

CONSENT, NOT COERCION

A Guide to a Non-Assaultive Relationship

- DO NOT try talking a person into sexual activity. If the person says "no" or is reluctant, do not try to coerce her/him with phrases like "You would if you loved me", or "Everybody else is doing it, what's wrong with you?" If you pressure someone and their choice is not freely given, you may have raped that person.
- DO get CONSENT: "May I hold your hand?" "How do you feel about this?" "Do you want to have sex?" Only by hearing a clearly-spoken and freely-given "yes" can you be sure you're not committing an assault.
- DO NOT "listen" to body language. A smile, a look, or an awkward silence can easily be misunderstood. Just because you may want something, don't assume that s/he also does. It may lead you to do something to this person that they do not want.
- DO verbally communicate early and often. Talk. Demonstrate your desire to hear this person's thoughts and feelings and have respect for what they want. Enjoy sharing an openness and honesty.
- DO NOT have sex as a goal. Immature males make dating a game that can turn into a seek- and- destroy mission, where the male may achieve a "victory" while the female may feel sad, lonely, or powerless.
- DO have friendship as a goal. Think of someone to whom you are attracted or in whom you're interested. Can you imagine a closeness where s/he feels totally comfortable and shares with you her/his deepest secrets, dreams, and wants? This is intimacy that gives both people true power and the strength of respect, caring, and happiness.

*If you like hurting people, get professional help. But if you don't like hurting people,
GET CONSENT!*