



# Vesta Resource Guide

## Durham Region

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What About Consent?



VESTA

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# What About Consent?

Everyone talks about 'consent' these days. But what exactly does consent mean? According to the Canadian Women's Foundation, only 28% of Canadians feel confident they understand what consent means. So, let's talk about that.

Consent means you're actively saying that you're into sexual activity with someone. Any sexual activity without your active consent is sexual assault. Don't forget that you can't give consent if you're drunk, high, sleeping or underage.

Tricking, manipulating, or pressuring someone into sexual activity is called sexual coercion.

When we ask 'did she consent?' what are we really asking?

Back in the day, it was trendy to stand by the 'no means no' idea. We assumed that if she (or he) didn't like what was happening sexually she would say no and likely push away or fight back.

Then we learned that survivors of sexual assault and gender-based violence may not be able to speak up. Fear, flashbacks, and trauma can make it impossible to speak, or even move. Survivors reported staying silent or just laying still until it was over and their silence was argued to be consent.

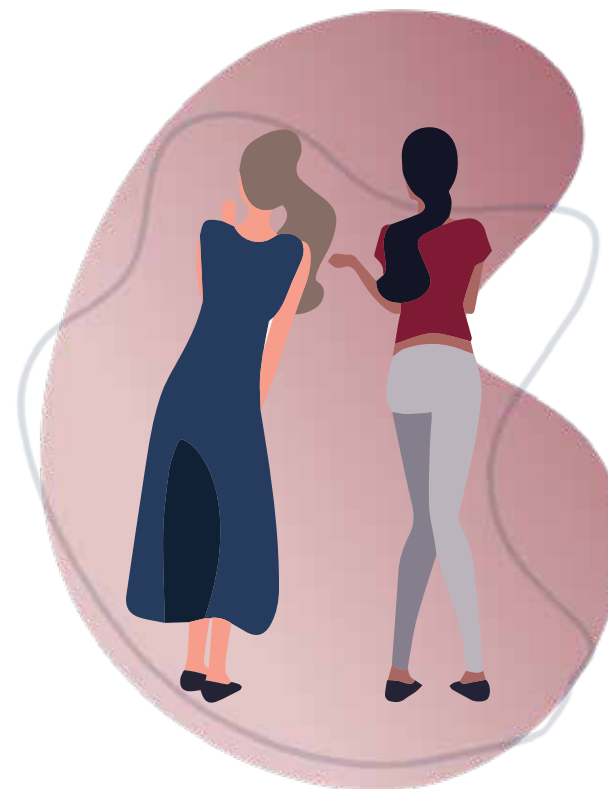


# What About Consent?

Today we know that consent is always ACTIVE and verbal. We're looking for an enthusiastic 'Yes!' because 'yes means yes'.

Not sure how to consent without ruining the mood? How about...

- **What sounds like fun?**
- **Does that sound good?**
- **What excites you?**
- **Is that good?**
- **What would turn you on?**
- **How does that feel?**



**Want to know more? Check out the Consent 101 video series by Planned Parenthood.**

<https://www.youtube.com/playlist?list=PL3xP1-jlf1jgJRkChwVOlwQcV0-UqcWiFV>

**BE READY WHEN SHE  
NEEDS YOU.**

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#AskingForAFriend



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