

Understanding Consent

WHAT IS CONSENT

Consent is defined as a **voluntary agreement** to engage in the sexual activity in question. Consent must be **enthusiastic, voluntary and ongoing**. Consent or a “yes” that is obtained through pressure, coercion, force, or threats of force is not voluntary. Consent is asking for permission. Someone who is intoxicated, unconscious or sleeping cannot give consent.

HOW TO ASK FOR CONSENT:	DIFFERENT WAYS TO SAY NO:
<ul style="list-style-type: none"> • Can I kiss you? • Would it feel okay if I held your hand? • I want to explore a sexual relationship with you. Are you interested in this? It’s okay if you’re not. • Do you feel comfortable with trying _____ with me? No pressure. • I’ve noticed you’ve been quiet. Are you still interested in this? 	<ul style="list-style-type: none"> • I’m not interested in having sex. • This is making me feel uncomfortable. Please stop touching me. • I don’t want to do this anymore. • Thanks for inviting me over/walking me home. I just want to be clear that I’m not interested in sex right now. • I know we haven’t talked about this yet, but I want to talk about expectations around sex and/or intimacy. • Just want to let you know that I don’t like being touched
“YES” MESSAGES TO LISTEN FOR:	“NO” MESSAGES TO LISTEN FOR:
<ul style="list-style-type: none"> • Yes • I feel the same way as you. • I want you to... • I feel good about this. • I am ready to... • Don’t stop 	<ul style="list-style-type: none"> • Stop • No • I don’t know about ... • I’m not sure about ... • I don’t think I’m ready for ... • I’m scared • Can we slow down? • I think I drank too much • I’m worried about STI’s and/or HIV

NON-VERBAL MESSAGES TO LISTEN FOR INCLUDE:

- If the other person has moved their body away from you
- if the person is seemingly “frozen” or not moving their body
- silence