

STEPS ON



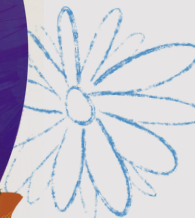



**SETTING BOUNDARIES &
ASKING FOR CONSENT**



What are **personal boundaries**?



These are rules, requirements, and **limitations** that we have related to what **can be done or cannot be done** when it comes to interactions with other people.



GUIDELINES ON SETTING OUR BOUNDARIES:

1. Express your feelings towards what happened or towards the things done to you
2. Express what you want to happen or be done to you
3. Inform the other person the need for them to know this boundary

Example:


- “I get **nervous** when... I **don't like** it when...”
- “It's okay with me when you do those things, but I wish that you'd **stop when I tell you to stop**. I wish that you'd **listen** to me.”
- “I just want you to know these things because it's important for me that we **communicate clearly** with each other, especially when it comes to sex.”



What is **consent**?



It is the **complete and whole-hearted giving of permission**. It is important that we ask for consent before doing any form of sexual activity, so that we know whether or not the other person wants to do the same thing.



Sometimes, it's hard to not give consent because...

- There are expectations that you should always be game for sex
- The person asking for consent is forceful and/or persistent
- The other person uses guilt-tripping, blackmail, or fear tactics when asking for consent



REMEMBER:

No matter what happens, you have the right to decline. You have the right to not give consent. You have the right to say “No.”

If it's too difficult or risky for you, you can leave the situation. It's always a good idea to plan and prepare for the possibility that you will stop and leave in the middle of any form of sexual encounter. It would be helpful if you know how you could leave, your possible exit routes, and if you have any friends or family members who know your whereabouts that you can call in case of an emergency.

HOW DO YOU ASK FOR CONSENT?

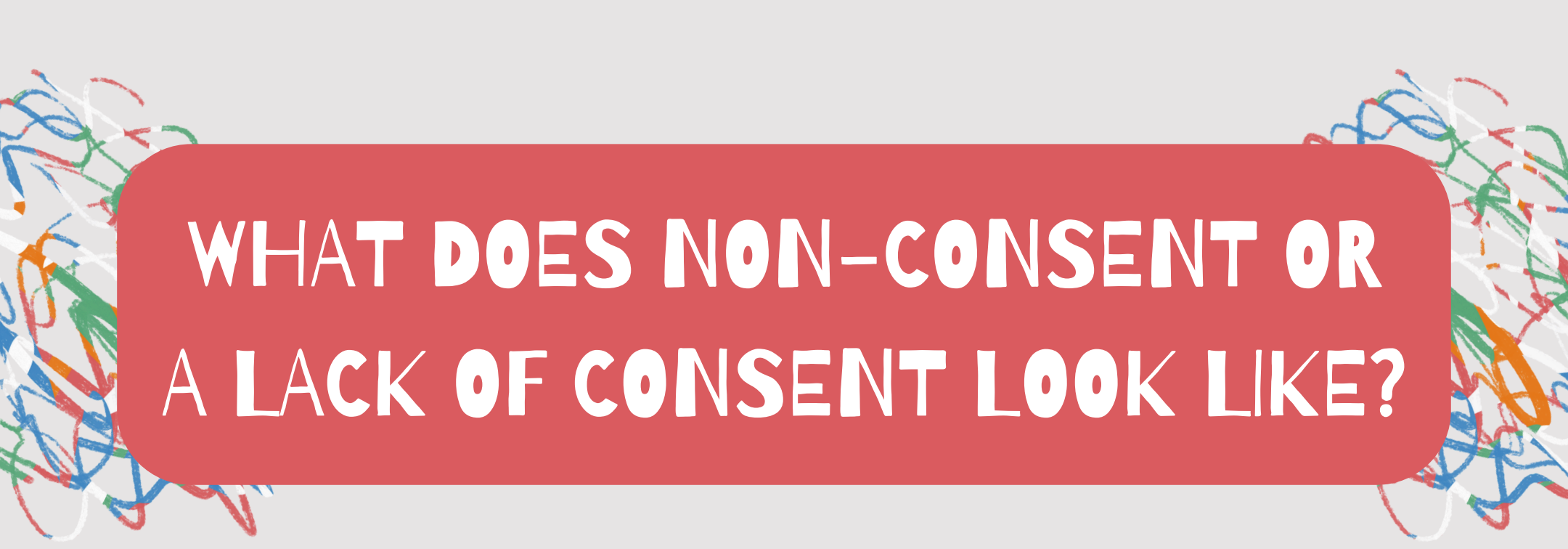
“Is it **ok** if we...?” “Are you **sure** you’re still
“Can I...?” **ok** with...?”
“Are you still **ok** with...?”
“Would you want to...?”



How do you know there is consent?

If the other person says “**Yes**” and you can clearly see on their **facial expression** and **body language** that they really want to do what you asked about.





WHAT DOES NON-CONSENT OR A LACK OF CONSENT LOOK LIKE?

- It is not consent if they say, “**Fine, we’ll do what you want,**” that seems like it was **obviously forced**, or if the consent was gained through **coercion, fear tactics, threats or blackmail**.
- It is not consent if the other person says, “**I don’t know**”, or “**maybe.**”
- If the other person **doesn’t say anything**, especially if they **aren’t moving**, no consent has been given.

If we bring it all *together*:



Communicating consent and boundaries is important in safe and respectful sex.



EXAMPLES



Consent and boundaries about the type of sex:

- Ask what your partner wants: “Would you like to..., or do you prefer...?”
- Share what kind of sex you prefer: “Right now, I prefer... Right now, I want...”
- Let your partner know that both of you can change your mind and you should tell each other what you’d want even in the middle of sex: “Just let me know if you want to stop, okay? I’ll tell you, too.”

Consent and boundaries in requesting to use a condom:

- In deciding if you will give consent, share that practicing safe sex using a condom is important to you:
- “Do you have a condom? I want us to use a condom.”
- “I have a condom. Practicing safe sex is important to me, so let’s use one.”

REMEMBER!

- If you do not want to do something you're supposed to do, or you're no longer comfortable with something, **you have the right to say and assert...**
 - **what you feel:** "I don't like how this feels."
 - **what you want:** "Wait, I don't want that, do this instead..."
 - **that you want to stop:** "Wait, stop. I don't want this anymore."
 - **that you realized you don't actually like what you thought you wanted:** "Wait, I'm actually not okay with this. I just realized I don't want this."
 - **that you're exiting the situation:** "I'm leaving."

REMEMBER!

- If a person is **intoxicated, under the influence of drugs that impair decision-making, sleepy, or unconscious**, they are unable to give consent so there is no consent.
- Sharing a look, no matter how intense the eye contact is, is **not consent**.
- If a person says “No”, “Don’t”, “I don’t want that”, etc., this is **not an invitation to force or coerce** them into giving consent.
- A person **can take back consent** if they no longer like what is happening
- Sex without consent is one form of rape, which is a **crime**. Children do not have a capacity to give consent.

RAINBOW FUND

THE PROJECT

