

Playing it S.A.F.E.

Consent is essential in healthy relationships. Consent is declaring in words, without feeling pressured, that both parties in the relationship freely agree and really want to do the same thing.



Consent **CANNOT** be established if someone is drunk, high, or unconscious.

Elements of Consent

- **Freely Given:** No one can be pressured or forced to give consent.
- **Honest:** Be open and honest when talking with each other.
- **Reversible:** Permission can be changed or taken back at any time.
- **Specific:** Permission for each thing you want to do together.
- **Must be legally able to establish consent:** Consent must be given by individuals who are of legal age and capable of making informed decisions.
- Someone under 18 **CANNOT** consent to sexual conduct with an adult.

Consent is NOT ...

- Flirting
- Responding, "I guess so."
- Silence - no response
- The absence of "yes"
- Wearing sexy clothes
- Given by someone who is drunk or on drugs
- Convincing someone to say, "yes"

Consent IS ...

- A conversation
- An ongoing process
- The right to say, "No," but also the right to say, "Yes."

Always remember ...

If you are not sure if someone is giving consent, ASK!!!

