



## What is consent?

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. It's also important to be honest with your partner about what you want and don't want.

Consenting and asking for consent are all about setting your personal boundaries and respecting those of your partner — and checking in if things aren't clear. Both people must agree to sex — every single time — for it to be consensual.

Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.



# CONSENT

it's kind of a big deal



PPFortCollins



pprockymountains

Planned Parenthood - Fort Collins Health Center  
825 S Shields St.  
Fort Collins, CO 80521  
970.493.0281  
[www.pprm.org](http://www.pprm.org)



# Consent is as easy as

**F**<sub>reely given</sub>

**R**<sub>eversible</sub>

**I**<sub>nformed</sub>

**E**<sub>nthusiastic</sub>

**S**<sub>pecific</sub>



## Freely Given

Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.

## Reversible

Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

## Informed

You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

## Enthusiastic

When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.

## Specific

Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

## What is sexual assault and what is rape?

Rape, sexual assault, and sexual abuse can have different legal definitions. In general, rape, sexual assault, and sexual abuse are forms of violence in which there is sexual contact without consent — including vaginal or anal penetration, oral sex, and genital touching.

In the U.S. the legal definitions of rape and sexual assault vary. Some states use these terms interchangeably, while others define them differently. Often, people will use the term "sexual assault" to refer to any kind of non-consensual sexual contact, and use the term "rape" to mean sexual contact that includes penetration.

Anyone can be a victim — no matter their gender, sexual orientation, or age. But certain groups of people are more likely than others to experience sexual assault in their lives. Women (especially women of color), LGBT identified people, and people with developmental disabilities are more likely to experience sexual assault over the course of their lifetimes.

For information, scan the QR code below:

