

DARE TO CARE

SEXUAL CONSENT CHECKLIST

Sexual Consent is an agreement between individuals to engage in sexual activity. Getting consent is easy if you know the steps involved. Follow this checklist to ensure that you've got consent every time you engage in sexual activity.

Consent IS ...



- A clear verbal statement of "Yes".
- Willingly and enthusiastically given by the person you want to engage with.
- Valid when someone is sober/unimpaired.
- Only good for the activity for which you receive it.
- Able to be withdrawn or can change at any time.
- Essential to get every time you engage in sexual activity.
- Sexy and shows your confidence.
- Key in ensuring that everyone feels cared for and enjoys the activity.
- Specific: Saying yes to one thing (kissing) doesn't mean it's a yes to other activities (like sex).

Consent is NOT...



- An absence of "No"
- Silence
- Based on body language or clothing choice
- Flirting
- Given out of fear or pressure
- Given on someone else's behalf
- Given under the influence of drugs /alcohol
- Transferable or "good for" future encounters
- Based on previous behaviour
- Automatic because you are in a relationship
- Assumed

Sexual contact without consent is SEXUAL ASSAULT

