

UNDERSTANDING CONSENT

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Consent happens when all people involved in a sexual activity agree to take part by choice. They need to have the freedom and capacity to make that choice. Consent is:

CLEAR, ONGOING, COHERENT, VOLUNTARY.

CLEAR

SILENCE IS NEVER CONSENT

Have you verbally asked if someone wants to engage in sexual activity with you? Don't assume that a person wants to engage.

ONGOING

CONSENT CAN BE WITHDRAWN AT ANYTIME

Just because someone consents to one thing, does not mean they consent to everything.

COHERENT

CONSENT REQUIRES CAPACITY

There are many reasons why a person may not have the capacity to consent.

VOLUNTARY

NO IS A FULL SENTENCE

Bullying, coercing, or pressuring someone to consent, is not consent.

Sex without consent is rape.

**Sexual activity without
consent, is abuse!**

#IT'S NOT ME, IT'S YOU!

#Stop victim blaming and stand up against sexual abuse.

Support the Campaign

www.rasamerseyside.org

RESPECTFUL WAYS TO SEEK CONSENT

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Starting sentences with words such as:

- Can I.....?
- Would you like to.....?
- Do you want to.....?
- Are you comfortable with me.....?

HEALTHY COMMUNICATION

Consent is about open, healthy, respectful communication. It is about respecting personal boundaries.

BODY LANGUAGE

A person may say yes, but their body language may be saying no. If a person looks uncomfortable, ask them, "are you sure you feel comfortable with...? You said yes, but you do not seem comfortable?"

ALWAYS REMEMBER

- Ask
- Listen
- See
- Respect

WHAT TO DO IF YOU HAVE BEEN RAPED OR SEXUALLY ABUSED?

- Speak out to someone you trust
- Talk to a professional
- Seek medical support

Need support?

Visit www.rasamerseyside.org or call 0151 558 1801.

We will hear you. We will not judge you.