



Consent

Asking for consent is a normal and necessary part of sex and sexual activities. It doesn't matter if it is the first time or the hundredth time, a committed relationship or even marriage, you are never obligated to consent to something. Both of you must agree to engage in sexual activity - every single time - for it to be consensual.

What is consent?

Consent is an agreement between participants to engage in sexual activity.

Consent is given freely and willingly, without force or coercion, and can be withdrawn at any time. **Sexual activity without consent is rape or sexual assault.**

How do I know if it was consensual?

Consent is about so much more than getting a yes or no answer. It's about opening up a conversation with your partner about what you both want. These conversations show your partner that you respect them and won't make them do anything they don't want to. **When you ask for consent, the answer no means no and only yes means yes.**

For example:

"Can I touch/kiss you?"

- Yes
- Absolutely

This is consent.

- No
- Stop
- I guess
- I want to, but...
- I'm not sure
- I don't know
- Maybe later
- Maybe we should wait
- This makes me feel uncomfortable
- Silence
- Too drunk to respond
- Asleep

This is not consent.