

Discussing Consent with Your Partner

You can talk about and gauge consent from your partner using verbal or non-verbal cues. Verbal consent is the safest form of consent.

Examples of Verbal Consent

- Yes
- That sounds or feels great
- Let's do that more
- It feels good when you
- Would you please
- I want to keep doing this
- I'm enjoying this

Examples of Non-Verbal Consent

- Head Nod
- Thumbs Up
- Pulling someone closer
- Making direct eye contact
- Actively touching someone
- Initiating sexual activity

But body language is complex. If you are unsure whether it's a clear yes from your partner, it is your duty to ask. Consent cannot be assumed just because someone is not physically resisting or verbally refusing sexual contact. Consent cannot be inferred from silence, passivity, or lack of resistance.

Examples of Situations where there is NO Consent

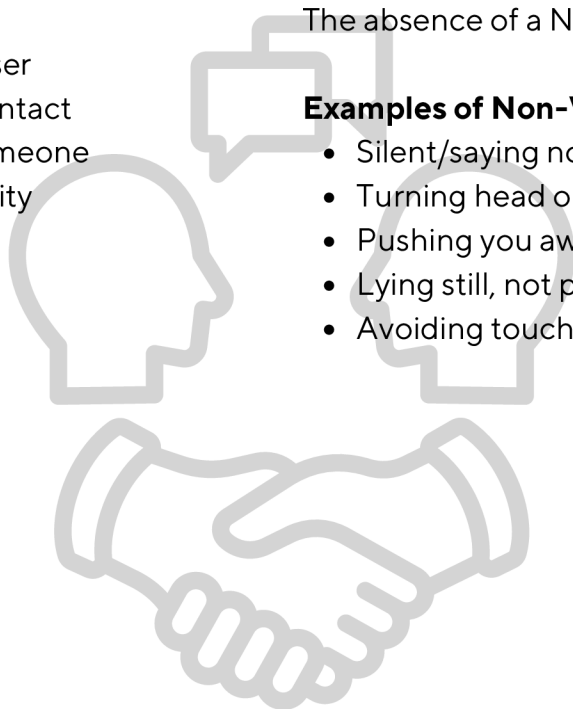
Examples of Verbal Non-Consent

- No
- Stop
- I don't want to

The absence of a NO is not the same as a yes.

Examples of Non-Verbal Non-Consent

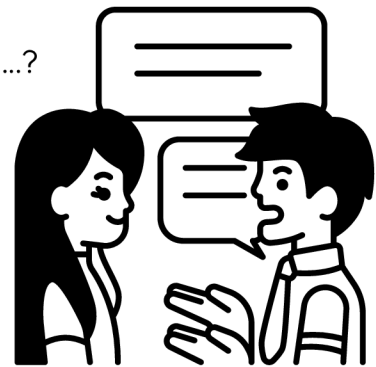
- Silent/saying nothing
- Turning head or body away from you
- Pushing you away
- Lying still, not participating
- Avoiding touch/not touching you



How to Talk about Consent with Your Partner

You can use the following conversation starters to discuss consent with your partner.

- I really want this to be good for you. What do you like?
- Does this (activity) feel good to you?
- I'd really like to ____ (activity). Would you be into that?
- May I?
- What do you need to feel comfortable or safe when we.....?
- Are you comfortable?
- Do you want to go further?



Lack of Consent and GBV

An individual must actively and willingly give you consent to sexual activity. Sexual activity without consent is sexual assault.

You do not have the right to sex if you buy a woman a drink, take her to dinner, or help her. You do not have the right to sex just because you're dating, living together, or married.

Marital or spousal rape is any act of sexual intercourse forced upon a person by their spouse without consent. This is a form of domestic violence and sexual abuse. The core element is the lack of consent.

Sexual violence is a form of gender-based violence. This type of violence can happen between people who are in a romantic relationship, within family, at work, between friends and acquaintances, or between strangers.

Sexual assault involves unwanted sexual activity (ex. sexual touching, kissing without consent, rape).

Sexual harassment involves comments, behavior, and unwanted sexual interactions. This can be in the form of jokes, catcalls, whistles, threats, or discriminatory remarks.