Consent.
Get Some.
Consent – WHAT IT ISN’T

- BEING IN A RELATIONSHIP
- DRESSING IN A CERTAIN WAY
- FLIRTING
- SILENCE
- BEING UNDER THE INFLUENCE
- COERCION
Consent – WHAT IT IS

- ONGOING “YES”
- ENTHUSIASTIC “YES”
- INFORMED “YES”
- SOBER “YES”
- FREELY-GIVEN “YES”
Want to check to see if the person you’re with has given consent or is uncomfortable? Then all you need to do is ASK!

“Are you comfortable?”

“Do you want to go further?”
“Is there anything you don’t want to do?”

“Is this okay?”

“Do you want to stop?”

“Do you want to slow down?”
An absence of a “no” does not mean a “yes”.

Be mindful of non-verbal cues to let you know that you do NOT have consent:
Pushing you away

Not responding to your touch

Turning away from you or hiding their face

Stiffening muscles

Holding their arms tightly around their bodies
Ways to say “No”

Consent can be revoked at any time. What are some things to say to let your partner know you’re feeling uncomfortable and/or want to stop?

**Showing discomfort:**

“I don’t want to go any further than kissing, hugging, touching.”

“Can we stay like this for awhile?”

“Can we slow down?”

**If you want to stop:**

“No.”

“I want to stop.”

“I’m not comfortable doing this anymore.”

“That’s enough for now.”

“I need to go to the bathroom.”
Why it’s awesome to ask for consent:

- It shows respect for both you AND your partner
- Enhances communication and honesty
Acknowledges that you and your partner have sexual needs & desires.

Gives you practice communicating about the type of sexual relationship that YOU want.

Builds confidence and self-esteem
Challenges stereotypes that rape is a woman’s issue

It’s empowering!

Challenges sexism and traditional views on gender and sexuality
Can help protect you against both STIs and pregnancy
Paying for dinner does not mean yes.

Consent is an enthusiastic “yes.” If it’s not yes, it’s rape.

Indecision does not mean yes.

Consent is an enthusiastic “yes.” If it’s not yes, it’s rape.