

Thinking about Consent with The No More Project



What is the No More Project?

What is consent?

con·sent:

/kən'sent/

to give permission for something to happen

**What does consent look like
in relation to sex?**

FRIES



(Planned Parenthood,
2016)

Freely Given

Doing something sexual with someone is a decision that should be made without pressure, force, manipulation, or while drunk or high.

(Planned Parenthood, 2016)

Reversible

Anyone can change their mind about what they want to do, at any time. Even if you've done it before or are in the middle of having sex.

(Planned Parenthood, 2016)

Informed

Be honest. For example, if someone says they'll use a condom and then they don't, that's not consent.

(Planned Parenthood, 2016)

Enthusiastic

If someone isn't excited, or really into it, that's not consent.

(Planned Parenthood, 2016)

Specific

Saying yes to one thing (like going to the bedroom to make out) doesn't mean they've said yes to others (like oral sex).

(Planned Parenthood, 2016)

Consent can never be:

- Assumed
- Implied
- Given through silence
- The absence of 'no'
- Given by someone who is drunk or high
- Given by someone who is asleep or unconscious
- Obtained through ultimatums, coercion or pressure, even if it's subtle
- Obtained if the initiator is in a position of trust, power or authority over the person (such as a prof, boss or leader)

Sex without consent is sexual assault.

Resources to Check Out

Consent is Golden

www.consentisgolden.ca

LSPIRG Consent Campaign

www.lspirg.org/consent/

Sexual Assault Centre of Brant

Crisis and Support: 519-751-3471

WLU Counsellor/

Advocate: hayley@sacbrant.ca

Planned Parenthood Canada

www.ppt.on.ca

Get in touch with me!

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