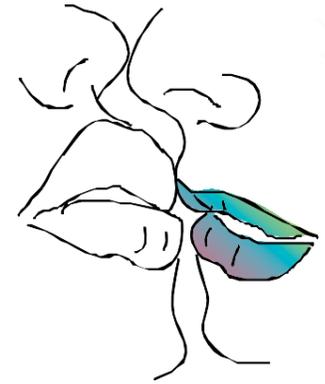


I Ask for Consent



What if you want to kiss someone, but you aren't sure how they'd feel? When you want to get close to someone — whether you're hooking up for the first time or in a long-term relationship — it's important to know how to ask for consent.

What Is Consent?

- When someone gives consent, they're giving permission for something to happen or agreeing to do something.
- This means they need to know specifically what they're agreeing to — so make sure what you're asking is clear. *For example, "Do you want to mess around for a while? Like cuddling and making out, but not having sex?"*

When and How to Ask for Consent

- Always ask for consent before you begin any sexual activity, including kissing, cuddling, and any kind of sex — even if your partner consented in the past.
- Ask in a way that makes it clear it would be okay if they said "no" — otherwise you might be pressuring them to do something they don't want to do. *For example, "Do you want to go back to the bedroom or hang out here and watch movies?"*

What Is Not Consent?

- Your partner may not tell you "no," but that doesn't mean they're saying "yes."
- If someone says nothing, "um... I guess," or an unsure "yes," they're likely communicating that they don't really want to do the thing you're asking about.
- In these cases, you don't have clear consent. Check in with your partner about how they're feeling — or suggest another activity. *For example, "You seem unsure, so why don't we just watch TV tonight?"*

Non-Verbal Cues

- Pay attention to your partner's body language.
- If they pull away, tense up, look uncomfortable, laugh nervously, or are quiet or not responding, you should check in. *For example, "You don't seem too into this. Do you want to stop or take a break?"*



Dealing with the "No"

- Sometimes your partner will say "no," and that's okay.
- Reassure them that you're glad they can be honest with you. *For example, "That's okay; maybe we could do that some other time."*



Why Consent Matters

- Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable.
- You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.



Sexual Assault
Awareness Month

The Abuse Network
Surviving violence.
24-Hour Hotline
1-888-810-2444

www.nsvrc.org/saam #SAAM #IAsk

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BYSTANDER INTERVENTION TIPS

1. Talk to your friends honestly and openly about sexual assault.
2. Don't be a bystander – if you see something, intervene in any way you can.
3. Trust your gut. If something looks like it might be a bad situation it probably is.
4. Be direct. Ask someone who looks like they may need help if they're okay.
5. Get someone to help you if you see something – enlist a friend, RA, bartender, or host to help step in.
6. Keep an eye on someone who has had too much to drink.
7. If you see someone who is too intoxicated to consent, enlist their friends to help them leave safely.
8. Recognize the potential danger of someone who talks about planning to target another person at a party.
9. Be aware if someone is deliberately trying to intoxicate, isolate, or corner someone else.
10. Get in the way by creating a distraction, drawing attention to the situation, or separating them.
11. Understand that if someone does not or cannot consent to sex, it's rape.
12. Never blame the victim.
13. If you are a victim or survivor, or helping someone in that situation, go to www.notalone.gov to get the resources and information you need. You can also call The Abuse Network at 1-888-810-2444 or contact the National Sexual Assault Hotline at 1-800-656- HOPE.



24-Hour Hotline 1-888-810-2444

April is Sexual Assault Awareness Month