



Consent is...

- ♥ **Voluntary:**
Not coerced, threatened or demanded physically or emotionally.
- ♥ **Conscious:**
Actively knowing and understanding what you are saying yes to (not under the influence).
- ♥ **Explicit:**
Clearly Stated, anything other than “yes” means “no”.
- ♥ **Ongoing:**
Must be obtained throughout the sexual activity, can be revoked at any time.
- ♥ **Essential:**
For healthy, mutually respectful relationships and interactions.

Consent is essential in every relationship, regardless of the individuals involved. It reflects care, respect, and the understanding that healthy interactions are built on mutual agreement.