

it matters

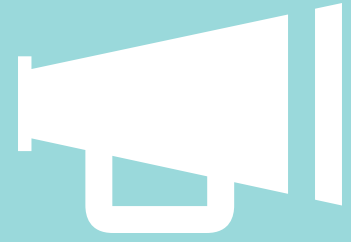


CONSENT

*what your gym teacher should have
taught you*

2018

WHAT IS CONSENT?



With viral movements like #MeToo and 'Time's Up' it's easy to be blinded with sheer horror or rage for the women that have been oppressed, harassed, and assaulted for decades in and out of Hollywood. Much smaller conversations are happening in the wake of these harrowing revelations. One centers around the concept of CONSENT.



ACCORDING TO PLANNED PARENTHOOD



consent is:

Freely given. It's not okay to pressure, trick, or threaten someone into saying yes. And you can't give consent if you're drunk, high, or passed out.

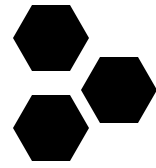
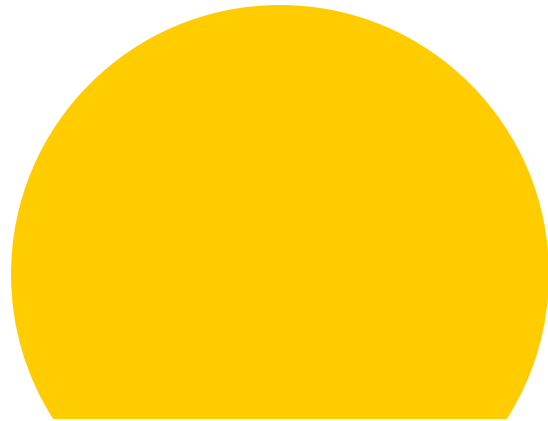
Reversible. It's okay to say yes and then change your mind — at any time! Even if you've done it before, and even if you're both naked in bed.

Informed. You can only consent to something if you have all the facts. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

Enthusiastic. When it comes to sex, you should do stuff you WANT to do, not things people expect you to do. If someone doesn't seem enthusiastic (meaning happy, excited, or energized), stop and check in.

Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you're saying yes to other things (like having sex).

W E L C O M E

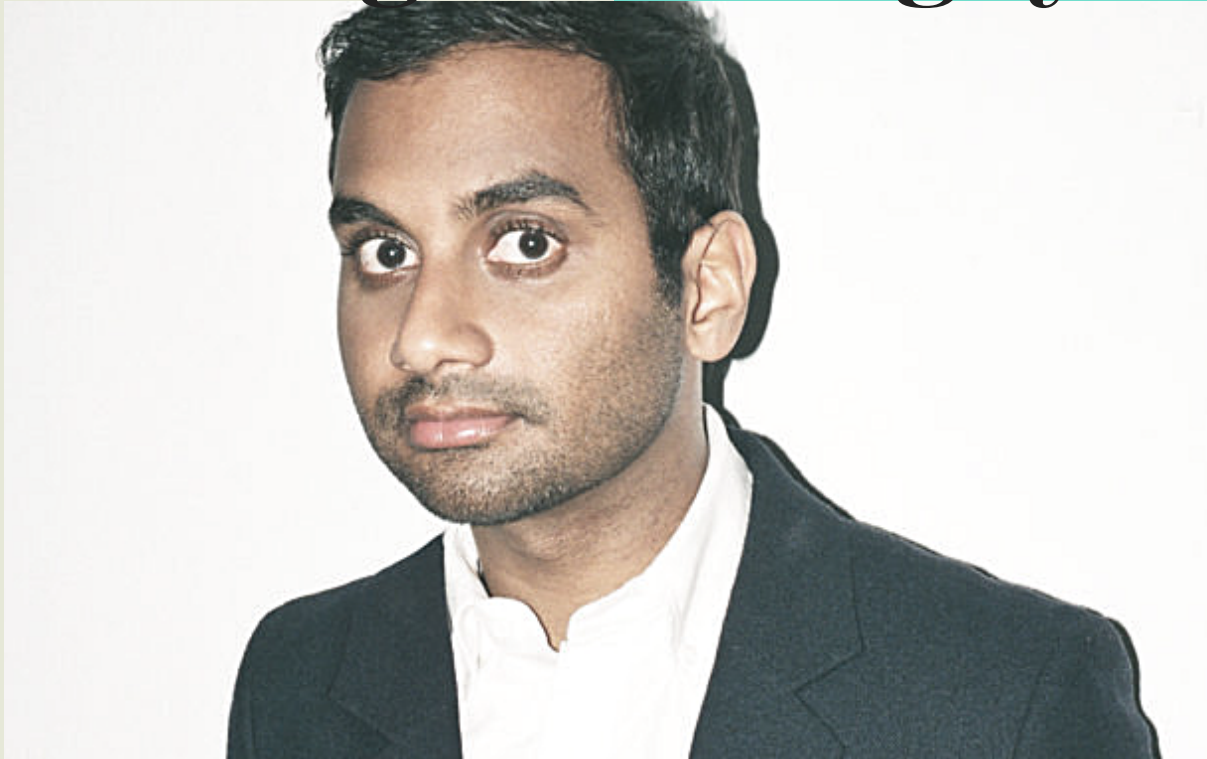


CONSENT
CRASH
COURSE

If you are just learning about consent now don't feel bad! For many people consent was left out of the sex talk they got (or didn't get) from their parents, teachers, siblings, or whoever thought it was time you knew about the birds and the bees!

What matters is that now you are beginning to understand consent. There's a lot that goes along with it. This is designed to act as a refresher or a crash course :)

Recognize this guy?



THE FAMOUS

AZIZ ANSARI

an American actor, filmmaker, and comedian. Parks & Recreation, Master of None, Funny People are all shows and films that he's most famous for.

01

WHAT HE'S IN THE HEADLINES FOR LATELY

He was accused of sexual assault by a woman he went on a date with.

02 THE HARD TRUTH

A conversation that's ignited as a result of this accusation is not only consent but the idea of verbal and non-verbal cues in sexual encounters.

What was so surprising to so many was that Ansari is your typical beta male (not assertive with women, usually self-identifies as a feminist). Many didn't want to believe that he was capable of doing what he was accused of. Social media buzzed, everyone had an opinion on whether what happened on their date was technically assault. If you haven't read the account of Grace I highly recommend that you do so here (<https://babe.net/2018/01/13/aziz-ansari-28355>).

HOW-TO

APPROACH CONSENSUAL SEX

According to Dr. Zhana, a sex researcher, writer, and educator who teaches Human Sexuality at NYU, there's "more than one way to approach consensual sex".



Avoid partners who are vulnerable:

drunk, high, immature- basically if their sexual decisions are impaired steer clear

Share your limitations and intentions with your partner

"Are they pulling away, freezing in fear, do they seem uncomfortable, or do they not respond in any sort of way? Those are all the nonverbal equivalent of a "no" and you should stop touching them."

Negotiate consent nonverbally:

Start slow and before you escalate check in.

"No" and "Yes" are equally important

"Yes" is good positive feedback, don't be too shy to share it!

Get comfortable saying "No" - nonverbal: move their hand away

Verbal: "no" gently but firmly

<https://www.teenvogue.com/story/consent-how-to>

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