

## What is Consent?

### Consent is:

- Communicating your desires and needs to your partner before any sexual activity occurs.
- Respecting your partners opinions and values regarding sexual activity.
- Asking “May I hold your hand” or “How do you feel about this.” It is important to receive clearly spoken, freely given verbal consent.
- Having friendship and intimacy as a goal, not sex.
- Recognizing that making a decision to be sexually active requires maturity, responsibility, and commitment.

### Consent is not:

- Forcing someone into sexual activity, which includes coercion.
- Pressuring someone into sexual activity after s/he asks you to stop or says, “No.”
- Engaging in sexual activity with an individual under the influence of drugs and/or alcohol, or who is too young to give legal consent.
- Listening to body language instead of asking for verbal confirmation.
- So...Ask yourself...

## Got Consent?