Consent:
To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act.

If your partner belittles you, uses constant criticism or put downs;
Acts from a place of extreme jealousy or makes you feel guilty for things out of your control;
Threatens to or does hurt themselves, you, or another person;
Or if you find yourself doing any of these
You can reach out for help

You are not alone.
Consent:
To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act. (ppink.org)

- Consent is not assumed because of a previous relationship/sexual activity, silence, coerced, convinced, or implied.
- Consent can always be withdrawn.
- Communication is key!
- It can be clearest when verbal, but we communicate consent in countless ways.
- A person who knows or should reasonably know that another person is incapacitated may not engage in sexual activity.
Have more questions?

CHECK OUT THESE WEBSITES FOR SOME RESOURCES ON SEXUALITY, RELATIONSHIPS AND WELL-BEING!

loveisrespect.org
(Info on dating & relationships)

thatsnotcool.com
(Info on relationship abuse)

halfofus.com
(Info on stress & mental health)

scarleteen.com
(Info on sexuality & sexual health)

newhope
CREATING COMMUNITIES FREE FROM VIOLENCE & EXPLOITATION
1-800-323-HOPE