



Got Consent?

What you should know about healthy sexual interactions

Giving consent means agreeing to do something or giving permission for something to happen. Healthy sexual interactions are rooted in consent and respect and require a dialogue about each partner's desires, needs and level of comfort. It is impossible to have healthy sexual interactions without consent. Sex without consent is sexual assault.

Establishing Consent: How to give consent and how to know you have it

- Make consent part of the interaction. Far from "ruining the mood," consent can in fact be fun. Sexual interactions are enhanced when you know that your partner is comfortable with the interaction and each of you is able to clearly express what you want.
- Know your limits and communicate them clearly. Each of you has the right to set limits and the right to have those limits respected. If you feel uncomfortable, let your partner know. If you have questions about your partner's limits, STOP and talk about it.
- Know you have consent before moving forward. Don't make assumptions about what your partner wants or is comfortable with. Pay attention to your partner's non-verbal cues but don't rely on them as an indicator of consent. Consent should be clear and enthusiastic. Saying nothing is not the same as saying "yes."
- Obtain ongoing consent. A partner's comfort level may change throughout an interaction. A person can give or withdraw consent at any time. Consent for past sexual interactions does not equal consent in the present.
- Be aware that using alcohol or other drugs will affect your ability to think, act, and communicate clearly. This will compromise your ability to give and obtain clear consent. In many states, an intoxicated person cannot legally give consent.