Consent means to freely and voluntarily agree to sexual activity. It also means taking responsibility to ensure that the person you are attracted to is comfortable and agrees to go further. If someone is manipulated, threatened or forced into sex, or if they are so intoxicated that they don’t know what is going on, then they are not consenting. Each and every time you do anything sexual, ranging from touching and kissing, to having sex, you must always have the other person’s consent, from beginning to end. Never assume that a person is consenting because they have said “yes” at other times, or because of their reputation, or the way they act or dress.

**Why is consent important?**
Whenever you have sex, you need to make sure that the other person is just as enthusiastic about having sex. In other words, that they give their full consent. It’s important that you are 100% sure that the person you’re with is happy and willing because non-consensual sexual activity (even kissing and touching) is sexual assault.

**How do you know if the person you’re with has given their consent?**
The only way to know for sure if someone has given consent is if they tell you. Sometimes the person you’re with might look like they’re happy doing something but on the inside they’re not. One of the best ways to determine if someone is uncomfortable with any situation, especially with a sexual one, is to simply ask. Here are some examples of the questions you might ask:

- *Are you happy with this?*
- *Do you want to stop?*
- *Do you want to go further?*

If you get a negative or non-committal answer to any of these questions or if the other person’s body language indicates they’re not 100% into it then you should stop what you are doing and talk to them about it.

**When drugs or alcohol are involved**
Drugs and alcohol can affect people's ability to make decisions, including whether or not they want to be sexual with someone else. This means that if someone is really drunk or high, they cannot give consent. Being with them in a sexual way when they don't know what's going on is equal to rape, because they cannot give informed consent.

**Only yes means yes**
The key to pleasurable sex for everyone involved is to know that you’re both as enthusiastic as each other. If you’re not sure, or it doesn’t feel right, don’t keep going.

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To make a mutual, voluntary, informed decision between clear-minded, of age participants before ANY and EVERY sexual act.