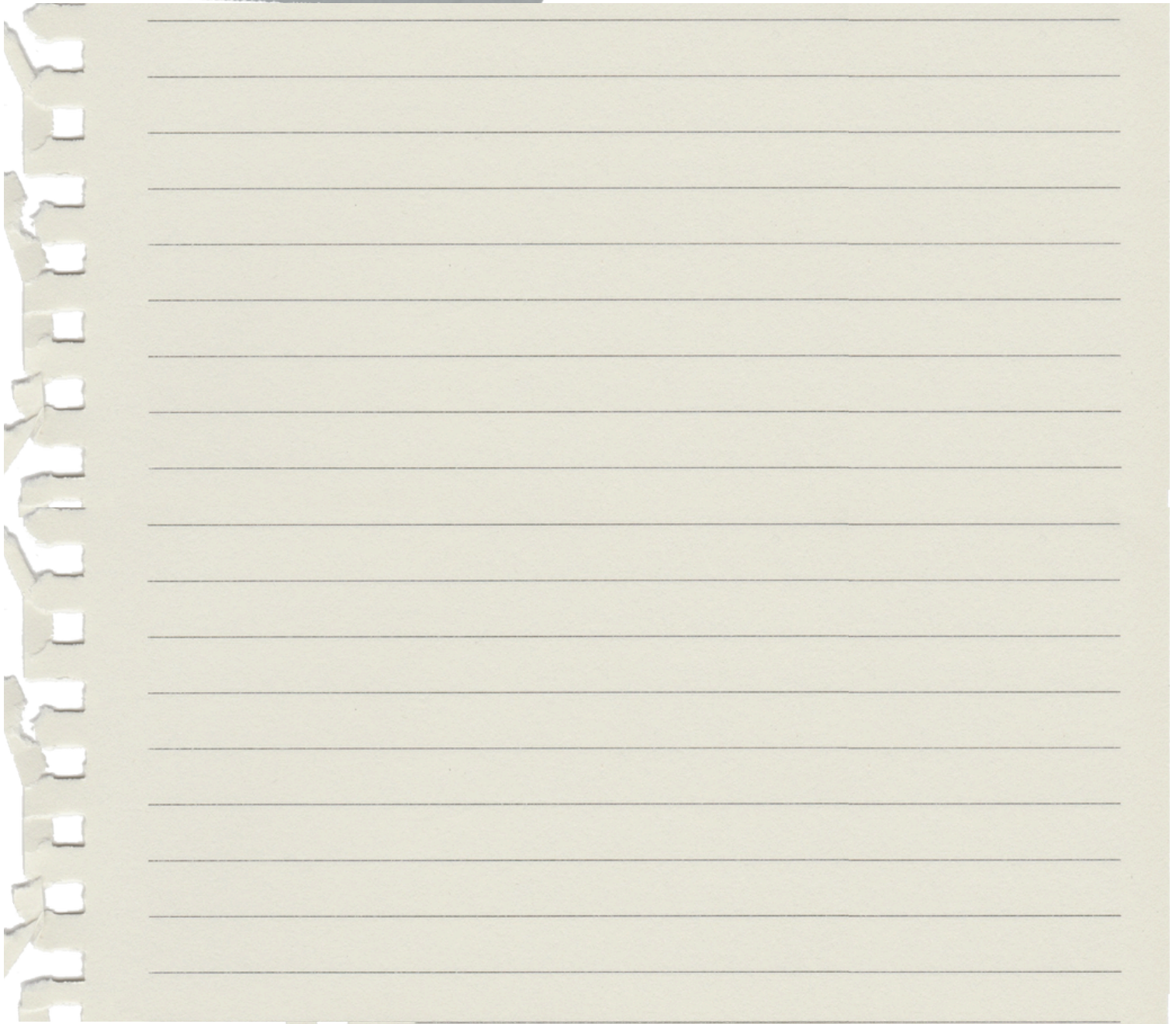
Describe the role media representations of stealthing plays in this scenario

Person A describes how, after reaching out, Person B responds angrily and argues that Person A was 'more than consenting'. Explain why this is not an applicable defence and is not acceptable.

# SCENARIO 2 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

What are the social ramifications of the encounter? Describe how existing social relationships play a role in this encounter.





# SCENARIO 3

THE FOLLOWING SCENARIO IS BASED ON STEALTHING TESTIMONIES SUBMITTED TO INSTAGRAM VICTIM-SURVIVOR ACCOUNTS.

“I went home with a boy after a night out and he’d repeatedly asked if I use condoms and I said yes and I had plenty to use and he said he was fine with that. So we were having sex and then at one point he said “doesn’t it feel so much better without a condom?” and I just stopped and got very freaked out and asked if he had one on and he looked confused and said no. After a minute processing it I decided to continue to have sex with him, which in hindsight I don’t necessarily regret but I wish I had just kicked him out.

The next day I told one of my friends what happened and he was very concerned but I told him it was fine because regardless it was still a fun night and he didn’t mean any harm. It was only after a few months that memories of that night started to make me really uncomfortable, so I ended up confronting him about it, just to make him aware of what he’d done and that it was really bad so hopefully he wouldn’t do it again and then he denied it and blocked me on social media.

A few months after that I read an article on stealthing and how it constitutes as rape, and in a way it validated my feelings because it genuinely feels like such a small thing, which it obviously isn’t because it’s been nearly a year and I’m still recovering from it, but it felt nice to have a label and know that I wasn’t alone in this. I think too it was hard because on one hand it was a fun night but on the other hand a very bad thing happened and it’s hard to come to terms with that. It’s also hard to not be mean to myself over it.”

**Analyse and annotate scenario 3. Make note of the key themes and issues with consent that you can identify in this account.**

# SCENARIO 3 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

Why was this encounter non-consensual?

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After becoming aware that a condom had not been used despite the individual's wishes, the individual continued with the encounter. What could affect the quality of this consent?

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# SCENARIO 3 QUESTIONS

In the following questions, Person A refers to the victim-survivor, the subject of the account; Person B refers to the perpetrator in the account.

What are some key themes you can identify in this scenario?

