

## New Language

What is Sexualized Violence?

SV is a broad term that describes behaviors and actions that are sexual in nature and unwanted, coerced, and committed without consent. Sexualized Violence includes sexual harassment, indecent exposure, stalking, showing or distributing sexual images without consent, cybermisogyny/cyberviolence, and forced sexual acts between children.

What is Consent?

“Consent is clear, communicated, enthusiastic, the responsibility of the initiator, ongoing, and can be renegotiated or withheld at any time. It means listening to each other, respecting each other, and bringing mindfulness to all our interactions. Practicing consent is an important step in creating a culture we want to live in. A culture in which people are respected and have autonomy, choice, agency, to decide for themselves what is best for them” (Anti-Violence Project, 2022)



*“The voluntary agreement of an individual to engage in a sexual act. Consent is positive, active and ongoing, and can be revoked at any time.”*

## Let's Look at Consent

Consent is an agreement to engage in an activity; it occurs when you ask, or give, permission to do something. People use consent in their daily life, including giving and asking for consent for food or drink, physical touch, to take a picture, or to participate in an activity. In the context of sexual activities, consent refers to giving voluntary permission to engage in a sexual activity. Consent is verbal and non-verbal.

Consent...

- Is freely given enthusiastic yes
- is ongoing, continuously discussed
- Can be taken away at any time
- Consent is specific to each activity
- Both partners need to feel safe and comfortable saying yes and no

Consent must be given voluntarily. Even if a person has consented to sexual activity in the past, consent must be asked for each time.

## Consent is

### Active



Just because they didn't say "No", doesn't mean you have consent. Only "Yes" means "Yes".

### A Choice



Everyone has the right to feel free to say "Yes" or "No" without pressure, threats, or manipulation.

### A Process



Consent requires ongoing conversations with lots of TRUST. Just because someone says "Yes" to one thing, doesn't mean they say "Yes" to ALL the things. Everyone has the right to change their mind at any point.

### Based on Equal Power



If someone is under-age, drunk, asleep, unconscious or you occupy a position of power or authority over them, they cannot consent.

# Consent is not

## Assumed



Being in a relationship or having a sexual history with someone does not imply consent. Communicating about consent is always necessary.

## Pressured



If you have to convince someone to say "Yes" OR if they are afraid to say "No", then you don't have consent.

## Silent



The absence of "No" is not a "Yes". Pay attention to your partner's body language and non-verbal cues.

## Incapacitated



You can't get consent from someone who is asleep, unconscious or incapacitated.

## Self Check in

- Am I seeking consent?
- Am I respecting the boundaries of myself and others?
- Am I clear on my own limits and the limits of my partner?
- Am I aware of the body language that shows uncertainty or no consent?
- Is there clear communication?
- Do I create safety for my partner?
- Do I have prejudice that may influence my experiences?

## Tips for Talking About Consent

1. SET BOUNDARIES
2. DEFINE CONSENT
3. DISCUSS RESPECT AND TRUST BUILDING
4. LEARN ABOUT BODY LANGUAGE
5. TALK SPECIFICS
6. YES, NO, MAYBE LIST
7. KNOW YOUR LEGAL LIMIT AND RIGHTS

You set your own boundaries and it is up to you to communicate these and up to others to respect these boundaries. You have the right to change your boundaries at any time. Boundaries can be revoked. Consent is more than saying yes. Consent is freely given in a space where all parties feel comfortable saying yes or no and asserting boundaries. Consent is a process between two or more people and is specific to each activity. Creating this space of trust and respect can take time but creates fulfilling experiences for all parties. Consent happens without coercion or pressure. Asking for and listening to the other persons boundaries can build trust.

If the other person is displaying body language that they are unsure, is pulling away or creating a sense of uncertainty, take the opportunity to check in with the other person to make sure they are ok and enjoying themselves. It is ok to back out at any point and it is important to let the other person know it is ok to stop and revisit the scenerio at another time. This is where talking about specifics can be helpful and beneficial. Making a yes/no/maybe/idk list can help express and understand feelings and boundaries around each scenerio. This can change at any time but offers communication and specifics.

### Resources

Sexualized Violence Prevention & Support Centre.  
What is Consent.  
<https://www.svscentre.utoronto.ca/learn/understanding-consent/>

Ministry of Advanced Education and Skills Training.

B.C. Campus. Consent and Sexual Violence Training and Facilitator Guide.

Understanding and Teaching What Consent Means. Katie Hurley. Psycm. 2020. <https://www.psycm.net/how-to-link-about-consent/>

Sexual Violence: An Introduction. BreakthesilenceNS.ca

## CONSENT



Freely Given  
Reversible  
Informed  
Enthusiastic  
Specific

Planned Parenthood