



Be Real With Us
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CONSENT

Contrary to what we hear in the media, consent is a very clear concept. It's someone giving their permission for all sexual contact that happens. It is freely given, of a person's own free will, and absent of pressure. Consent is agreeing and saying yes throughout the entire act.

CONSENT SOUNDS LIKE...

This is okay

YES

Absolutely

I like that

For sure

Of course

CONSENT DOES NOT SOUND LIKE...

I'm not ready

No

Not tonight

I'm not sure

Stop

I guess so

Sometimes a person can say no through body language by pushing away, not responding, moving around, looking down, or even not wanting to be alone with someone. Another important thing to note is that silence is NOT consent. If someone is quiet, stop and ask them if they are okay.

The only way to know for sure if a person wants to do something is by asking. There is no consent without explicit permission. A clear yes is a must!



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Worried that asking for consent will ruin the moment or be awkward? Don't be! As a Let's Be Real member says, "The more you understand and accept each other, the more you will relax and enjoy yourselves. So if you think about it, consent won't ruin the moment - it's actually making sex better!" Plus, we've put together a few phrases to make getting and giving consent less awkward! Check them out below:

WAYS TO ASK FOR CONSENT

Is this ok?

Do you want me to keep going?

Do you like that?

How far do you want to go?

How does that feel?

WAYS TO GIVE CONSENT

Yes I would like that

Yes that feels good

I'm comfortable with _____

Keep going.

Yes, right there.

If somebody doesn't want to participate in sexual activities the same way as you, it's okay to feel disappointed, but know it doesn't mean they are rejecting you as a person, just your offer. Consent involves making an informed decision, so you are sure your partner is 100% in - not 50% or even 90%.

For more information on consent, visit breakthecycle.org. If you or someone you know has been sexually assaulted, call the national hotline for resources and help: 1-800-656-4673.