

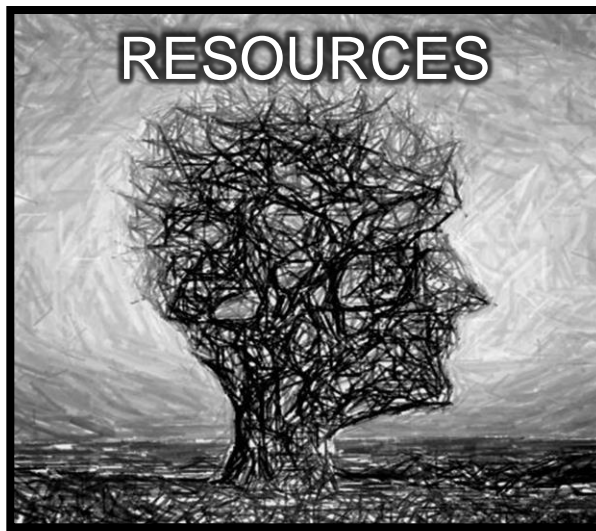
ESTABLISHING consent

Remember that sex without consent is sexual assault. When establishing consent, be aware of the following:

- Ask for consent. Don't assume a partner is OK with what you want to do. Always ask them. Be direct. If you are unsure that you have their consent, ask again.
- Communicate. Don't be afraid to talk about sex and communicate your boundaries, wants, and needs. Encourage your partner to do the same.
- Make it fun. Consent does not have to be something that interrupts sex; it can be a part of sex. Checking in with your partner throughout sexual experiences can be a great way to build intimacy and understand your partner's needs. It can help partners create a healthy and satisfying sex life.
- Drugs and/or alcohol increase risk. Intoxication impairs decision-making and can make it impossible to gain someone's legal consent. Mixing drugs and/or alcohol with sex also can lead to risky behavior, such as unprotected sex.



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SAFE Harbor

Serving Lake County and the entire Flathead Reservation, the agency provides shelter, safety, nurturing, advocacy, legal assistance, financial support and healing to the survivors of domestic violence, sexual assault, dating violence, stalking and others in need. All services are free and available to everyone.

Major Areas of Support

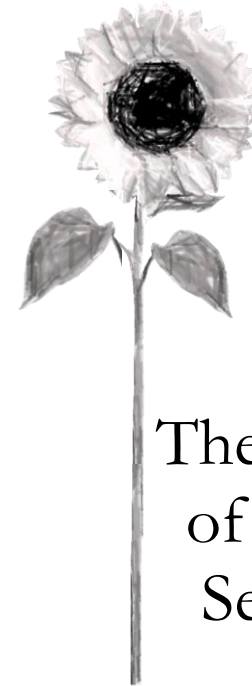
Shelter	Crisis Intervention
Transportation	Counseling
Legal Assistance	Advocacy
Education	Referrals

24 HOUR A DAY HOTLINE

(406) 676-0800

www.safeharbormt.org

Line Campaign www.whereisyourline.org
National Sexual Violence Resource Center (NSVRC) www.nsvrc.org
Scarleteen www.scarleteen.com
Yes Means Yes www.yesmeansyes.com
Montana Legal Services (406)543-8343 or 1-800-666-6899 www.mtlsa
Montana Coalition Against Domestic and Sexual Violence (406) 443-7794
www.mcadsv.com



BUILDING
AWARENESS

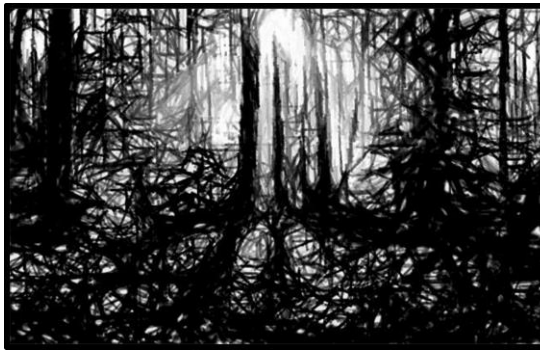
The Complexities
of Consent and
Sexual Assault



Healthy SEXUALITY

Key characteristics of a healthy sexual outlook:

- Comfortable with their body.
- Know that human development includes sexual development, which may or may not include reproduction or sexual experience.
- Have access to information and resources to protect and enhance their own sexual health.
- Engage in sexual relationships that are consensual, non-exploitative, honest, pleasurable, and safe.
- Express their sexuality while respecting the rights of others.
- Interact with all genders and gender identities in respectful and appropriate ways.
- Know the difference between life-enhancing sexual behaviors and those that are harmful to self and/or others.
- Communicate well with family, peers, and romantic partners.
- Express their sexuality in ways that are in line with their values.
- Enjoy sexual feelings without necessarily acting on them.
- Aware of the impact of family, cultural, media, and societal messages on thoughts, feelings, values, and behaviors related to sexuality.
- Accept one's own sexual orientation and respect the sexual orientations of others.
- Accept one's own gender identities and respect the gender identities of others.



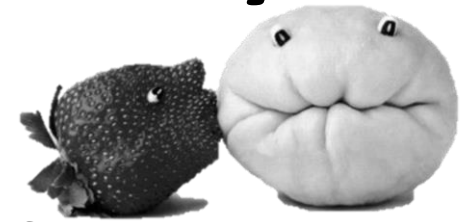
CONSENT is...

...granting **permission** for something to happen or agreeing to do something. Consent is more than a **yes or a no**. It is an ongoing dialogue about desires, needs, and level of comfort with different sexual interactions.

CONSENT is not a blanket statement. It is specific each time, and all sexual activities require consent. **Healthy sexual interactions** are rooted in consent and respect. When sex is consensual, it means **everyone involved** has agreed to what they are doing and has given their permission. Nonconsensual sex, or sex without someone's agreement or permission, is sexual assault.



YES means **yes**



• Consent is not the absence of a no. It is the presence of a clear, affirmative, expression of interest, desire, and wants. The exchange of consent involves all parties. Each person sets their boundaries or shares their desires. Consent is respectful, mutual decision-making.

• Drugs and alcohol impact decision-making and blur consent. When drugs and alcohol are involved, clear consent cannot be obtained. **AN INTOXICATED PERSON CANNOT GIVE CONSENT.**

• Consent needs to be clear. Consent is more than not hearing the word “no.” A partner saying nothing is not the same as a partner saying “yes.”

• Don't rely on body language, past sexual interactions, or any other nonverbal cues. Never assume you have consent. Always be sure you have consent by asking.

• Consent can be fun. Consent does not have to be something that “ruins the mood.”

• Consent is specific. Just because someone consents to one set of actions and activities does not mean consent has been given for other sexual acts. Similarly, if a partner has given consent to sexual activity in the past, this does not apply to current or future interactions.

• Consent can initially be given and later be withdrawn.

