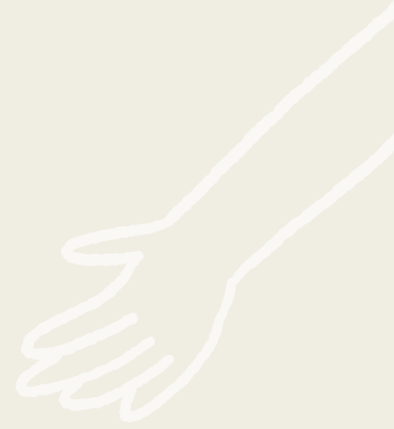


# CONSENT TOOLKIT


From when we are young, the films and shows we watch shape how we understand consent.


We learn from a prince kissing a princess while she's asleep; from romanticised scenes where a woman says "no" but is ignored; from laughing at a woman taking advantage of a man. These non-consensual acts become normalised both on screen, and in real life.




## SO WHAT IS CONSENT?

Consent is gaining permission to do something, freely and voluntarily. For us at Consent Labs, free and voluntary consent to sexual activity means an "enthusiastic yes".

 Consent must be given verbally (this only applies if all parties are speaking). Non-verbal signs like enthusiastic body language reinforce verbal consent, but they don't replace it.





 Consent is given for a specific act: just because you consent to one thing doesn't mean you consent to anything else.

 Consent can always be revoked: even in the moment, for example if you change your mind.

## WHEN IT ISN'T CONSENT

Non-consensual acts, from a forced kiss to sexual assault, often occur in moments that are framed as funny or romantic.





Remember, the absence of "no" is not consent. If there isn't an "enthusiastic yes", then it isn't consent. This includes if you hear:

-  "I'm not sure about this"
-  "I guess so"
-  "If that's what you want to do"
-  Silence





There's also no consent if there's any form of pressure, guilt-tripping, coercion, fear, or manipulation.

## HOW CAN I ASK FOR CONSENT?

Use questions such as:

-  "Are you enjoying this?"
-  "Do you like this?"
-  "Is it ok if I do this?"
-  "I was thinking about trying this, what do you think?"

## WHEN IT COMES TO SEX, SOMEONE CANNOT GIVE CONSENT IF:

-  They are underage. This depends on the state/territory you are in, but will either be 16 or 17;
-  They are unconscious, or asleep;
-  There is a power imbalance between the people involved;
-  They are affected by alcohol or other drugs.