ALL ABOUT sexual encounters

WHAT IS CONSENT?

CONSENT is the skill of giving an informed and enthusiastic "yes!" before and during encounters such as:

- Maybe & consent
- Being in a relationship & consent
- Intoxication & consent - but you can negotiate beforehand!
- Saying yes once & consent
- Saying yes to one thing & saying yes to everything
- Coercion & consent

WHAT IS NOT CONSENT?

NOTE TO SELF: YOU CAN ALWAYS CHANGE YOUR MIND!

WAYS TO START THE CONVERSATION ABOUT CONSENT:

"Can I…?"
"Do you want to…?"
"Tell me what you like."
"Do you want me to…?"
"What feels good for you?"
"What is your safe word*?"

A SAFE WORD is a word or phrase that you can use to slow down or stop a sexual encounter.

Discuss your safe words with your partner(s) beforehand!

DEFINITION:

"Do you like when I…?"
"Are you comfortable?"
"Are you having a good time?"
"Is this good for you?"
"Are you consensual?"
"Tell me what you like."
"Do you want me to?"
"Can I?"

NEGOITATION:

An in-depth discussion of desires and boundaries to come to a mutual agreement of what you want and expect from a sexual encounter.

CONTINUING THE CONVERSATION

Check in with yourself before giving consent - are you consenting because you want to, or are there other factors impacting you?

Practicing consent in non-sexual moments makes it easier to practice consent in sexual moments!

IT IS OKAY TO SAY NO. IT IS ALWAYS OKAY TO SAY NO.

QUICK TIPS FOR PRACTICING CONSENT

A lot of times we think about consent just in terms of sex - but consent is crucial for all physical contact, and also when talking about sensitive subjects.

CONSENT REMINDER: ASK SOMEONE BEFORE YOU HUG THEM

IN COLLABORATION WITH

ALL ABOUT CONSENT

ADDITIONAL RESOURCES

- ConsentEd http://www.consented.ca
- Navigating Consent www.scarleteen.com/article/abuse_assault/drivers_ed_for_the_sexual_superhighway_navigating_consent

IN COLLABORATION WITH NYULGBTQ