

CONSENT & COMMUNICATION



MYTH BUSTING

MYTH: "If someone doesn't say no, that means yes."

FACT: The absence of "no" is not consent. Consent requires an active, enthusiastic yes.



WHAT IS CONSENT?

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- **F**reely given: no pressure, manipulation, or substances
- **R**eversible: anyone can change their mind, anytime
- **I**nformed: both people understand what they're agreeing to
- **E**nthusiastic: yes because you want to, not because you feel you have to
- **S**pecific: yes to one thing $\neq$ yes to everything

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COERCION & PRESSURE



Coercion is NOT consent.

Pressure tactics include:

- *"If you really cared about me, you would."*
- *Wearing someone down through repeated asking*
- *Making someone feel guilty for saying no*
- *Threatening to end the relationship*
- *Pushing for an answer while someone is drunk or high*

Setting Limits Is Not Rejection



Understanding Boundaries

Setting limits is not rejection. Boundaries are how you communicate what you're comfortable with. Healthy relationships have them — and respect them.

How to set one: "I'm not comfortable with that." "I want to slow down." "I need to stop."

How to respond to one: "Thank you for telling me. We don't have to do that."



Consent Education

What Consent Looks & Sounds Like

Checking in looks like:

- *"Is this okay?"*
- *"Do you want to keep going?"*
- *"What are you comfortable with?"*

Ignoring consent looks like:

- Continuing after someone goes quiet or tense
- Pretending not to hear "stop" or "wait"
- Interpreting passivity as permission



ALCOHOL, SUBSTANCES & CONSENT



Someone who is drunk or high cannot give legal consent. This applies regardless of gender. "They seemed into it" is not a defense. "They didn't say no" is not consent.

If you're unsure whether someone is sober enough to consent: stop. If you're too intoxicated to assess that: don't proceed.

COMMUNICATION IN RELATIONSHIPS

Consent is ongoing, not a one-time checkbox. Good communication means:

- Checking in, especially when trying something new
- Being able to say what you want and don't want
- Listening without making someone feel bad for having limits
- It also applies to other situations like:
 - Sharing someone's secrets
 - Taking/posting photos of someone
 - Physical affection with friends

