

Consent is sexy

Let's normalize consent in everyday conversations

By Khushboo Bist



What's the first thing that comes to your mind when you hear the word 'consent'?

Have you ever been in a situation where consent wasn't clear? How did you handle it?

Consent is often misunderstood, yet it's one of the most important aspects of any interaction. Whether it's dating, relationships, sex, or even daily life situations.

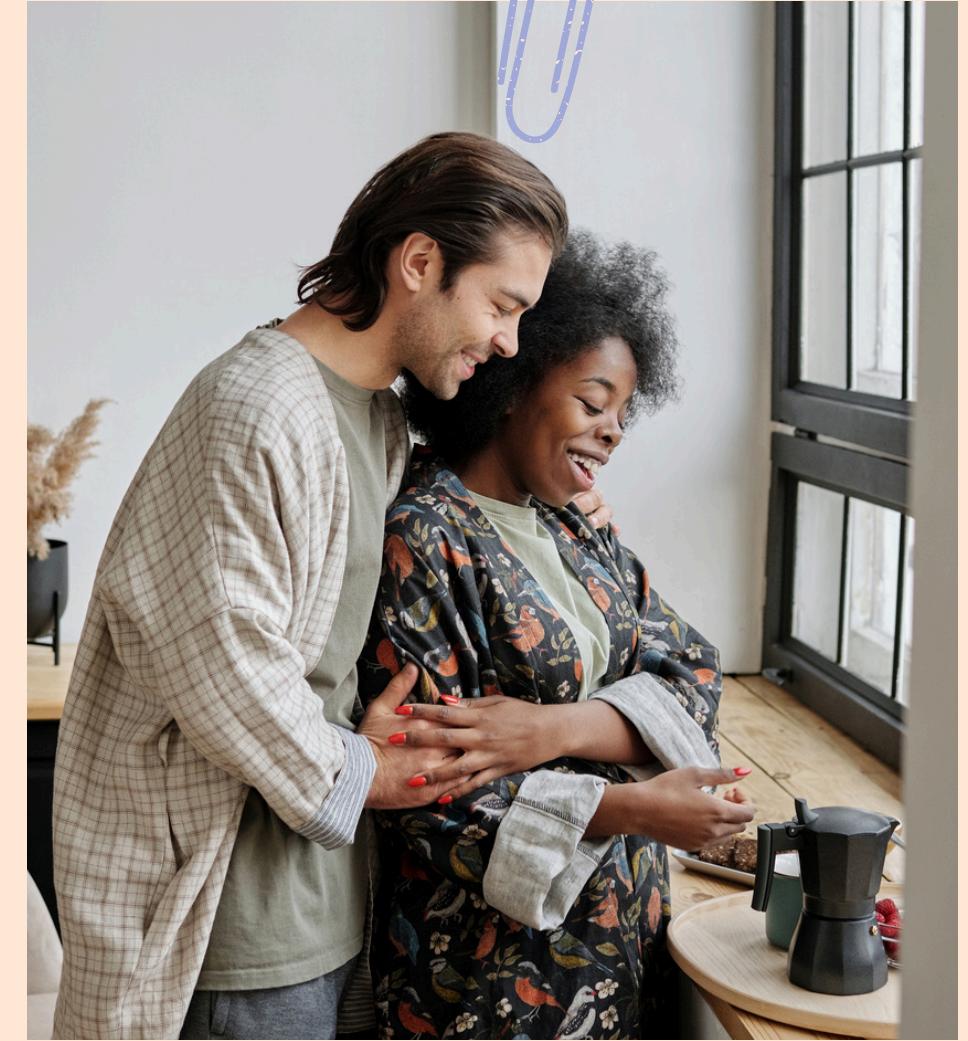


Why Consent Matters

- Consent is about respect and boundaries.
- It prevents harm, discomfort, and trauma.
- It creates trust and healthy communication in relationships.
- It's not just about sex, it applies to everyday interactions too.



*Have you ever been
in a situation where
you wished
someone had asked
for your consent?*



Consent is a voluntary, enthusiastic, and informed agreement to participate in an activity.

The F.R.I.E.S Model of Consent

F – Freely Given: No pressure, threats, or manipulation.

R – Reversible: You can change your mind at any time.

I – Informed: You must understand what you're agreeing to.

E – Enthusiastic: A lack of ‘no’ does not mean ‘yes’ a clear ‘yes’ is needed.

S – Specific: Agreeing to one thing doesn’t mean agreeing to everything.





What are examples where someone might assume consent but actually didn't have it?

A partner assumes they can kiss you without asking.

A boss frequently puts their hand on an employee's shoulder.

A friend forces a hug when you clearly don't want one.

Myths vs. Facts

Let's play a quick game!

If someone doesn't say 'no,' that means yes."

✗ Myth! Silence is NOT consent.

You can withdraw consent at any time

✓ Fact! You can change your mind anytime.

You can If a person is drunk, they can still give consent?

✗ Myth! Drunk people cannot legally consent.

If you've done something before, you don't need to ask again

✗ Myth! Consent is required every time.



Power Dynamics & Coercion

Why do people sometimes feel forced into saying 'yes'?

Consent must be given freely, but power imbalances can make it difficult.

Examples of Power Dynamics:

- A boss & employee → Can the employee freely say no?
- A teacher & student → Is the student under pressure?

A student feels pressured to agree to a professor's request for a date.

A partner feels guilty saying no because their partner keeps insisting.



Coercion or Consent?

- ✗ "Come on, I took you out to dinner; you owe me." (Not consent!)
- ✗ "If you loved me, you'd do it." (Not consent!)
- ✓ "Are you sure? We don't have to if you're not comfortable." (This is consent.)

Key Learning is consent is only valid when given without pressure, guilt, or power imbalance

Body language matters too



Consent is not just about words

✓ Signs of Enthusiastic Consent:

- Smiling, nodding, active participation.
- Saying "Yes! I want this."

✗ Signs of Discomfort:

- Avoiding eye contact, pulling away.
- Hesitation, saying "I guess so..."

If in doubt, ASK. Never assume.

How to Know and Ask for Consent?

How to Know? Someone is quiet or unresponsive.

Understand **Silence is not consent**. If they're not actively saying YES, assume it's a NO.

Someone seems uncomfortable but isn't speaking up.

It's a No. Pay attention to body language. **Stop and ask**.

Always ask

Are you comfortable with this?

Do you want to keep going?

Is this okay for you?

Someone hesitates before saying 'yes.'

Solution is to check in again. Ask "Are you sure? You don't have to."

How to Say No Respectfully?

I'm not comfortable with that.

I don't want to do this

I'd rather not.

Learn to say NO



Key Learning is Consent conversations make experiences better.

How to Handle Rejection

Handling Rejection Gracefully.

✗ Wrong Response:
“What?! But I thought you liked me!”

✓ Right Response: “That’s okay, I respect your decision.”

If Someone Change Their Mind In The Middle Of Any Act? Say...

- It’s okay to say no even after saying yes.
- You don’t owe anyone an explanation.



What's one thing you learned today?

Mark Proud and Not Proud if this applies to you

I have asked for consent before touching someone.

I have set a boundary for myself.

I have changed my mind about something after saying yes.

I have been understanding when my partner changes their mind in the middle of an intimate moment



Final Takeaways

Respecting boundaries makes relationships healthier

Consent must be clear, voluntary, enthusiastic, and ongoing.

- ✓ Power dynamics matter—Pressure is NOT consent.
- ✓ No means no, but only an enthusiastic YES means yes.
- ✓ Check in with body language & words.



A photograph of a man and a woman in a romantic embrace, smiling and looking at each other. A large, semi-transparent pink sticky note is overlaid on the lower right side of the image. The sticky note has a blue double-line border and contains the text "Thank You" in a large, blue, sans-serif font. A small red arrow points from the top edge of the sticky note towards the upper right corner of the image.

CONSENT Means?

*Consent = Building Healthy
Boundaries + Communication*