

IS THAT CONSENT TO SEX?

“It’s easy to get into scary situations!”

Sexual Assault:

- Any form of sexual activity (**KISSING, FONDLING, TOUCHING, ORAL SEX, and SEXUAL INTERCOURSE**) **WITHOUT CONSENT** is sexual assault.

Consent To Sex:

- Only persons aged **14 YEARS AND OLDER** can **LEGALLY GIVE CONSENT**, through your words or actions, for something to happen.

There ISN’T consent if:

- she says “no” and he forces sex on her anyway
 - he threatens to hurt her if she won’t have sex with him
 - he uses a weapon or threatens to use a weapon to frighten her into having sex
 - he says he will tell other people lies about her if she won’t have sex
 - she gets drunk at a party and he has sex with her while she is passed out
- (Males can be victims of sexual assault too!)

How can YOU prevent a sexual assault?

- **Never assume you know what your partner wants to do** – always ask! Just because your date welcomes some sexual contact doesn’t mean she wants to do other sexual acts.
- **Pay attention to what your partner is saying** – don’t push if he / she says “I don’t think I am ready...wait a minute...I’m not sure...”
- **Be aware of body language** – is she acting scared, is she crying, is she trying to push you away. Or is she even too drunk to respond or know what is going on?
- **Accept “NO” as “NO”**. Don’t read meanings into that word. If you continue after you are told “NO”, you are committing sexual assault. At anytime, you can say “NO” and your partner should respect that and stop. If your partner doesn’t stop, that is sexual assault.
- **Not obligated to have sex** – You can say “NO” even if you have said “YES” before in a sexual relationship.

Getting Clear Before Getting Close

- **Speak Up and Be Clear** – State exactly how you feel. Expecting a person to read your mind or body language is DANGEROUS. Lots of people misunderstand silence for consent. Do not make excuses like “I’m not sure we should” or “I’m afraid of getting pregnant” Excuses suggest you are unsure and just need to be convinced. Speak up, be direct and honest!
- **Be aware** – The pressure to be “nice” can stop women and girls from being assertive.
- **Don’t Apologize** – There is no need to explain or apologize for saying “NO”! It is your right to say no...even if you have said yes before!
- **Be Consistent** – Match your body language to what you are saying. Smiling when you are saying “NO” sends mixed messages.
- **Keep a Calm Voice** - Your tone of voice can be more important than your words. A timid voice may not be taken seriously. Shouting makes the other person defensive and angry.
- **Use Eye Contact** – Keep eye contact to demonstrate strength and courage. Eye Contact shows you mean what you say.
- **Don’t Accept Disrespect** – If you tell a person your boundaries and he or she doesn’t listen to your wishes, get out of that situation.

Adapted from Making Waves – Protect Yourself Against Sexual Assault