

"NO" means "NO"

- No means it's time to stop.
- No doesn't mean "Slow down."
- No doesn't mean "Keep trying until I give in."
- No doesn't mean "Yes, but I don't want to give in too easily."
- "You're not my type means" No.
- "Please stop" means No.
- "Don't touch me" means No.
- "No" means No and everyone should respect this.
- "I'm not sure if I'm ready" means No.
- "I don't know if I want" to means No.
- "I think I've had too much to drink" means No.
- "I don't know if I want to" means No.
- "I'm scared" means No.
- "Not now" means No.
- Pulling away or crying mean No.



Support Within Reach has been helping victims of sexual assault and their families for over 20 years. We offer one-on-one counseling, legal advocacy, medical advocacy, support groups, a 24-hour crisis line, and support for victims and their families. Our services are free and confidential (We are mandated reporters though, ask us what that means.).

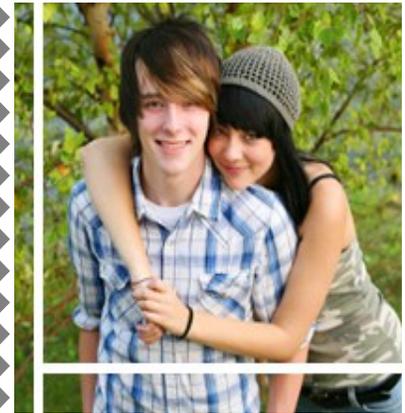
If you are a victim of sexual violence or you know someone who is, please contact us. We can help you!

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Consent is Hot!



What is Consent?

Consent is when both people agree to engage in a specific sexual behavior. But it's not just allowing something, or giving permission—it's knowing that you BOTH really want and desire to participate in the activity.

Consent should be mutual, voluntary, sober, wanted, enthusiastic, and hot!



Consent should never be coerced, implied, or assumed, even if you are in a relationship. Just because you are in a relationship doesn't mean you have to say yes every time.

Consent must be talked about and agreed upon; if you want to move to the next level of sexual intimacy—you have to ask!

Consent CANNOT legally be given by someone who is intoxicated, this includes drugs and alcohol.

Why is Consent Hot?

Sexual activity is always hottest when BOTH partners desire it—without any feelings of pressure, intimidation, or fear.

When your partner asks for your consent it shows they respect you, care about how you feel and what you want—and that is HOT!

Consent is about open communication and respecting boundaries. The practice of consent will naturally create a more caring, more responsive, respectful love life for both of you—and that is HOT!



Will Asking for Consent Kill the Mood?

- No. It should make you both feel closer and more connected, more respected.
- If the mood can be ruined with a question, it probably wasn't so hot to begin with!
- The mood is really ruined when your partner feels uncomfortable, disrespected, or unsafe.

How do I say No?

Be Direct:

- I don't want to have sex right now.
- I am not comfortable with you touching me. Please stop.

Be Proactive:

- I'm not sure where this is going, but I want to talk about what we both want.
- Thanks for...I just want to be clear that this is not going to lead to sex.

If you like him/her:

- I like you a lot, but I am not ready for a sexual relationship.
- I want to get to know you better before I consider sex. Let's go to a movie...

How do I ask for Consent?

- Is this okay with you?
- I'd really like to hug/kiss/...you. Would you like to?
- Is it okay if I take my shirt/bra/pants off?
- What would you like me to do for you?
- It makes me hot when you kiss/touch/...me there. What makes you hot?
- Do you want to...?