

CONSENT IS...



ACTIVE



A PROCESS



A CHOICE

CONSENT IS NOT...



ASSUMED



SILENT



PRESSURED

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Consent is active.

Just because they didn't say "No" doesn't mean you have consent. Only "Yes" means "Yes".

Consent is a process.

Consent requires ongoing conversations with lots of trust. Just because someone says "Yes" to one thing, doesn't mean they say "Yes" to ALL the things. Everyone has the right to change their mind at any point.

Consent is a choice.

Everyone has the right to feel free to say "Yes" or "No" without pressure, threats, or manipulation.

Consent is not assumed.

Being in a relationship or having a sexual history with someone does not imply consent. Communicating about consent is always necessary.

Consent is not silent.

The absence of "No" is not a "Yes". Pay attention to your partner's body language and non-verbal cues.

Consent is not pressured.

If you have to convince someone to say "Yes" or if they are afraid to say "No", then you don't have consent.