

NO MEANS NO!

Consent - No Means NO!

In any sexual relationship, recognizing **what is and is not consent** is important in making sure each person involved is **happy** and **healthy**. Without consent, any sexual activity that ensues is considered assault.

What Does Consent Look Like?

- **Mutual communication** every step of the way.
- Respecting that even **if they don't say "no", that doesn't mean they said "yes."**
- Breaking gender "rules." Guys may want to take it slow and it isn't a man's job to initiate anything.

What Does Consent NOT Look Like?

- Assuming that dressing/acting provocatively, flirting, etc., is a way of consenting to anything more.
- Saying yes (or saying nothing) while under the influence of drugs or alcohol.
- Saying yes because they were pressured to do so or were afraid to say no.

Taking advantage of anyone who is under the influence of any substance or emotional distress is not only unethical; it is ASSAULT.

Citation: loveisrespect.org

RESOURCES

Need Help? Want more information?
Check out these websites



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Forming SAFE relationships



LISTEN TO YOUR GUT!

The Amanda Forum Youth Dating Violence Prevention - Youth Task



Listen to your gut, ALWAYS.

Human beings, like animals, have been gifted with the 'fight or flight' instinct. Our bodies are built to protect us from danger. Unfortunately, unlike animals, we often try to reason our way out of fear. We, especially when we are trying to be "nice", will often ignore the warning signals that our own gut gives us in potentially dangerous situations.

According to Gavin de Becker, one of our nation's experts on the prediction and management of violence, wrote a best-selling book titled The Gift of Fear. The Gift of Fear explains that it is our judgement, as humans, that causes us to disregard our intuition to flee or escape danger.

"We, in contrast to every creature in nature, choose not to explore – and even to ignore – survival signals." Gavin de Becker.

Choosing to listen to your survival instincts does not mean that you are living in fear, but rather, if you listen to your intuition and accept it as a 'voice' to help you survive, fear will stop in an instant.

With that, how do you know your body is sending you a message you shouldn't ignore?

Citation: loveisrespect.org



How Do I Communicate Effectively?

Open and honest communication is extremely important to any healthy relationship! However, using the wrong choice of words or having poor body language can be detrimental to the quality of your conversations. To communicate effectively, try to:

- Find the right time to talk
- Talk face to face
- Use "I" messages (this only works with someone who truly cares about you and the relationship)
- Be honest
- Make eye contact, sit upright, and be engaged in the conversation



Developing Trust

Trust is also an extremely vital aspect of healthy relationships! Trusting someone means that you think they are reliable, you have confidence in them, and you feel safe with them physically and emotionally. Although trust cannot be demanded or proven, it can gradually developed over time. Building trust can be a tedious and time consuming process that requires mutual commitment. When questioning whether or not you trust someone, ask yourself:

1. *Do they support me (and do I support them)?*
2. *Are they consistent (and am I consistent with them)?*
3. *Do they say what they mean and do what they say (and do I do the same)?*

Establishing Healthy Boundaries

Healthy boundaries keep your relationship safe and secure. They are meant to help you develop a better understanding of what each person wants out of the relationship and what each person is comfortable with. By respecting someone's boundaries, you are protecting their physical, mental, and emotional health. Healthy boundaries mean both partners are able to :

- Socialize with friends without your partner
- Freely participate in hobbies and activities
- Refuse to share passwords to email, social media accounts, or your phone
- Feel their needs and perspectives are valued and respected



"Always trust your gut, it knows what your head hasn't figured out yet"

(Anonymous)