

If you have experienced sexual assault, you are not alone.

National Sexual Assault Hotline  
(800) 656-4673  
VA Sexual & Domestic Violence  
Action Alliance  
(804) 377-0335

**CONTACT US!**

♥

✉ sexedprojectrva@gmail.com

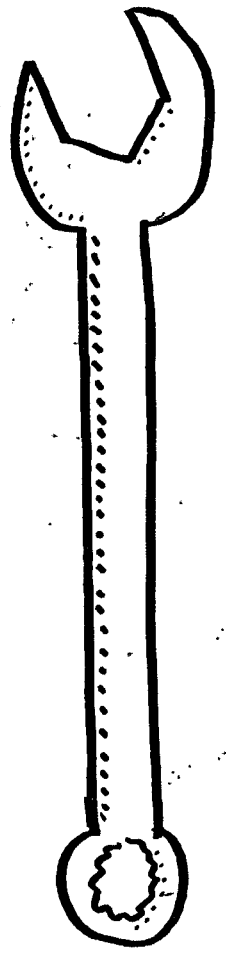
📷 sex.ed.project.rva  
(or find us on facebook)

WWW.sexedprojectrva.com

©Richmond Sex Ed Project 2017

# CONSENT

# TOOL-BOX



BY: RICHMOND SEX-EDUCATION PROJECT; D.O. + I.A.

## "HOW DO I TALK ABOUT CONSENT?"

- Ask open-ended questions rather than yes or no (ex: What would you like me to do?)
- Slow down the pace of the interaction
- Check in with your partner/the other person, can be as simple as asking "How are you feeling?"  
\*\*Comfortability and consent can evolve within an interaction.\*\*
- Discuss boundaries before the intimate moment. Use appropriate humor as a tool to dissolve tension.
- Be an active, empathetic listener, accept/respect how the other person feels, be open to unlearning
- Be self-aware, keep yourself in check, determine personal boundaries/desires (In your own time, to get spark your thoughts: try making a list of what you are comfortable with (or not), what you are open to trying + with whom, write down a description of your ideal hook up)

## Beyond Sex

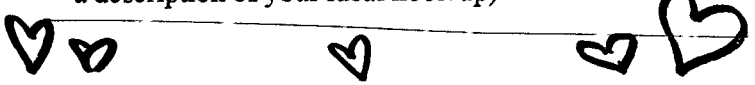
- All types of relationships
- The education system(s)
- Where we shop
- What we have access to
  - Food
  - Jobs
  - Transportation
  - clothes
  - Water
- News
- Media
- Technology

WHERE ELSE DOES CONSENT FIT INTO OUR LIVES??

+ so many more!!

What does your perfect, dreamy, completely consensual community and life look like? Feel like? Smell? Sound? Taste?

What sacrifices do we get to here



# CONSENT 101

"permission for something to happen or agreement to do something"  
 i.e. agreement, approval, support

CONSENT IS ABOUT COMMUNICATION!

CONSENT CAN CHANGE

THERE SHOULD ALWAYS BE CONSENT

# "VIBE"

## WATCHER TIPS

- Let the person speak/frame the conversation if they want to
- Give them space (Leave 'em alone!) if that's what they want
- Don't judge or attempt to rationalize their behaviour
- It's okay to share some relevant personal information when appropriate, but make sure that your voice is not the one taking up the most space
- Acknowledge and validate their emotions and thoughts by reflecting back what they've expressed (even if you follow it up with constructive criticism)

Tips Adapted from "How to Put Together Your Own Participatory, Community-Specific, Radical Consent Workshop Zine by BTS, Seattle"

# QUESTIONS

to start the convo~

How are you feeling?  
 What would you like?  
 What are you into?  
 What's turning you on?  
 What about x turns you on?

Where do you want my hands?  
 Can I do x?  
 How does that feel?  
 Does that feel good?  
 Do you like that?  
 Can I touch you/your x?  
 Are you comfortable?

ASK q's that go beyond yes/no a's!

APPROPRIATE!!

- "I'm sorry."
- "How can I make you more comfortable?"
- "What would you prefer?"
- "What would you like me to do instead?"
- "Would you like me to stop?"
- "Ok, no problem."
- "Want to do something else?"
- \*Stop doing whatever was making the other person uncomfortable\*

INAPPROPRIATE!!

- "C'mon, why not?"
- "You said you would."
- "But we did x before."
- "It'll be fine."
- "It's not a big deal, just relax."
- \*Continuing to do whatever was making the other person uncomfortable.\*
- \*Repeatedly attempting to do whatever was making the other person uncomfortable.\*
- "I can convince you to."
- "If you liked me you would do x."
- "What's wrong with me?"