



ENTHUSIASTIC CONSENT doesn't mean writing out a contract or taking the fun out of sex. It's just about making sure the person you're having sex with genuinely wants to be having sex with you.

All you have to do is:

- Notice if your partners is into it or not.
- Care if your partner is into it or not.
- If you aren't sure, ask him/her.
- If the answer is no, respect that.

Tips:

- Be tuned in to your partner's body language, responses, sounds, etc. Are they touching and kissing you back? Do they seem excited? Are they awake and present of mind (i.e., not into it because they are drunk)?
- Move slowly to give your partner time to understand your intentions and either encourage you or stop you. Think about a romantic comedy kiss – there's a lot of warning, and your partner can reciprocate or not.
- Ask questions, and frame them in terms of what your partner wants/likes. Ask "what do you like?" "Is that good?" "What are you into it?" "What do you like?" "Is that how you like it?" If your partner responds and tells you what they like, that's consent – they're telling you what they're into! But if they are quiet and evasive, that may be a sign they aren't on board.
- If you aren't sure, be more direct and just ask something like "Do you want to be doing this?" or "Is this okay?"

Know the signals. Respect the signals.

Someone doesn't have to say "NO, STOP!" for sex to be nonconsensual. You should be looking for enthusiastic consent – someone who clearly wants the sex to be happening. In other words, consent isn't the absence of a "no" – it's the presence of a "yes!" And that "yes" isn't happening because s/he is drunk, passed out, afraid or unsure what's going on. It's happening because s/he is genuinely into it.

Red: Signs You Should Stop

Your partner is too intoxicated to give consent. (This is difficult to know, but some potential signs include slurred speech, problems with balance and impaired motor skills.)

You are too intoxicated to gauge consent.

Your partner is asleep.

Your partner is unconscious or for any other reason is physically or mentally unable to communicate consent.

You are using physical force or size to have sex.

You hope your partner will say nothing and go with the flow.

You don't think they would agree to have sex if they were sober.

You have had sex before but they have said they're not interested tonight.

You have coerced your partner in any way (asking repeatedly, putting pressure on your partner, physically intimidating them, etc.).

You intend to have sex by any means necessary.



Yellow: Signs You Should Pause and Talk

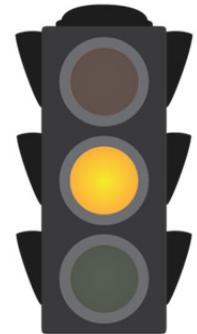
You are not sure what the other person wants.

You feel like you are getting mixed signals.

You have not talked about what you want to do.

You assume that you will do the same thing as before.

Your partner stops or is not responsive.



Green: Keep Communicating

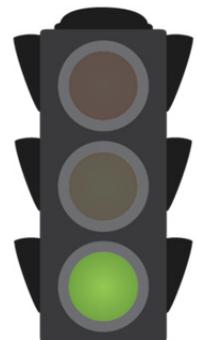
Partners come to a mutual decision about how far to go.

Partners clearly express their comfort with the situation.

You feel comfortable and safe stopping at any time.

Partners are excited!

Adapted from American College Health Association, Shifting the Paradigm: Primary Prevention of Sexual Violence Toolkit.



Remember: On a stop light, yellow doesn't go to green without going to red first. If you aren't sure what your partner wants, stop and check in!