



HUMBER
POLYTECHNIC

PEER WELLNESS



JUST NOW!!

CONSENT!!



How to Ask



How to Say No



How to Respect Boundaries

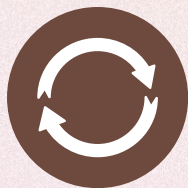
What is Consent?

Consent is the voluntary and explicit agreement to engage in a sexual activity. Consent is:



Vocal

Is not an absence of a No.



Continual

Can be revoked at any time.



Fun

Oh ya!



Clear

Cannot be assumed or implied



Conscious

Cannot be given if the person is unconscious



Between Peers

Cannot be obtained if a person abuses a position of trust, power or authority



Sober

Cannot be given if the person is incapacitated by alcohol or drugs



Present in a relationship

Dating someone does not mean consent is automatically present



Given Freely

Can never be obtained through threats or coercion

Icons are sourced from Learning Network.



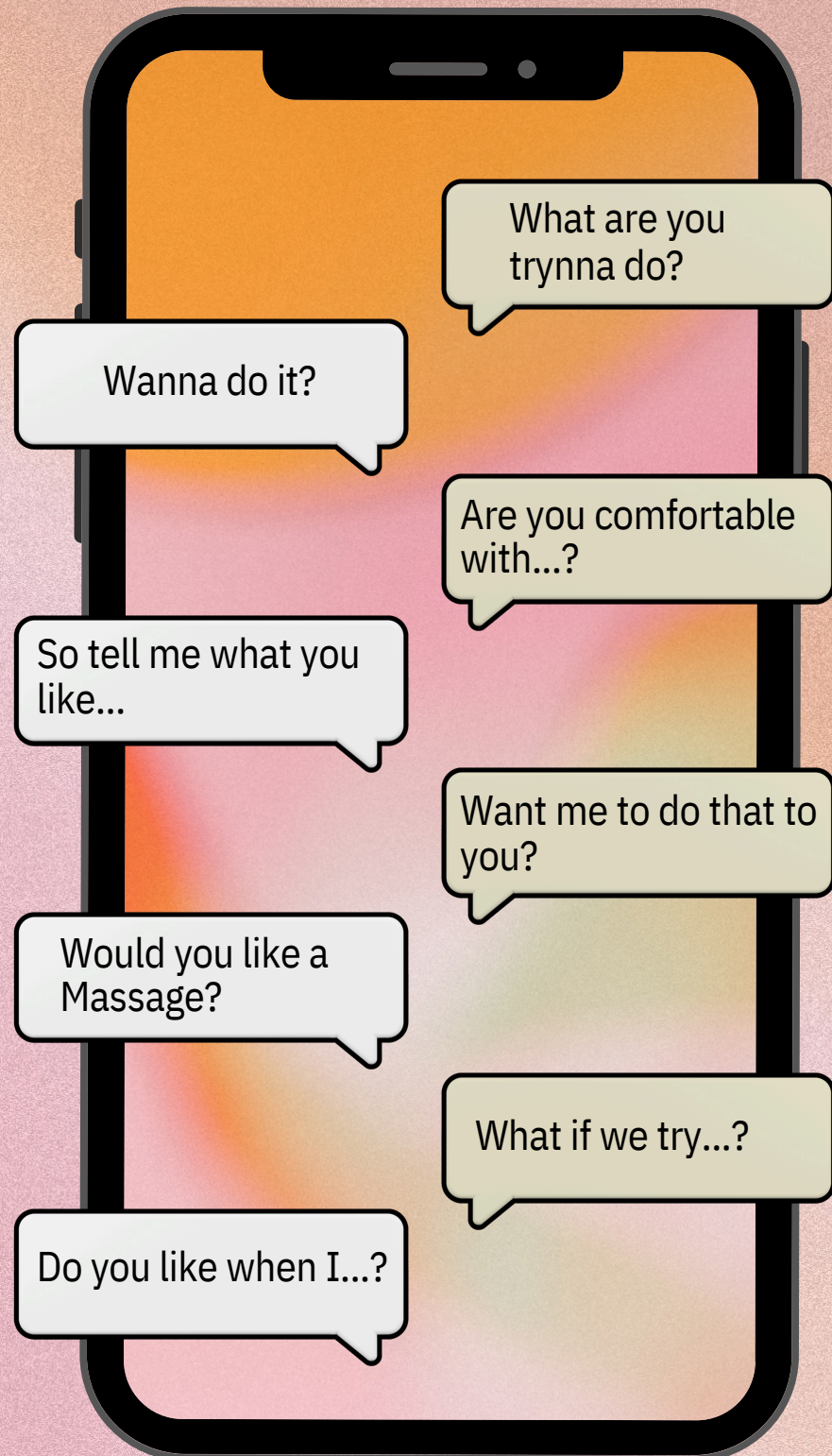
Verbal

TIPS

Asking for consent does not need to be weird or awkward!

It's not necessarily what you say, but how you say it.

Think of asking as getting to know what your partner(s) would find pleasurable.



CHECK IN THROUGHOUT

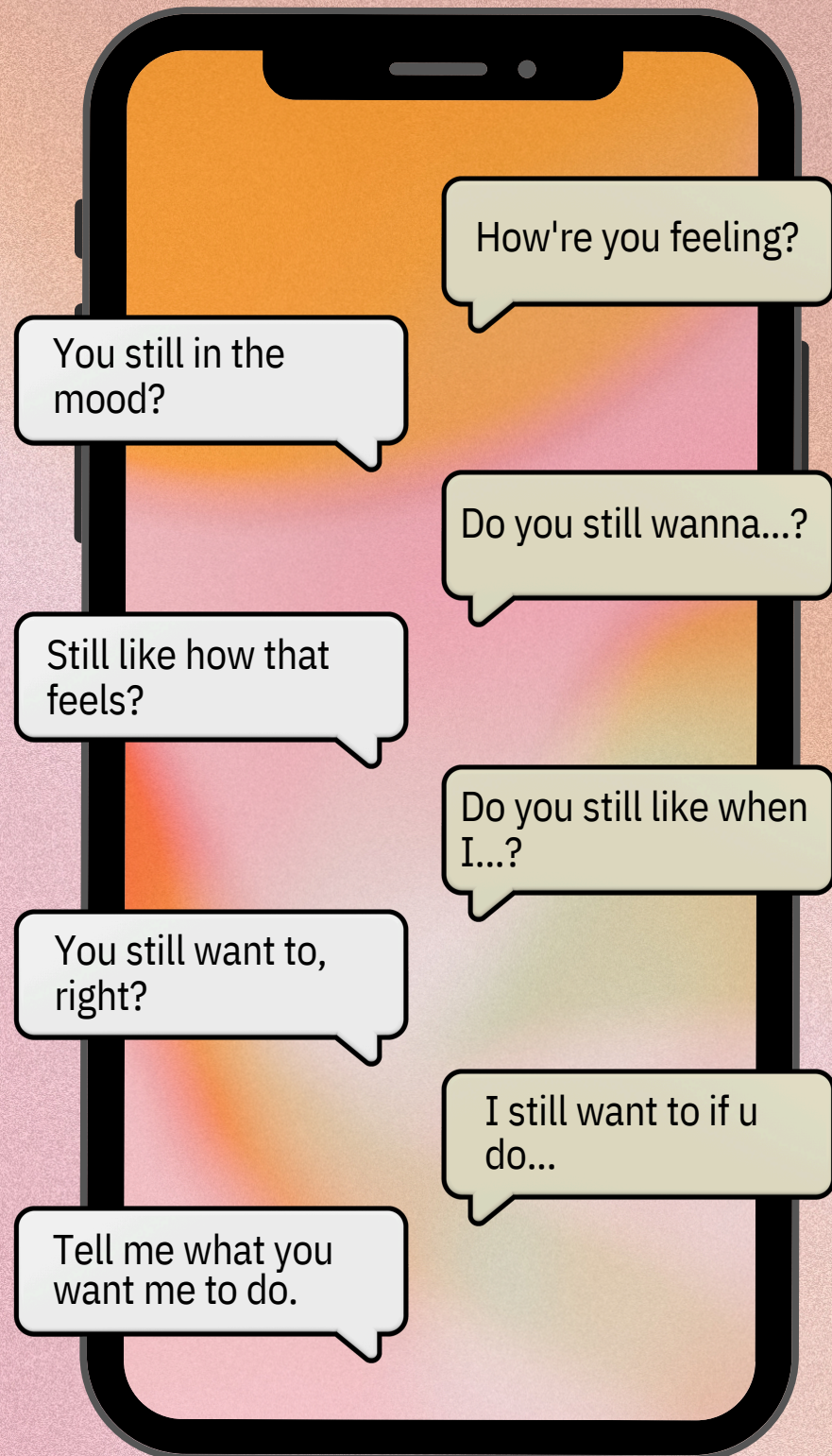
TIPS

Consent is a continuous act.
Checking in with your partner doesn't have to be hard, but it has to be done.

Just like asking for consent, confirming you still have it doesn't have to feel awkward.

Confirming consent is just checking in with your partner and making sure things are still pleasurable for them. That's hot!

It should feel fun and sexy.



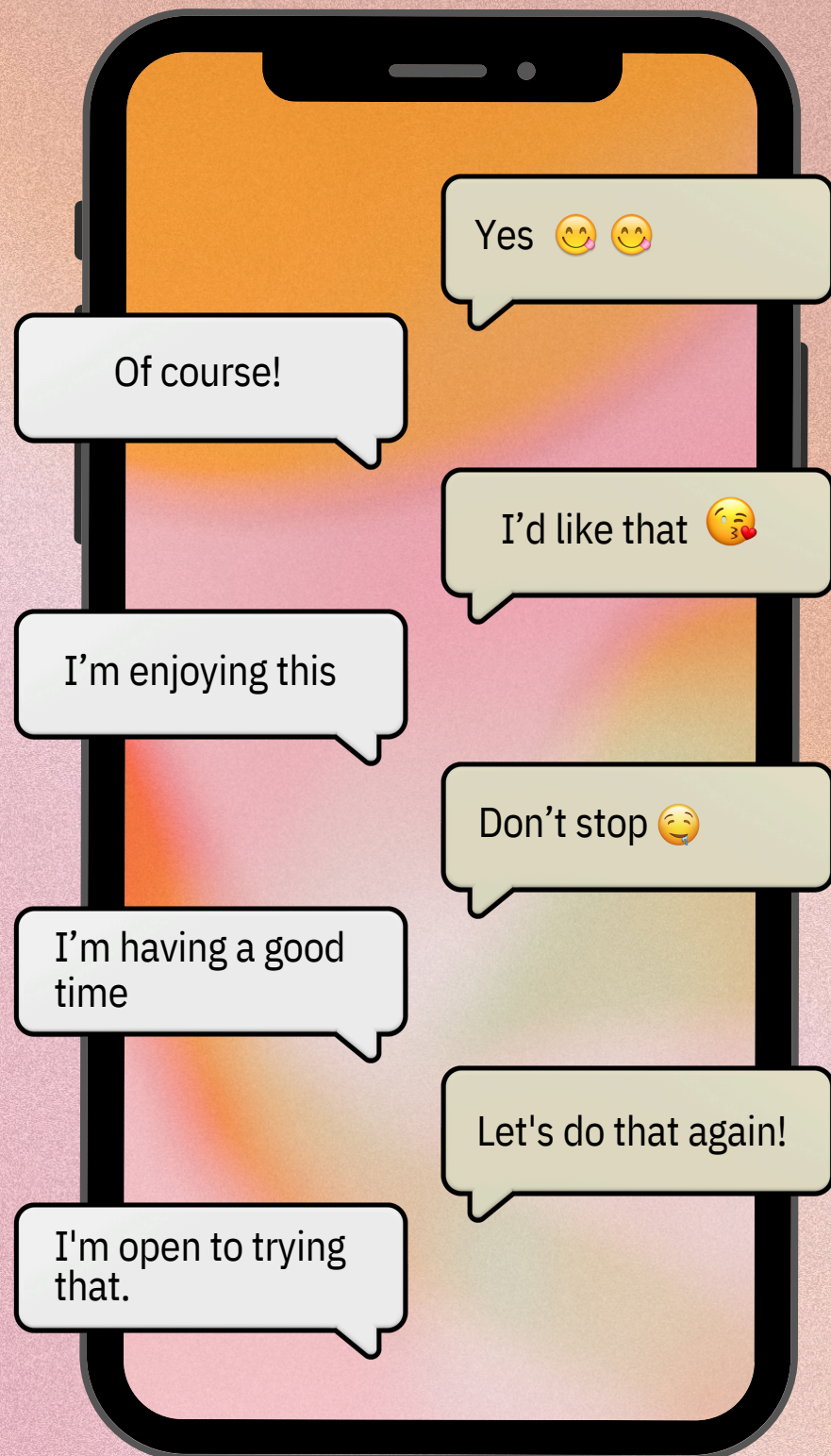
WHAT CONSENT CAN SOUND LIKE

TIPS

There's no grey area when it comes to consent, so if you aren't sure if you have it, **ALWAYS** ask!

It is ongoing and enthusiastic, with everyone involved on the same page from beginning to end.

Receiving a text of consent doesn't mean someone is consenting in person; when you meet up, you still need to ask.



WHAT CONSENT CAN LOOK LIKE

- A head nod.
- Reciprocating your intimate advances.
- Someone making their own intimate advances in response to yours.
- Someone getting really close to you.
- Someone winking and/or blowing kisses at you.

Non-verbal cues are important and you should pay attention to them, but you still need to ask for consent.



PAY ATTENTION TO BODY LANGUAGE

When you're trying to inch closer... If the person backs up or seems uncomfortable, assume you do not have consent.

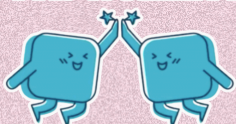
When reaching for the person's hand ... If the person pulls away or doesn't hold your hand back, assume you do not have consent.

When making your "I wanna kiss you" face... If the person doesn't reciprocate your facial expressions, assume you do not have consent.

When making eye contact... If the person looks away or avoids your eyes, assume you do not have consent.

When pulling someone closer to you... If the person pulls away, assume you do not have consent.

It is important to remember body language looks different for everyone; check in with your partner verbally.



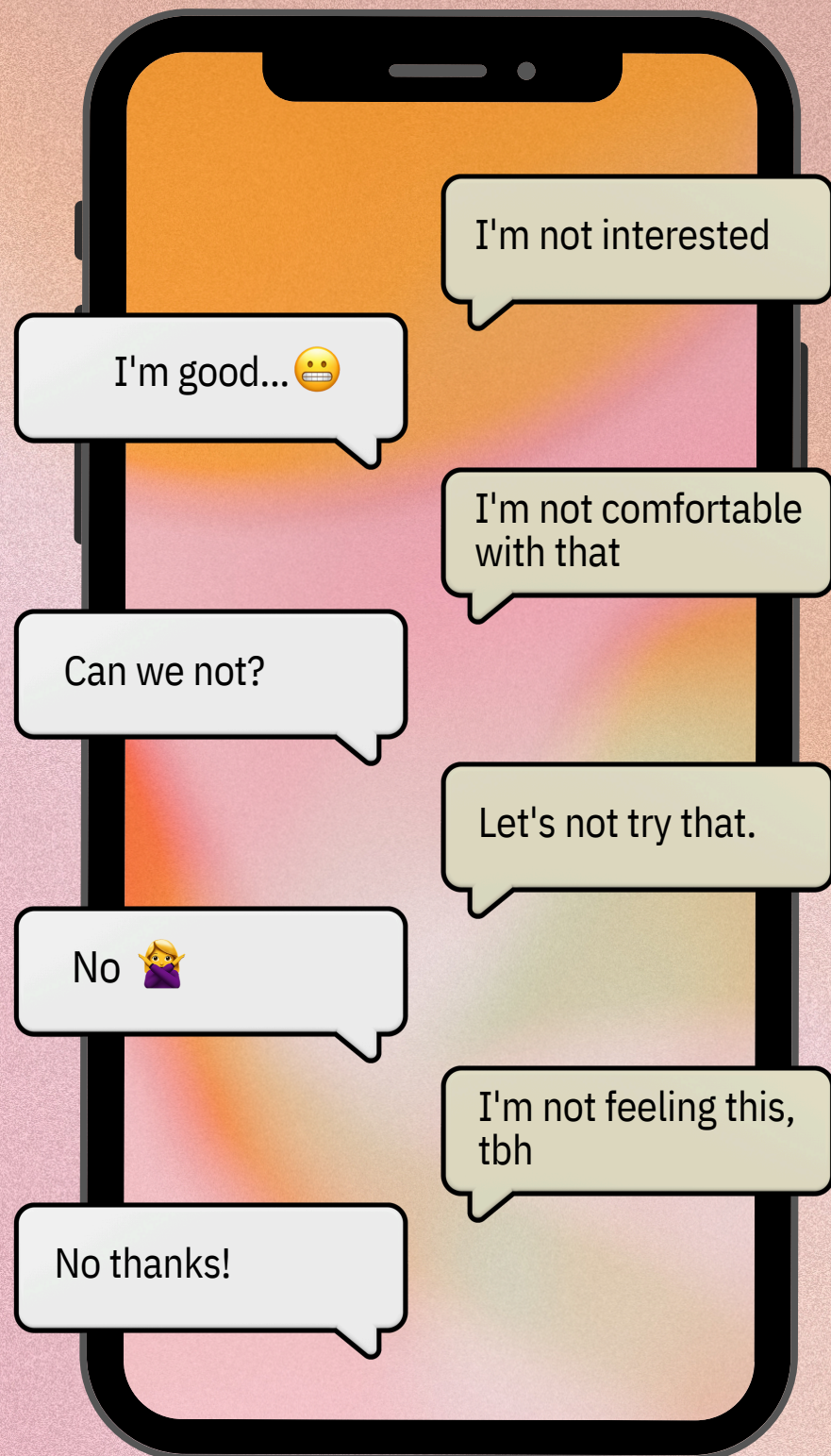
HOW TO SAY NO

TIPS

Being direct is the best way to get your point across, especially when it comes to consent!

If you consent to sex but not a certain act within it, communicate that! Sex is about your pleasure too.

If someone is being too aggressive, it may feel rude, but it's okay to walk away or block them online. Protect yourself.



HOW TO RESPECT SOMEONE NOT CONSENTING

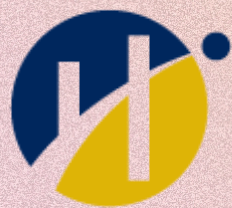
TIPS

Not everyone is going to want to engage in sexual activity with you.

Don't be pushy or aggressive or try and pressure someone into changing their mind.

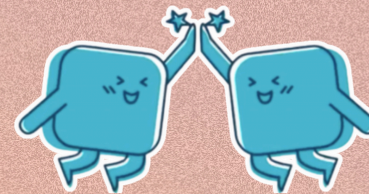
Letting them know you understand, walking away, a head nod, or a confirmation emoji is sometimes all that's needed.





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Consent is essential for any sexual experience;
it's about knowing what is pleasurable for
everyone involved.

The absence of a verbal “No” is not a “Yes”.

Pay attention to your partners' needs, wants,
and boundaries, and you'll be all set!