

# CONSENT

## Tips/Best Practices/Further Resources

### Defining Consent

compliance in or approval of what is done or proposed by another

### Defining Choice

an act of selecting or making a decision when faced with two or more possibilities

### Tips for Getting Consent

#### Communication

Open and honest communication is crucial. Talk openly about desire, boundaries, and comfort levels.

#### Mutuality

Consent should be a mutual agreement between parties. Consent can be withdrawn at any time.

#### Enthusiastic Agreement

Agreements should be clear and enthusiastic, and they should be obtained at each new levels of activity/intimacy

### Healthy Practices for Discussing Consent

#### Educate and build awareness

Define consent clearly - what does it include and exclude  
Communicate, reflect on, and discuss boundaries  
Highlight non-verbal cues

#### Establish a culture of consent

Encourage the use of positive and affirmative language  
Illustrate consent as ongoing  
Leverage peer education like peer-facilitated discussions

#### Include role-playing and scenarios

Use interactive exercises to practice asking and giving consent  
Address challenges participants have  
Empower bystanders

### Video Resources

1. [Sex Education Should Start With Consent](#)
2. [What is Consent?](#)
3. [2 Minutes Will Change the Way You Think About Consent](#)
4. [It's On Us: Sexual Assault PSA](#)
5. [CSUSM – Consent is SEXY](#)

### Other Resources

1. [What Consent Does and Doesn't Look Like](#)
2. [Your Guide to Sexual Consent](#)
3. [Consent and Coercion Discussed](#)
4. [The History Behind Sexual Consent Policies](#)