



STUDENT HEALTH & WELLNESS SERVICES

Consent is when a person freely agrees to something. If you want to do something sexual with someone, you must get consent from that person. This mandatory every time! It is important to remember that if consent is given once, that does not mean that you have consent the next time.

Partners should be able to openly talk about and agree on what kind of activity they want to engage in. This can include holding hands, kissing, touching, oral sex, vaginal sex, or anal sex.

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood

What consent **is**:

- **Freely given** - no one is pressured, tricked or coerced into saying yes
- **Reversible** - it can be taken back at any point. It is okay to change your mind.
- **Informed** - you can only consent if you have all the facts. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- **Enthusiastic** - you should be engaging in things that you want to do, make you happy, or excited. If your partner(s) don't seem enthusiastic, stop and check in.
- **Specific** - saying yet to one thing doesn't mean saying yes to everything.

What does consent look like?

Communicating—every step of the way. It doesn't always just happen with words—body language can say a lot. It is important to pay attention to your partner's body language. Are they leaning in or pulling away? Do they look happy or uncomfortable? Are they kissing you back or staying still?

Check in—Here are some suggestions of things you can say:

- Is this ok?
- Do you want to slow down?
- Do you want to go any further?
- Can I _____?
- How does this feel?

What consent is **NOT**:

- Assuming that dressing sexy, flirting, accepting a ride, accepting a drink, etc. is in any way consenting to anything more.
- Saying yes (or saying nothing) while under the influence of drugs or alcohol.
- Saying maybe, or giving into something because you feel pressured or too afraid to say no.
- Assuming saying yes to going to a bedroom to make out means consenting to sex

Respecting that when they don't say "no" it doesn't mean "yes." Consent should be clear and enthusiastic. Someone **cannot** give consent if they are:

- Drunk or high
- Asleep or passed out
- Below the legal age of consent or much younger than you
- Disabled in a way that affects their ability to understand you

Scenarios

1. It's Kevin and Maria's third date. Kevin is pretty sure that tonight will be the night they go all the way, so after sharing a pizza and kissing on the sofa he starts undressing her, but she doesn't seem to be that into it, and she isn't kissing him back. Her body has gone rigid so James asks if she is ok and she mumbles "yeah I'm fine". Should Kevin...

- a. Go
- b. Stop

2. Sarah and Liza met on a dating app and have met up for a date one night. The date has gone really well with lots of talking and flirting and even some touching in the taxi back to Sarah's. When they get back to Sarah's place, things get steamy. They start undressing each other and touching each other's bodies. Liza says what Sarah is doing feels good, Sarah asks her if she wants sex and she says yes. Should they...

- a. Go
- b. Stop

3. Zach and Laura have been together for a few months, and have had consensual sex lots of times. Laura is staying over at Zach's one evening but heads to bed early. Zach gets to bed later and is feeling horny, but Laura is already asleep. Zach starts kissing her, but she shrugs Zack off sleepily. Should Zach...

- a. Go
- b. Stop

4. Sam and Casey have been dating all semester. It's after finals and Sam invites Casey to her apartment for a wine and movie night. After a few glasses of wine, Sam asks Casey to the bedroom and they start kissing. When they start undressing each other, Casey pauses to say that he doesn't have a condom. Sam lies and says "it's ok-I'm on birth control". Should Sam...

- a. Go
- b. Stop

5. Jordan and Jaime met a few weeks ago, have gone on a few dates but haven't had sex, although they've talked about it. Tonight they both felt comfortable with oral sex. Jamie is really excited and into it and tries to go further with Jordan, but Jordan is nervous. Jordan asks "Can we pause for a bit? I'm not sure..." Should Jaime...

- a. Go
- b. Stop

Answers: (1) Stop, consider Maria's body language. (2) Go, they both communicated clearly and consented freely, and enthusiastically. (3) Stop, Laura is sleeping and her body language communicates she is not consenting. (4) Stop, Casey doesn't have all the facts, therefore cannot consent. (5) Stop, consenting to one thing doesn't mean consenting to everything.

Resources:

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- If you have questions or would like to discuss the topic of consent further, feel free to make an appointment with a Health Educator.
- <https://www.loveisrespect.org/healthy-relationships/what-consent/>
- <https://www.plannedparenthood.org/learn/teens/sex/all-about-consent>

