



# Hooking up, having fun, asking for & giving consent:

There's more of a script for sex between straight people than for people from Rainbow communities. That makes talking about consent for any sexual stuff super important for us.

If you want one word to describe consent it's yes – yes, this is what I want, and I want it now, with you.

## **Consent means sharing responsibility for having good sex.**

**Consent means everyone involved is able to freely choose to participate in sexual stuff. When we have consent – in casual hook-ups or relationships – everyone concerned is saying an enthusiastic yes.**

### **Freely choosing**

means everyone feels able to make and voice any choice without being threatened, intimidated, forced, coerced or pressured. It means everyone feels safe to say and accept yes, no, or maybe without fear, and that our limits and boundaries are respected.

### **Participating**

means everyone is actively involved in what is going on. No one is being treated as an object someone is doing things to. Anyone can change their mind at any time, even if they've said yes earlier.

Consent can ALWAYS be withdrawn. You don't owe anyone sexual stuff.

We don't just do or give consent once – it's something we're doing (or not) every moment of every sexual activity. Consenting to one thing doesn't mean consenting to anything else. Hooking up, going on a date or meeting up online doesn't mean you owe anyone sex. Being in a relationship doesn't mean you owe anyone sex.

**If you're not sure if you have consent, or if anyone is drunk, wasted or asleep – you need to stop.**

**Sex is not sex if anyone is not consenting – it's sexual violence. If you're not sure, stop and ask.**

Using words is the easiest way to be sure, because body language can be hard to read.

Consent with words is about everyone being able to say what they want and don't want. Checking in as we go is important, since things change. There are things we can say to each other to help everyone involved feel more able to voice what they want. We can also be clear that consent matters to us right from the start: *"It's hot when someone tells me what they want during sex: doing stuff we both want is the best part..."*

**Some good ways to ask for and give consent are questions like:**

- "Can I....?"
- "Is this ok?"
- "How do you feel about doing ....?"
- "What do you want right now?"
- "Where do you like to be touched? I like being touched.... I don't like being touched..."
- "Is there anything you need to feel comfortable or safe if we.....?"
- "You seem quiet, are you okay?"
- "Are you liking this?"
- "I really like this."

# More Hooking up, having fun, asking for & giving consent:

What can consent sound like?

- Yes
- That's hot
- Don't stop
- I want to...
- I want you/it/that
- That feels good
- Mmmmmmm
- I love you/this
- I want to do this right now
- I feel good about this

What can nonconsent sound like?

- No, maybe, [silence]
- [silence]
- Stop, [silence]
- I want to, but... [silence]
- I don't want you/it/that [silence]
- That hurts [silence]
- [silence]
- I love you/this, but... [silence]
- I want to do this, but not right now [silence]
- I don't know how I feel about this [silence]

It's also important to pay attention to – but easy to misread – non-verbal signs. If in doubt, ask.

What can consent look like?

- Direct eye contact
- Starting sexual stuff
- Pulling someone closer
- Actively touching someone
- Nodding yes
- Comfort with nudity
- Laughter and/or smiling
- “Open” body language, turning towards someone
- Sounds of enjoyment, moaning
- An active body

What can nonconsent look like?

- Avoiding eye contact
- Not starting any sexual stuff
- Pushing someone away
- Avoiding touch
- Shaking head no
- Discomfort with nudity
- Crying and/or looking sad or fearful
- “Closed” body language, turning away
- Silence or sounds of fear or sadness
- “Just lying there”

Sometimes you can feel like someone doesn't care about consent. They act like they're in a big hurry, or like you owe them sex. They try to get you very drunk or wasted. They don't ask how you feel or what you want. They insist you stay at their place. They don't really seem to be all there. They ignore your attempts to stop, like pushing them away, saying you're not sure or saying no.

If you feel unsafe or like any of those things are going on, get away from that person or situation.

Ask a friend to help if you need to.

If you were wrong, you'll be ok. It's important to trust yourself.

