

# CONSENT 101

## Know Your Boundaries, Respect Theirs



### What is Consent?

Consent is clear, enthusiastic and ongoing. An agreement between people before engaging in any sexual activity. Everyone has the right to say yes or no and their choice must be respected.

### RED FLAGS



- Someone is intoxicated, asleep or unconscious
- Not listening to verbal and un-verbal cues
- Not respecting boundaries, even if they change

### Key Principals of Consent



- **Freely given.** Consent cannot be forced, pressured or coerced.
- **Reversible.** Anyone can change their mind at any time.
- **Informed.** Everyone involved must know what they are agreeing to.
- **Enthusiastic.** A genuine 'Yes' is better than silence or hesitation.

### How to Say Yes or No

- "Yes, I'd like to \_\_\_\_"
- "No. I'm not comfortable with that."
- "I want to slow down."
- "Let's stop."
- "No."

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HOW



### Why Consent Matters

- Ensures everyone feels safe and respected
- Builds trust in relationships
- Prevents sexual assault and harassment

### Reminders

"No" is a complete sentence,

Consent doesn't kill the vibe, it builds trust



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