

CONSENT IS A CONVERSATION

Not a Check Box



Communication is vital before and throughout a sexual encounter to ensure that those involved feel comfortable to express their wants, needs, concerns, and boundaries. The topics and questions below provide some tools to help you have a conversation about consent and what types of sexual activity you are comfortable engaging in.

Consent is a conversation that requires consciousness and clarity.

State of Mind: Are we in the right headspace for this? Are we conscious and thinking clearly? Do we feel safe and comfortable?

Remember, you can always choose not to have sex. If you or your partner feels unsafe or is not able to consent because of incapacitation or any other reason, stop. Signs of incapacitation can include difficulty walking, slurred speech, or vomiting. It is always ok to stop. You don't need to explain or provide a reason.

Mood: How do we want to feel? What's the vibe? Is it fun and playful? Chill and relaxed? If anyone is anxious or concerned, stop and check in.

Expectations and Boundaries: What activities do we want to do today? What do we not want to do? What are we excited about? Remember, even if you've agreed to, been excited about, or engaged in something before, you can still say no to that activity today and at any point in the future.

Safety: Do we know if we have any sexually transmitted infections (STIs)? If so, have we communicated about them? How will we keep ourselves safe from STIs (e.g. using a condom, dental dam)?

If pregnancy is a concern, will a birth control method be used?

For more, visit healthyhorns.utexas.edu.

Communication: How will we communicate before, during, and after? Verbally? Through body language? How will we check in if one of us is uncomfortable once we start?

What's Next? Do we expect to keep interacting, and if so, in what way? If we're not on the same page, is that okay? How will we handle that?

Remember, consent is a voluntary, mutually understandable agreement that clearly indicates a willingness to engage in each instance of sexual activity. Consent can be revoked at any time.

To learn more, visit cmhc.utexas.edu/vav.



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