

CONSENT

Consent is an agreement between participants to engage in sexual activity. Consent is always freely given and all people in a sexual situation must feel that they are able to say “yes” or “no” or stop the sexual activity at any point.

SEX WITHOUT CONSENT IS RAPE.

CONSENT IS:



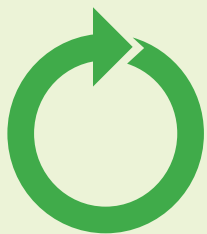
INFORMED

You and your partner should both know all the risks (do either of you have an STI?) and activities (are you just fooling around or having intercourse?) involved in order to consent.



ENTHUSIASTIC

Both of you should *want* to participate; if one of you is having second thoughts or feeling less-than-excited, stop and reconsider whether sex is the right choice in that moment.



CONTINUOUS

Consent can be revoked at any time; if someone consented to sex last week, that doesn't mean they consent to it right now. Likewise, consent to one act, like kissing, doesn't mean consent to another, such as intercourse. Check in with your partner and ask!



FREELY-GIVEN

If someone is feeling pressured, intimidated, threatened, or otherwise coerced into saying yes, then that is not consent. If someone cannot say “no” without suffering negative repercussions, then that is not consent. Both partners must be equally free to act or to say no.



COHERENT

Someone who cannot make rational, reasonable decisions or cannot understand their situation fully cannot give consent. If someone is asleep, incapacitated by drugs or alcohol, or otherwise not fully conscious and aware, they can't consent.

THINGS THAT ARE **NOT** CONSENT:

They didn't say 'no' or 'stop.'

They were **dressed** like they wanted it!

They said 'Yes' **last time.**

But he's a **guy!**

But we're **married!**

The lack of a "No" is not "Yes."
Silence is not consent.

Clothing is not consent, no matter how appealing it might be! No one is ever "asking for it" because of what they wear.

Last time isn't this time. Consent must be obtained every time you have sex!

Gender is not consent; men can be victims of sexual assault too. All parties must be consenting, regardless of gender!

Marriage to someone does not mean you always have their consent. Sex without consent within a marriage is a form of domestic abuse.

If you're ever unsure if you have consent, **stop and ask!**

WHEN TO **STOP**

- Your partner is asleep, drunk, or otherwise too out of it to say no
- You are too intoxicated or inhibited to make smart choices
- Your partner says "no" or "stop"

WHEN TO **PAUSE & CHECK IN**

- You want to try something new that you and your partner haven't talked about
- You're getting mixed signals
- Your partner stops, or seems hesitant or unenthusiastic

WHEN TO **KEEP GOING!**

- You and your partner have both decided how far you're comfortable with going
- You've both clearly expressed consent
- You both feel comfortable and safe with stopping at any time

WHAT DOES ASKING FOR CONSENT SOUND LIKE?

Try these on for size!

Can I kiss you?

I'd love to _____ with you. How does that sound?

Can I help you out of that?

Wanna try _____?

Tell me how you want it?

Is that good for you, baby?

How does that feel?

Want me to keep going?

Asking for verbal consent is easy, and far from “killing the mood,” it can be incredibly sexy. You can incorporate it as part of your “dirty” talk, or use the pause to build anticipation!



If your partner says ‘no,’ respect that their **No means No**. Everyone deserves to have their boundaries respected. Maybe suggest something else you might both enjoy doing together instead.

Pressuring someone for sex isn’t hot or romantic; and let’s be honest - if you have to coerce someone into sex, you’re doing it wrong!

If you’ve experienced sexual assault, you’re not alone. To speak with someone who is trained to help, call the National Sexual Assault Hotline at [800.656.HOPE \(4673\)](tel:800.656.HOPE) or chat online at [online.rainn.org](https://www.online.rainn.org).