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.