

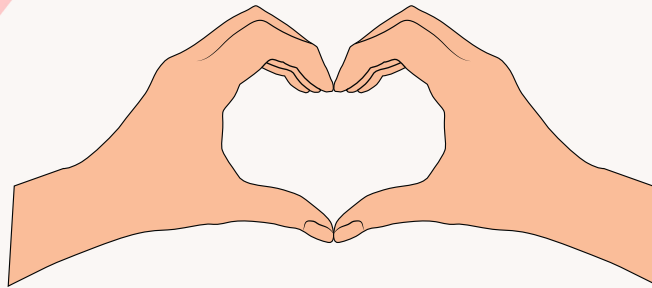
What is Consent?

Consent is communication. It is important to discuss boundaries and expectations with your partner every time and for every type of sexual activity.

How to get consent - ASK!	<ul style="list-style-type: none"> • Is this OK? • Does this feel good? • Would you like it if I ____? • Are you cool with where this is going? • Do you want to try ____? • Do you like when I do this?
NO might SOUND like:	<ul style="list-style-type: none"> • No • Can we slow down? • Maybe later • I don't think so • Not now • Silence • "Uhhh" • Not tonight • I'm not comfortable with this
NO might LOOK like	<ul style="list-style-type: none"> • Looks uncomfortable • Stops participating • Crying or visibly upset • Non-responsive • Pulling away • Stiff or freezing up • Drunk/high • Shaking head no • Looking away, no eye contact
Remember	<p>Consent cannot be given by individuals who are underage, intoxicated, or incapacitated by drugs or alcohol, asleep or unconscious. If someone agrees to an activity under pressure of intimidation or threat, that isn't considered consent. Being in a relationship or married does not waive the right for consent.</p>
Your response to "No" should always be "OK"	<p><i>Never</i> try to convince, manipulate, or beg your partner to go further than they are comfortable with. Never assume you have permission to engage in a sexual act because you've done it in the past.</p>

TIPS:

- **Confirm there is reciprocal interest before initiating any physical touch.**
- **Let your partner know you can stop at any time.**
- **Periodically check in with your partner, such as asking “Is this still okay?”**
- **Explicitly agree to certain activities, either by saying “Yes” or another affirmative statement, like “I’m open to trying.”**



Your partner can withdraw their consent at any point and for any reason. Once your partner has communicated they are no longer comfortable with the activity and wish to stop, all activity should end immediately.

Withdrawing consent can sometimes be challenging to do verbally, so non-verbal cues can also be used to convey this. The best way to ensure all parties are comfortable with any sexual activity is to talk about it, check in periodically, and make sure everyone involved consents before escalating or changing activities.

