Let's talk about consent!
What is consent?

Consent means the mutual understanding of words or actions freely and actively given by two informed people that a reasonable person would interpret as a willingness to participate in mutually agreed upon sexual activity.

- Consent is not effective when force, threat, or coercion is used
- Consent is not effective if the recipient party is incapacitated, asleep, or unconscious
- Silence or non-communication should never be interpreted as effective consent
- Consent to one type of sexual activity does not imply consent to other types of sexual activity
- Past consent is not future consent
- Consent can be withdrawn at any time
Some ways to ask for consent

- May I kiss you?
- What do you like?
- What are you into?
- Do you like it when...
- Are you okay with...
- Do you want to slow things down?
- What do you want to do tonight?
Remember...

- You can always say no or withdraw consent, even if you change your mind during a sexual activity.
- Consent doesn’t mean asking over and over until you get the answer you want. If someone says no, says that they’re not sure, or says nothing, then you need to stop.
- It’s important to get consent every time. Just because you’ve done something sexually with someone before doesn’t mean that they’ll want to do it again.
It's not just about sex!

- Checking in, making sure people are comfortable, and asking about preferences is a great way to build healthy relationships of all kinds.
- Consent is essential for any kind of contact like kissing or touching, but it’s important in totally non-sexual actions too!
- You can practice consent in platonic relationships--consent applies with friends and family as well as romantic and sexual partners.
Consent in platonic relationships

- Are you in the space to talk about _____?
- May I give you a hug?
- Would it be okay if I called you tonight?
- Are there times when texting doesn't work for you?
- Are you in a place to talk about my feelings?
- May I give you a call?
- May I give you a kiss goodbye?
Questions?

Sexual Misconduct Prevention & Response (SMPR) is here if you have questions about consent or want to learn more. Please email gespinoza@carleton.edu for additional information.