

Only Yes Means Yes!

Consent does NOT sound like:



Can everyone give consent?

No. Consent cannot be given by individuals who are underage, asleep, unconscious, intoxicated or incapacitated by drugs or alcohol.

Consent is a willing and positive expression of desire to engage in sexual activities. If it's voluntary, it means no parties are coerced by fear, force, or threats. If a party is silent, there is no consent.

If someone says no, do **not** proceed and/or pressure the person to give a different answer or change their mind.

Silence or no response is not consent

Consent should be black and white! Erasing the *gray* areas is easy!

Checking in with one another and clearly expressing your boundaries are important parts of any respectful relationship. Asking for consent—and giving it—helps ensure that everyone feels comfortable, understood, and on the same page

Both people must agree to sex every single time for it to be consensual.

Discussing boundaries and consent doesn't have to be intimidating. When both partners communicate openly about their desires and limits, it fosters mutual respect and understanding.

Consenting to one activity, one time, does not mean someone gives consent for other activities or for the same activity on other occasions. For example, agreeing to kiss someone doesn't give that person permission to remove your clothes. Having sex with someone in the past doesn't give that person permission to have sex with you again in the future. It's important to discuss boundaries and expectations with your partner **before** engaging in any sexual behavior. Remember, consent is about ensuring everyone feels comfortable and respected.



You can change your mind at any time!



If you are the victim of sexual assault or rape, call the ASU PD at 229-430-4711. We are here to help even if you do not want to pursue an investigation!

Setting Sexual Boundaries and Understanding Consent

Albany State University
Police Department
229-430-4711

What is Consent?



Consent is about ensuring everyone feels comfortable and respected.

No does **not** mean convince me!

Flirting, kissing, dancing, smiling, laughing and being dressed a certain way are **NOT** examples of someone giving you their consent.

Consent does **NOT** look like:

- A person who refuses to acknowledge “no” or tries to pressure their partner
- A partner who is disengaged, nonresponsive, or visibly upset
- Someone being under the legal age of consent, as defined by the state
- Assuming you have permission to engage in a sexual act because you’ve done it in the past
- Pressuring someone into sexual activity by using fear or intimidation
- Someone being incapacitated because of drugs or alcohol

Note: Physiological responses like an erection, lubrication, arousal, or orgasm are involuntary, meaning your body might react one way even when you are not consenting to the activity. Sometimes perpetrators will use the fact that these physiological responses occur to maintain secrecy or minimize a survivor's experience by using phrases such as, "You know you liked it." In no way does a physiological response mean that you consented to what happened. If you have been sexually abused or assaulted, it is not your fault.

Consensual sex is an enthusiastic agreement and willingness to take part in sexual activity. A person does not consent if they are coerced, forced, manipulated, pressured, or talked into saying ‘yes’ to something.

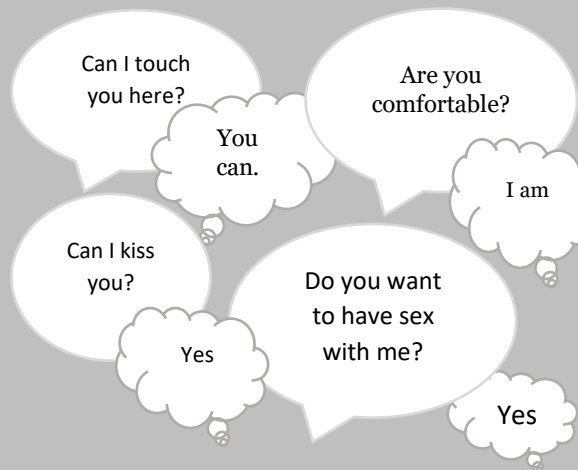
Consent means looking for the presence of a “yes” rather than the absence of a “no.”

Look for hesitations, a “Yeah, maybe” is **not** a yes. If a person needs convincing to have sex they’re not consenting.

If someone says no, do **not** proceed and/or pressure the person to give a different answer or change their mind.

Practice self-control, always. You are in control of your body; you are empowered to say no if you are no longer into the activity, and you are responsible to stop immediately when asked.

Discuss contraception and sexual health before engaging in activities.



Ask and Listen
Erase the Grey Areas!

How do I ask for consent?

Can I [fill in the blank]?” or “Do you want me to do [fill in the blank]?” Then, **listen for the answer**. It’s also important to pay attention to their body language and tone.

If your partner says “yes” or makes it clear that they’re into it, then you have consent.

If your partner says “no,” doesn’t say anything, or says yes but seems unsure or uncomfortable, then you **DON’T** have consent.

If you don’t know what they want, or they say yes but don’t seem sure, check in before you continue. You can check in by saying something like:

“I want to make sure you want to do this. Should I keep going?”

“It’s okay if you’re not into this. We can do something else. What do you think?”

Never pressure your partner into something they don’t want to do or seem unsure about.

Let them know it’s okay if they want to stop or do something different. And once you know someone isn’t into what you’re asking about, **stop asking!**

Everyone deserves to have their boundaries respected. Being pressured into doing sexual things doesn’t feel good.

Sex + consent = sex
Sex - consent = sexual assault

For Victims: Sexual assault is never your fault, no matter the circumstances.