



Consent is...

- Consent is asking your partner before you start any sexual activity
- Consent is continuing to ask if the activity is okay
- Consent is an active choice, not something that “just happens”
- Consent is respectful of both partners
- Consent is focused on the people involved, not the environment or situation
- Consent is meant to make sure that sexual activity is fun for both
- Consent is a clear and definite “yes” – an enthusiastic “yes”!
- Consent is asking permission every time
- Consent is voluntary

Only you can give consent.

Sex without consent is a crime.

How do I ask for consent?

- Ask for what you want, clearly and distinctly, and see if it’s okay with your partner.
- Ask respectfully. Don’t be aggressive, threatening, or manipulative.
- Ask for consent before you try something new.
- Ask for consent before you try something again.
- Ask for consent throughout the intimate time you spend together, not just at the beginning. Not just at the end. Not just once.

How do I give consent?

- Non-verbal signals are not enough. Use words. Be clear.
- Say yes and mean it.
- Say what you like and what you don’t like.

How do I say no to unwanted sexual activity?

- Say no and mean it. Use words.
- Be clear.

What do I do when someone says no?

- Stop. You are obligated to stop any sexual contact someone says no to.
- No means no.** If you say “no” or “stop” and the person does not stop, that is sexual assault. Sexual assault is any type of sexual contact without voluntary consent. Even without contact, some kinds of threats may also be considered assault. Sexual assault is against the law no matter what age you are.

Respect Yourself and Your Partner

- when you ask for consent – when you give consent – when you say no –

Need help? KidsHelpPhone.ca: 1-800-668-6868 | Text CONNECT to 686868
PEI Rape and Sexual Assault Centre: 902-566-1864
Victim Services: Charlottetown 902-368-4582, Summerside 902-888-8218

Consent is not...

Consent is not kissing, touching, or engaging in any sexual activity without permission from each other

Consent is not sexual activity with someone drunk, stoned, passed out, or asleep

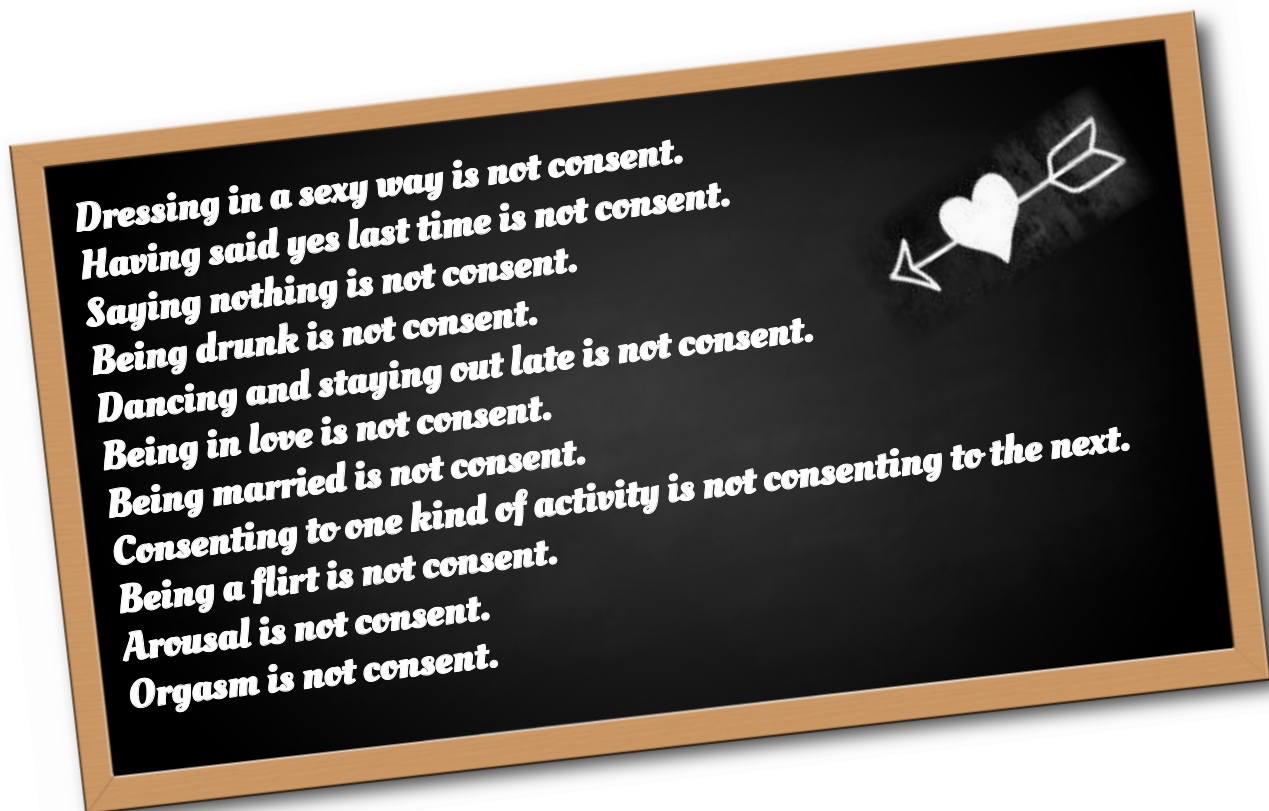
Consent is not arguing, pressuring, or forcing someone into sexual activity

Consent is not possible when you are too young

Consent is not possible when one person is in authority or has power or responsibility over the younger person

Consent is not possible when one person doesn't understand what you are asking

Consent is not a guarantee you'll enjoy what you consented to



Gender matters!

Our culture sends different signals to different genders about their role in consent. It is not the responsibility of girls and women to set boundaries and enforce them. It is not the responsibility of boys and men to push the limits. No matter your gender or the gender of your partner, it is your responsibility to ask for what you want and to ask for consent from your partner.

Your body is yours. It's up to you.



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