

*kakyoproject resources*

# AGUIDE TO CONSENT



CONSENT IS A  
NORMAL AND  
NECESSARY PART  
OF SEX.



## WHEN TO ASK FOR CONSENT

Consent is also an ongoing consideration.

Both partners have the ability to change their minds at any point during the physical interaction.

Checking in early on – like before holding hands

This builds a foundation of trust and open communication

## QUESTIONS YOU CAN ASK YOURSELF TO ACCESS IF YOUR ARE CREATING A SAFE SPACE TO ASK FOR CONSENT

AM I PUTTING ADDITIONAL PRESSURE ON MY PARTNER TO SAY YES?

AM I ASKING IN A RESPECTFUL WAY THAT BUILDS TRUST?

AM I AND MY PARTNER IN A STATE WHERE WE ARE ABLE TO RESPOND WITHOUT THE INFLUENCE OF ALCOHOL OR DRUGS?

### PAY ATTENTION TO BODY LANGUAGE AND VERBAL CUES

Sometimes your partner might not feel comfortable directly saying no. Instead, they could say something like “I guess,” or even “if you want to,” when they actually want to say no but feel pressured

make it clear to your partner from your words, body language, tone, and expressions that you are ok with their answer, no matter what it is. Expressing your respect for their boundaries goes well beyond the words that you use.

If you aren't sure their answer is an enthusiastic “yes”, air on the side of caution and don't move further  
Did you get a “yes”? Keep checking in. As you are moving forward, continue to make sure they like what you are doing. Ask, “does this feel good?” or, “what would you like me to do next?” and be prepared to respond respectfully and immediately if they change their mind.

Continue to show care and concern by verbalizing permission to say “no.” By saying something like, “you can stop me at anytime,” or “we will only go as far as you feel comfortable going,” you are both respecting your partner's boundaries and empowering them to engage in intimacy equally. But, you also need to feel prepared to stop when given directions to do so even if you don't want to.

Did you get a “no”? Accept their answer. Never try to convince someone to say yes if they have already said



# RESPONDING TO CONSENT



## IF YOU'RE UNSURE

Maybe you're not sure if you're ready to do what your partner is asking, or if you're in the mood.

In these situations, it's best to say no.

You both deserve to have an experience that you're 100% excited about.

You can say, "I like the sound of that but not right now – I'll let you know how I'm feeling later."

### If you are saying no,

It can be tough to let someone down. Being honest with them shows that you have respect for yourself and for them.

Be clear and firm about your decision, and when possible, offer an alternative activity you can do together.

### If you are saying yes

Be specific. Let your partner know what you are agreeing to, where your boundaries lay, and if you have any conditions.

Also, remember that you have the right to take back your consent at any point if you begin to feel uncomfortable or need a break.

## KEEP THE CONVERSATION GOING

Consent is an ongoing conversation, so continue to let your partner know what you like or don't like

Consent needs to be asked for verbally, not assumed.

Check in during sexy fun times, not just before.

You must let the other person know that it's okay to say no.

Respect the other person's answer & their choice to change their mind.

Body language is important, as is asking for consent throughout the experience.



Don't wait until you're in the heat of the moment to bring up sex.

You can talk about things like protection, previous experiences, preferences, and more through texts or in casual settings.