



# Consent:

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

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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.**



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- **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- **Consent can always be withdrawn.**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](http://loveisrespect.org)**

*(Info on dating & relationships)*

**[thatsnotcool.com](http://thatsnotcool.com)**

*(Info on relationship abuse)*

**[halfofus.com](http://halfofus.com)**

*(Info on stress & mental health)*

**[scarleteen.com](http://scarleteen.com)**

*(Info on sexuality & sexual health)*