



CONSENT IS consistent

Consent is not implied or ongoing. Just because you consented to one thing, it doesn't mean you consented to another. Whether it is your first time being intimate with someone or you're with a long-time partner, practice consent!



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CONSENT IS sober

If either person is intoxicated by drugs or alcohol, you can never be sure if you're respecting the other person's wishes. It's always better to get their number and call when you are both sober. Don't risk it. If you see a person intentionally getting someone drunk, say something!



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CONSENT IS enthusiastic

Consent is much more than a 'yes' or a 'no.' Discussing your likes, dislikes and your boundaries is a great way to build trust. If you sense any hesitation from your partner, stop and ask how they're feeling. When you and your partner are on the same page, everyone will have a more enjoyable experience.



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CONSENT IS verbal

Pressuring someone physically or verbally is never ok. If a person feels uncomfortable, they always have the right to say 'no' and their boundaries must be respected. Consent is never implied. While body language can give you a clue to whether your partner is interested, verbal consent is necessary to respectfully be intimate.



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CONSENT IS freely given

Coercion can be both physical and/or verbal. If there is unequal power within a relationship or if one partner is pressuring the other, a 'yes' is not freely given and therefore not consent. Be aware of your partner's needs and value their response. If you see a person using coercion or being disrespectful, step in!



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