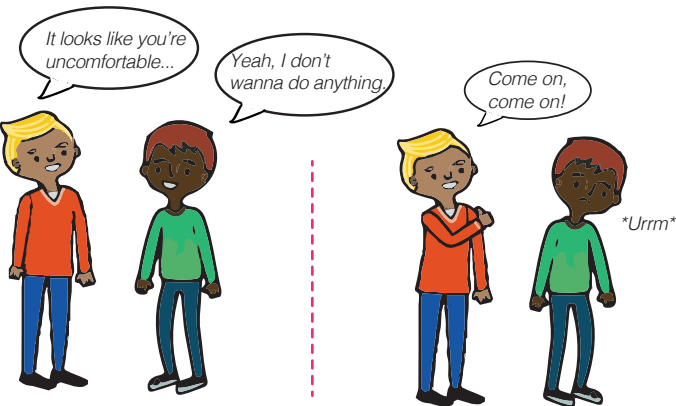


THE DO'S AND DON'TS OF SEXUAL CONSENT & GETTING IT ON

DO

Be aware that doing personal work to consistently seek consent and respect the times when it's not given is *a must*.

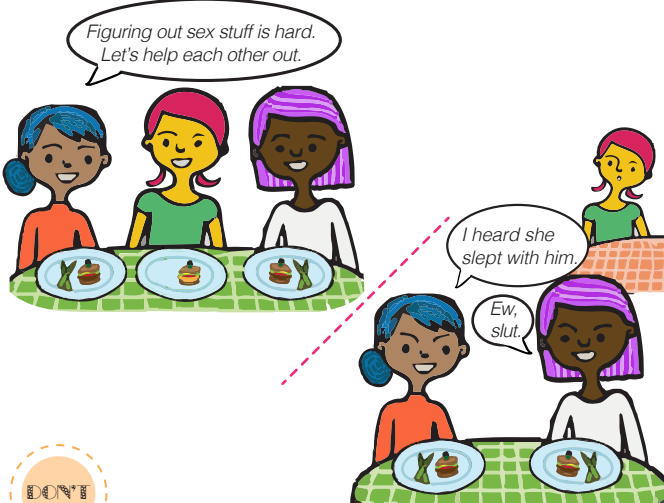


DONT

Ignore the signs of me being uncomfortable. That means not continuing to ask for sex after I tell you "no".

DO

Support one another. Using a person's sexual history to judge them creates; shame, stigma and a sex-negative culture.

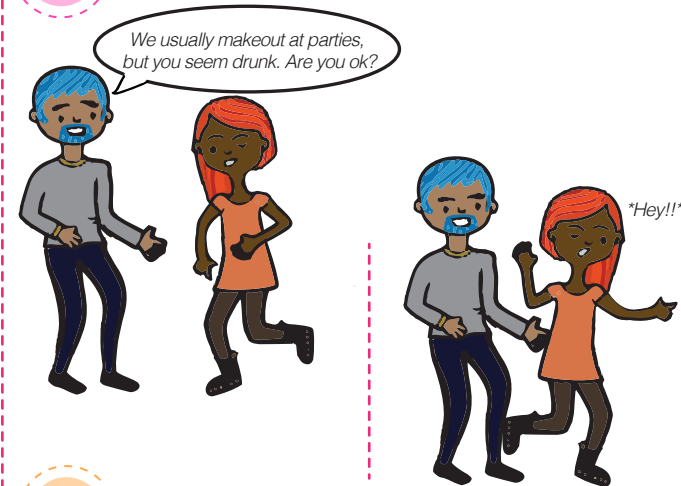


DONT

Use my sexual history to judge or call me names.

DO

Tune in if someone is intoxicated. They may not be in a position to give you consent.

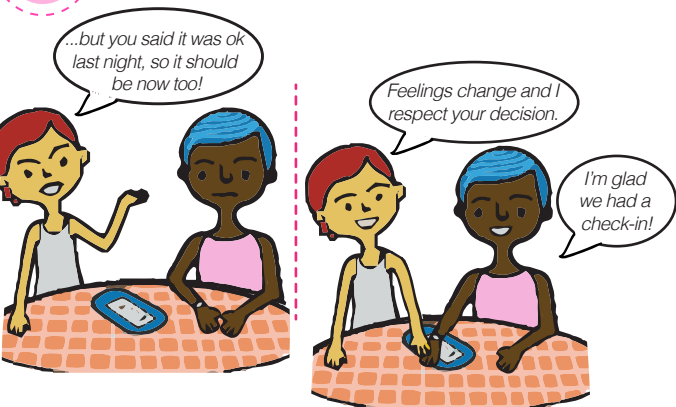


DONT

Use being drunk as an excuse to inappropriately touch someone.

DO

Understand that sexual pressure takes many forms.

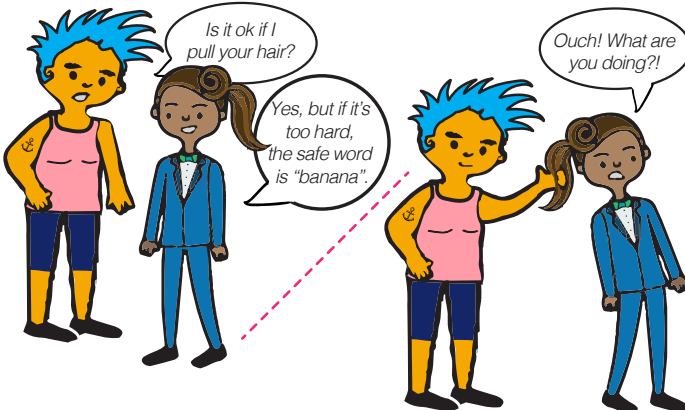


DONT

Take the following as consent: silence, passivity, coerced acquiescence, body movements, non-verbal responses (such as moans), or the appearance of physical arousal.

DO

Communicate. Communication is key for a healthy sexual experience. If rough play is what's agreed on, make a safe word.

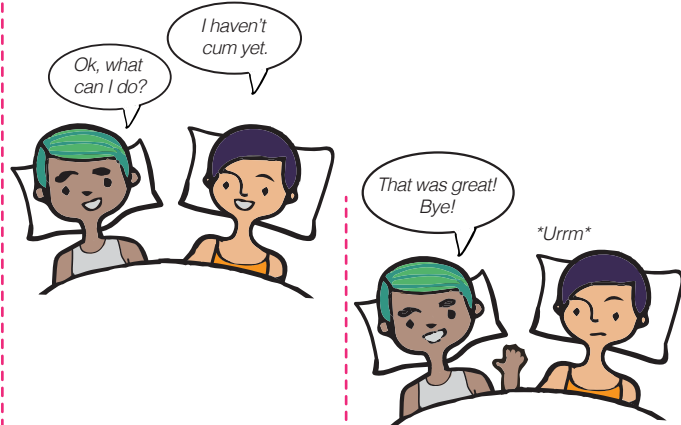


DONT

Push my head down if I consent to oral sex, or grab my hair unless I ask for it. Rough play can be fun if wanted as discussed.

DO

If an orgasm is something both people want to reach, it's important that you communicate this want.



DONT

Just like a ferris wheel, you don't get off until everyone's gone around. Sex isn't over after one person cums, unless that's your goal.

DEFINITIONS

Patriarchy- A system that involves men having authority over women. This system tends to uphold the idea that men are inherently dominant or superior to women. Patriarchy can be believed and acted upon by either men or women.

Rape Culture- A culture in which sexual violence is normal and victims are blamed for their own assaults. In a rape culture both men and women assume that sexual violence is a fact of life, inevitable . . . However . . . much of what we accept as inevitable is in fact the expression of values and attitudes that can change.

Community- Is a group of people that have a particular characteristic in common. You can create your own community of people that share similar interests and/or provide positive support to one another.

Feminism- The belief that women deserve the same social, economic, and political rights and opportunities as other people (i.e., men).

Coerced Acquiescence- To persuade an individual who is already unwilling or reluctant to agree to something by using pressure, force or threats.

Check In- Is a conversation or quick verbal exchange about how the other person is feeling. A check in can happen during, before, or after sex.

Sex Negative Culture- A culture that condemns and shames certain sex acts and experiences such as masturbation. A sex-negative culture provides a narrow view for appropriate sexual encounters and teaches us that exploring our sexuality and wanting to receive pleasure is wrong.

Sex Positive- Is a general outlook on human sexuality that views any and all consensual sex acts as healthy and positive.

Safe Word- Is an agreed upon word (such as banana, Antarctica, cacao etc...) that when said stops play. The word chosen should be something very different from the language you usually use while speaking when intimate. Your safe word can be utilized when feeling uncomfortable, even if what is happening was agreed upon before.

ACTIVITIES

- ★ Hugging
- ★ Holding hands
- ★ Kissing
- ★ French kissing
- ★ Receiving a massage
- ★ Giving a massage
- ★ Hand job
- ★ Oral sex
- ★ Penetrative sex with:
 - ★ fingers
 - ★ a sex toy
 - ★ a penis
- ★ Hair pulling
- ★ Sexy texting
- ★ Add your own! ★

I'M INTO IT

I'M NOT INTO IT

I MIGHT BE INTO IT

BRAINSTORMING QUESTIONS

What is sex?

What might sexual pressure look like?

What does a healthy relationship look like to you?

You told someone no and they are pressuring you. What do you do?