



⇒ Nanooks Get Consent ⇐

Consent isn't just about intimacy. It's a set of actions that create a culture of respect in any relationship between friends, family members, colleagues, or peers.

Asking to share a photo with your partner, discussing when and how you can contact your colleague outside of work hours, and setting boundaries with a friend are all examples of consent. In general, consent has the following characteristics:

Consent includes actions that are

Active

Both participants actively partake in the activity

Communicative

Both participants have clearly agreed to the activity

Willing

Both participants have agreed on their own



Consent is NOT

Uncomfortable

A participant is uncomfortable with the activity

Non-Communicative

A participant has not agreed or said "no," "don't," etc.

Coercive

A participant was made to do the activity

To learn more about consent and healthy relationships, visit iacnvl.org

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