

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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Creating Happy, Healthy Relationships: Info gathered by youth, for youth



#RelationshipGoals

*The Amanda
Forum Youth
Dating Violence
Prevention
Youth Task*



What is a healthy relationship?

Although every healthy relationship looks different, each one is based on *equality* and *respect*.

Whether it's social, familial, or romantic, aspects of a healthy relationship include:

- Communication
- Trust
- Healthy Boundaries
- Conflict Resolution Skills
- Consent



Additionally, it's important to:

- Speak out about things that bother you
- Listen respectfully to your partner,
- Choose to compromise
- Support each other
- Respect each other's privacy.

If you find these too hard to do with this person, then the relationship is probably not the right fit for either of you.

Citation: loveisrespect.org

How Do I Communicate Effectively?

Open and honest communication is super important to any healthy relationship! However, using the wrong body language or choice of words 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 develop over time. Building trust can be a tedious, 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

