



Consent

What is Sexual Consent?

Sexual consent happens when people want to be sexually active with each other. Sexual consent is used to communicate to a partner that sex or a type of sexual activity is wanted or not wanted. Consent means everyone understands what they are consenting to without feeling pressured to do something they are not comfortable with.



Sexual consent is about asking and giving permission to have sex or do sexual activities with another person(s). Respecting the choices of the other person(s) involved in the sexual activity is a part of sexual consent.

Sexual consent is about making sure everyone involved in the sexual activity feels comfortable with what is happening and wants to be doing that sexual activity.

Why is Consent Important?

Consent is important because it helps make sure everyone's choices and bodies are respected. When a person gives and asks for consent, they are respecting both themselves and the other person(s) involved in the sexual activity.





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How does Someone Know if Sexual Consent has Been Given?

The only way to know for sure if someone is giving sexual consent is to ask them and to listen and understand their answer. It is important to know the different parts to sexual consent before engaging in sexual behaviours with another person:

Consent is freely given

Consent is a choice a person makes for themselves. A person cannot give consent if they are threatened, guilted, pressured, tricked, or forced to say yes to sex or sexual activities with another person(s) when they do not want to.



Consent is informed



A person can only consent to sexual activity if they know what the full sexual activity is. Everyone involved must tell each other what sexual activities they want to do with each other. If a person does not fully know or understand what they are agreeing to, they have not given their consent.

Consent is specific

Saying yes to one sexual activity (e.g., making out) does not mean a person is saying yes to do other sexual activities (e.g., oral sex, vaginal sex).



Consent is enthusiastic

A person should only do sexual activities they want to do, are excited to do, and are comfortable doing. A person never has to do something sexual they do not want to do.



Consent is ongoing and can change

People can change their mind about what they are comfortable doing sexually at any time. Even if a person has done the sexual activity before or if they have already given sexual consent, they can change their mind at any time.





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How do People Practice Sexual Consent?

Before being sexually active with someone it is important to have conversations with that person about what you are both comfortable doing sexually.



If a person is not sure if someone is giving consent to be sexual activity with them, then they need to immediately stop what they are doing and check in with the person. A person can stop consenting (change their mind) at any time. If they stop consenting, then everyone involved must stop.

If a person does not stop when there is no sexual consent then it is sexual assault or rape.

Talk About Consent Before Sexual Activity

Some ways people talk about sexual consent is by asking their partner(s) before sexual activity if:

- they would like to have sex or do a sexual activity together;
- how they would feel doing the sexual activity;
- what sexual activities they want to do and are comfortable doing and;
- what sexual activities they do not want to do or are uncomfortable doing

Communication between people having sex or doing sexual activities together is very important.





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What it Can Sound and Look Like When Someone Gives Their Consent

What consent can sound like:

"Let's keep going!"

"Yes!"

"I'm ready!"

"I'm sure!"

"I am so excited!"

"I know I want this!"

"This feels right!"

"I want to do this
right now!"



What consent can look like:

Pulling someone closer



Initiating sexual activity



Laughing and smiling



Actively touching someone





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What it Can Sound and Look Like When Someone is NOT Giving Their Consent

What NOT giving consent sounds like:

"Stop"

"No"

"I'm not sure I'm
ready"

"I'm not sure"

"I'm scared"

"I don't want too"

"This feels wrong"

"I don't want to do
this right now"



What Not giving consent can look like:

Shaking head no



Not initiating any sexual activity



Crying or frowning



Avoiding touch



Pushing someone away



Not doing or saying anything

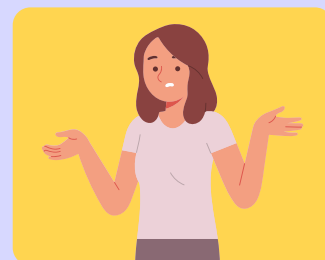




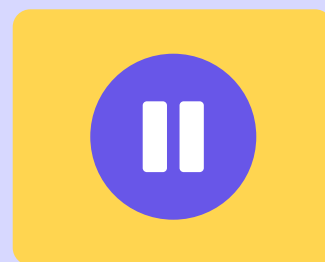
Consent

What if Someone is Not Sure if Another Person is Consenting

It is not always clear to the people involved in the sexual activity if consent has been given or not. Sometimes people are not sure what their partners want or if their partners are giving consent. This is because consent can look and sound different depending on the situation and the people involved.



If someone is not sure if their partner(s) has given consent then they need to stop the sexual activity and check-in with each other to make sure everyone involved is consenting to the sexual activity. This is why it is important to talk with sexual partners before becoming sexually active. People can also change their mind during a sexual activity and decide they no longer want to give their consent. This is why it is important to check-in with sexual partner(s) during sexual activity.



Signs someone should stop and check-in with their sexual partner(s) during sexual activity:



You are not sure what the other person wants

You have not talked about what you want to do

You feel like you are getting mixed signals

Your partner stops or is not present

You are not sure you have the person's consent

You are not sure you want to anymore

You assume that you will do the same thing as before

If a person does not give their consent and the sexual behaviour continues to happen anyway then that is sexual assault or rape and it is illegal.





Consent

Sexual Consent is About Safety and Pleasure

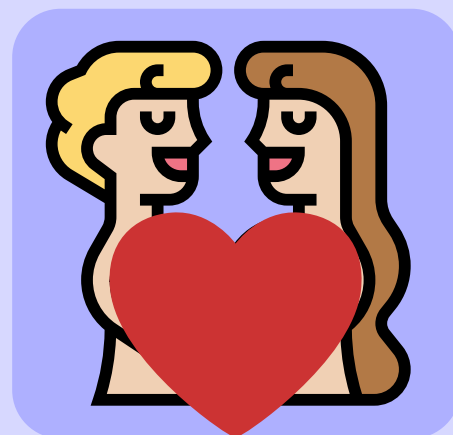


People are allowed to make their own decisions about what happens to their body. It does not matter if a person has had sex with someone before, or even if they said yes earlier and then changed their mind.

No one has to participate in sexual activity if they do not want to. People can stop sexual activity at any time if they decide they do not want to continue. When someone decides they do not want to engage in sexual activity their decision must be respected. It is against the law to do something sexual with a person who has not given their permission for the sexual act.

Sexual Consent is the *minimum* requirement for sexual experiences. Sex should be respectful, feel good, and pleasurable for everyone involved.

Good sex is reciprocal! This means there is equality in the sexual experience, and everyone leaves having experienced pleasure and is satisfied!





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Sexual Decision Making and Giving Consent

Every person has the right to make decisions for themselves about whether or not they want to engage in sexual behaviours.

The only person who can know you feel and what you are comfortable with, is YOU. No one should ever try to force or pressure you into doing something sexual if you do not want to.

If you are not comfortable engaging in sexual activity it is your choice and you **do not** have to give consent.

If you give your consent, and then during the sexual activity you change your mind, you have the right to withdraw (take away) your consent.

If someone forces you to do something sexual you do not want to do, or tries to pressure you into doing something sexual you do not want to do, what they are doing is not okay and it is against the law.

If you need help or support you can call the **Kids Help Phone** at **1-800-668-6868** or text them by texting **CONNECT** to **686868**. For more information visit their website at [kidshelpphone.ca](https://www.kidshelpphone.ca)

