

# CONSENT

Consent is an agreement between partners to engage in any sexual activity. Its made up of words and actions that clearly demonstrate a knowing and active agreement to engage in sexual activities.

## VOLUNTARY

Everyone needs to have the freedom to say yes or no to any sexual activity. Consent cannot have any type of coercion, pressure, force or manipulation.

## ON GOING

Consent needs to be ongoing and anyone can change their mind at anytime. People who are incapacitated by drugs or alcohol cannot consent.

## ENTHUSIASTIC

Everyone should be enthusiastic and excited about engaging in sexual activities. It should be a 'heck yes'! Consent can be expressed through words or actions. Silence is not consent. Yes means yes, and the absence of a no is not a yes.

## SPECIFIC

Consenting to one act doesn't mean that you're consent to another act. Each sexual act requires consent. It can be helpful to discuss boundaries before in engaging in specific sexual acts.



Consent is an ongoing conversation and is a normal and necessary part of engaging in sexual acts with anyone. Practice asking partners questions about their boundaries and comforts. Practice listening to their responses both verbal and non-verbal. Continuously practice having conversations about consent with your partner(s).

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# SEXUAL VIOLENCE AWARENESS MONTH



Consent is more than a yes or no. Consent needs to be communicated between all partners, and everyone needs to feel safe and comfortable. Responsibility to communicate and listen to consent boundaries needs to be with all parties.

## Q&A

### When should you ask for consent?

Consent should be communicated *before* engaging in any sexual activity. Everyone should feel comfortable discussing their boundaries and comforts beforehand. No one should feel pressured, coerced or manipulated into engaging in any form of sexual activity.

### Will talking about consent kill 'the mood'?

No! Having conversations about consent will not ruin the mood. Having conversations about consent can be exciting, and its a great way to make everyone feel engaged, positive and comfortable.

### Should you only ask for consent once?

Conversations about consent are a normal and healthy part of engaging in sex. Every sexual activity requires consent. Consent to one activity does not mean they give consent to all activities or for the same activity at a different time. Consent needs to be communicated every time. Consent needs to be ongoing and it can be revoked at any time. Boundaries and comforts can change, which is why consent should be discussed regularly. Consent can be given both verbally and non-verbally. Its important to observe for these cues and check in your partner(s).

#### What consent looks like:

- Asking permissions
- Discussing boundaries and comforts
- Checking in to make sure they're comfortable
- Giving positive responses when comfortable
- Acknowledging non-verbal cues when they're uncomfortable

#### What consent **does not** look like:

- Assuming you have permission to engage in sexual activities
- Not acknowledging boundaries or participating in conversations about consent
- A partner who is incapacitated
- Pressuring a partner to engage in sexual acts
- A partner who is upset or nonresponsive

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