

WHAT IS CONSENT?

Consent is defined as **permission or agreement.**

In order for a relationship to be healthy, there needs to be healthy consent given by all individuals involved.

Consent has two parts:

There needs to be a **question AND an answer.**

The absence of an answer is a clear, **“no.”**

It is impossible

to give good, clear consent when one party is **vulnerable, sleeping, unconscious, drunk or high,** or if there is pressure in any way.

In order for us to have healthy relationships, consent needs to be a normalized part of our conversations and expectations.

The root of consent is RESPECT for your partner.

When I value my partner's beliefs, boundaries, and feelings, I will choose to ask for consent and respect my partner's wishes in our relationship.

