

What is
Consent?



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Your body belongs to you
You decide what happens to it
You decide who sees it
You decide who touches it
You decide how it is touched

Consent is saying "Yes" Consent is an informed choice

Consent is agreeing without feeling pressure
When you consent you are ok with what is happening
When you consent you understand what is happening

Giving consent to sexual activity should make you happy
Giving consent to date someone should make you happy
Giving consent to be someone's partner should make you happy

You can always change your mind
You can always say "No"

Asking for consent is important
Do not touch someone without asking first
They must say yes before you touch them

Giving consent should make you smile.
Asking for consent should make you smile.



CONSENT [VERB]

To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act.

Consent is open communication between partners about boundaries and preferences for all sexual acts.

For sexual activity to be consensual, all people involved must agree to all activity, in their words and actions. Each partner is responsible for both giving and receiving consent for each act.

Consent is not only important when it comes to sex, it can be used in any situation where you are interacting with another person.

When is Consent Needed?

- In potentially non-sexual situations such as going on a date, agreeing to be partners, play-fighting, tickling, physically picking someone up or touching them in any way.
- Each time you practice a sexual activity, whether you are trying something new, or you've done it before.
- When changing from one activity to another - for example just because someone went on a date with you doesn't mean they want a goodnight kiss.
- Consistently throughout sexual activities, as everyone has the right to change their mind and revoke consent at any time.





<h3>What Consent Looks Like</h3>	<h3>What Consent Doesn't Look Like</h3>
<ul style="list-style-type: none"> ✓ Communicating every step of the way. ✓ Respecting that when they don't say "no," it doesn't mean "yes." ✓ Making no assumptions about what your partner(s) may like or want ✓ Breaking away from gender "rules". Many people may want to take things slow or initiate sexual activity. ✓ Understanding that just because someone has done it before doesn't mean they want to again. ✓ Paying attention to non verbal cues such as body language and checking in with each other. 	<ul style="list-style-type: none"> × Assuming that dressing sexy, flirting, accepting a ride, accepting a drink etc. is in any way consenting to anything more. × Saying yes (or saying nothing) while under the influence of drugs or alcohol. × Saying yes or giving into something because you feel too pressured or too afraid to say no. × Not stopping because your partner(s) said yes earlier or at another time. × Ignoring non-sexual boundaries and requests. × Ignoring resistance and not listening when someone simply says "No"

Silence Does not = CONSENT

Red flags that Indicate Your Partner Does not Respect Consent:

- They pressure or guilt you into doing things you may not want to do.
- They make you feel like you “owe” them — because you’re dating, or they gave you a gift, or bought you dinner, etc.
- They react negatively (with sadness, anger or resentment) if you say “no” or don’t immediately consent to something.
- They ignore your wishes, and don’t pay attention to nonverbal cues that could show you’re not consenting (e.g. pulling/pushing away).



Consent is cool! It's all in the way you ask. You can try:



- How is this feeling?
- Do you like it when I do this?
- What can I do to make you feel good?
- Should I keep going?

Signs they might not be into it, it is time to *slow down* and check in with what they want:



- Seem uncomfortable or in pain
- Uncertain or scared or unhappy
- Saying "too much" or "slow down"
- When you ask, they seem reluctant or say 'I guess...' or 'if you really want to...'
- Abnormally quiet
- Silent
- Don't seem to be experiencing pleasure
- Pushing/turning away
- Crying
- Crossing arms, hugging ones self



Saying No

We are often taught to be polite which can cause us to not speak up when we are doing something we don't really want to be doing. It can be hard to say no when you feel like you are hurting someone's feelings, but it is important to make whatever decision is right for *you and your body*.

What if someone just bought you dinner, or drinks, or did some kind of favour for you? Some situations can make it harder to say no but that does not mean it shouldn't be said. Pressure, guilt, coercion or shame should never make you feel forced to agree to something you do not feel comfortable with. Here are some ways to say no if you ever feel the need to:

- I am not interested in doing this right now (or ever)
- I am not ready to do this with you
- I am not into this
- This doesn't feel good
- Can we try something else
- No
- Walk away

Remember, Someone Can not Give Consent When:

- They have consumed alcohol.
- They have used drugs.
- They are asleep, passed out or blacked out.
- They have been pressured or coerced.



Get Consent Every Time

In a healthy relationship, it's important to discuss and respect each other's boundaries consistently. It's not ok to assume that once someone consents to an activity, it means they are consenting to it anytime in the future as well. Whether it's the first time or the hundredth time, a hookup, a committed relationship or marriage, nobody is ever obligated to give consent just because they have done so in the past. A person can decide to stop an activity at any time, even if they agreed to it earlier. Above all, everyone has a right to their own body and to feel comfortable with how they use it — no matter what has happened in the past.

How can you promote a culture of consent?

Consent is not only needed around sexual activity, it can be used in any and every area of our lives! You can teach everyone around you about consent by asking before you hug someone, respecting other people's boundaries and paying attention to when people might be feeling uncomfortable.

Having respect for yourself and others is the key to creating a culture of consent for everyone!

Consent is sweet.



Sexual assault is not.

“NO” Means “NO”

“Not Now” means NO

“Maybe Later” means NO

“I am in a relationship” means NO

“No Thanks” means NO

“You’re Not My Type” means NO

“#*%! OFF” means NO

“I Want To Go Home” means NO

“Don’t Touch Me” means NO

“I Really Like You But...” means NO

“Let’s Just Go To Sleep” means NO

“Let’s Just Be Friends” means NO

“I’m Not Sure” means NO

“I’m Not Ready For This” means NO

“You’ve/I’ve Been Drinking” means NO

SILENCE means NO

_____ means NO

For more information contact:

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Consent – It's Just like Tea - Video

<https://www.youtube.com/watch?v=fGoWLWS4-kU>



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