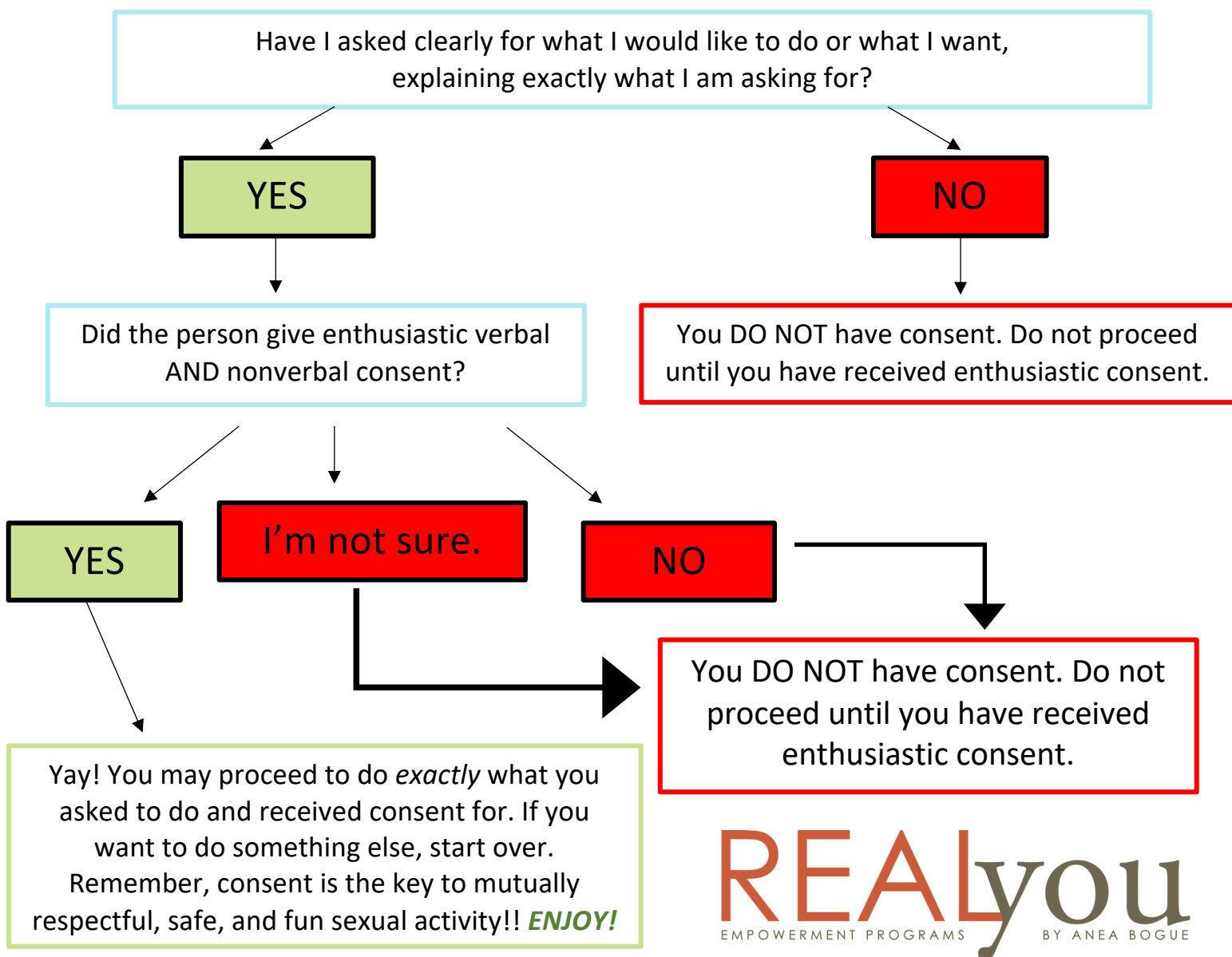


Do I Have Consent?

Flowchart



REALyou
EMPOWERMENT PROGRAMS BY ANEA BOGUE

Consensual sex is when:

- Both parties agree to have sex (ideally verbally, but at least physically)
- Both parties show excitement and willingness to have sex.

How to know it's consensual:

- Look for visual clues – Does the other person seem excited or happy? Are they smiling? Do they seem scared or unsure?
- Check body language – Does the other person seem to be in a positive mood or have high-energy? Do they seem tense and uncomfortable?
- See if they're engaged in the sexual act – Is the other person proactively kissing or touching you? Are they laying still and only move if you ask them to?

And lastly and most importantly,...

Just ASK and wait for the answer. Pay attention to if the answer is said with fear or joy. If it's a "yes" said in a small or fearful voice, wait before progressing and find out what's going on. It may be shyness or it may be fear – don't you want to find out which one it is?