

RESPONDING TO THEIR ANSWER

If they say yes

Continue if your partner is excited and responds with an enthusiastic “yes!” Make sure to check in with them regularly to see if they’re still enjoying themselves. Saying things like, “What do you want me to do next?” or “How does that feel?” are good ways to check in, without bringing the mood down.

If they say no

If someone says no, stop. Never try to convince or guilt someone to say yes when they’ve already said no.



BEFORE YOU ASK

Understand why you’re asking

Asking for consent is a part of sex - but it’s about more than getting a yes or no answer. It’s about opening up a conversation with your partner about what you both want. These conversations show your partner that you respect them and won’t make them do anything they don’t want to.

Have conversations about sex in non-sexual situations

Don’t wait until you’re in the heat of the moment to bring up sex. You can talk about things like protection, previous experiences, preferences, and more through texts or in casual settings.

Consider if drugs or alcohol could affect the situation

If you are under the influence of drugs or alcohol, ask yourself if you’re in a clear enough state to respect someone’s boundaries.

www.StopTheTimer.com

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#STOPTHETIMER

Your Consent Guide

CONSENT: ASK FOR IT

There are many situations in which people have sex, from casual hookups to long-term relationships. Whatever the circumstances, consent is a normal and necessary part of sex.

Consent

When someone gives consent, they're giving permission for something to happen or agreeing to do something. However, this does not mean they are agreeing to everything, and they are able to revoke consent at any time

Freedom of choice

Everyone should get to make choices about what they do with their body. Think about how your actions might make someone feel, and ask first so they have a choice.

When to ask for consent

Always ask before any type of touch and before escalating things. Checking in early on — like before holding hands, hugging or kissing — builds a foundation of trust and open communication. Consent is a normal and necessary part of sex.

WHEN YOU ASK

Ask without expectations of how your partner will respond

When you ask, make it clear from your words, tone, and body language that you're OK with the answer, no matter what it is.

Pay attention to body language and verbal cues

Sometimes your partner might not feel comfortable directly saying no. Instead, they may say something like "I guess," or even "if you want to," or even appear physically uncomfortable, even if they are verbally saying yes. At any point, if your partner is anything less than enthusiastic, stop and check in.

If you're not sure — play it safe

If you aren't sure your partner is into what you're suggesting, stop and check in. Ask what they want to do or suggest another activity. You can say, "You don't sound too sure — why don't we just watch TV instead?"

IF YOU ARE BEING ASKED

If someone asks for your consent, they want to know your true feelings. If you're not sure if you can share your true feelings about what is happening, it might be worth thinking about why.

If you say no

It can be tough to tell someone how you feel, especially if you think it's not what they want to hear; but, it shows that you respect them and yourself. You can say, "Thanks for asking but I just don't feel that way about you," "I'm not feeling up to that tonight — maybe we can just cuddle instead," or "Let's just keep doing what we're doing now."

If you're unsure

Maybe you're not sure if you're ready to do what your partner is asking, or maybe you aren't sure if you're in the mood. In these situations, it's best to say no. You both deserve to have an experience that you're 100% excited about. You can say, "I like the sound of that but not right now — I'll let you know how I'm feeling later," or, "I'm not up for that, but how about this?"

If you say yes

Be specific. Let them know what you're agreeing to and if there are any conditions. You can say, "I'm into that — if you have a condom."

Keep the conversation going

Consent is an ongoing conversation, so continue to let your partner know what you like or don't like. You can also let them know if you'd like to stop or need a break.

ASKING FOR CONSENT
IS A SKILL
You Get Better As You
PRACTICE