

## What is consent?

Sexual consent is an agreement to participate in a sexual activity. It's all about setting your personal boundaries and respecting your sexual partner in their boundaries too.

Before being sexual with anyone, you need to know if they want to be sexual with you too, how far they want to go and understand their personal boundaries. This could be communicated verbally or non-verbally before or at any stage of physical contact.

Without consent, sexual activity is sexual assault or rape. That includes kissing or touching someone anywhere on their body, as well as penetration or oral sex.

## Here are the basics of consent. Consent is:

- **Freely given.** Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.
- **Reversible.** Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.
- **Informed.** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic.** When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.
- **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

# CONSENT IS NOT...

**X Assumed**

**X Pressured**

**X Silent**

**X Reluctant**

**X Unconscious**

***Do you like that?***

***Can we use a condom?***

## **Communication is key**

Talking openly about sex can be uncomfortable or embarrassing but it's really important to communicate with your partner. You'll probably find that by talking with your partner that this will improve your sexual experience with each other too.

Be sure to tell your partner what you want, when you want it and how you want it, and find out the same from them. Don't pressure anyone into doing something that they don't want to do or aren't ready for. Likewise, don't feel that you have to do anything that you aren't comfortable with.

***How's that for you?***

***Can I touch you here?***

***Does this feel good?***