



SAINT PAUL COLLEGE

Program for Anti-Violence  
Support & Education  
[saintpaul.edu/AntiViolence](http://saintpaul.edu/AntiViolence)

## Consent should be **Continuous**



Consent needs to be checked in on every time, and consenting to one activity only applies to that specific activity. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex). Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

## Consent should be **Affirmed**



Consent is a clear "yes" spoken out loud. All parties should be fully aware of what is happening. It is not consent if there is pressure or threats involved. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.

## Consent should be **Fundamental**



You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent. Consent is absolutely necessary in all activities. It is not optional. Sex without consent is assault.

## Consent should be **Enthusiastic**



When it comes to sex, you should only do stuff you WANT to do, not things that you feel that you are expected to do. All parties should be into what is happening and saying "no" should feel safe.