**What is Consent?**

**Consent can be really confusing, but it is critically important to understand both for yourself and for others. Here are some things to remember:**

* Consent is an important part of any sexually active relationship
* Getting consent from your partner is not a chore, it is about being respectful of their needs and wants
* Affirmative consent is what you want – this means an active, sober YES, not the absence of a No.

**Here are some of the ways you can know consent is not given:**

* Your partner cannot consent to any form of sexual activity if they are intoxicated with drugs or alcohol
* If your partner is silent or doesn’t respond, then they have not given you consent
* You partner must be cooperating in act and attitude, this means that they must be present in both mind and body, actively engaged, and expressing this verbally
* If you spend a lot of time persuading or cajoling your partner to be intimate with you, and finally they “give in”, this is not consent because it has been coerced
* You cannot threaten a person – “if you don’t have sex with me I will do X” or “if you don’t do this then I will break up with you” – this is coercion and is illegal
* Consent for one act is not consent for all. If your partner says yes to oral sex that is not the same as saying yes to everything
* Whether you have been in a relationship for a day or 2 years you must get consent each and every time you want to engage in sexual activity
* If you are married to your partner, the marriage does not give you blanket permission to engage in sexual intimacy with your partner, you must get consent each and every time
* Consent can be withdrawn at any time

*If you have any further questions about what consent is or is not, drop by the Phoenix Center at Auraria to get confidential answers. Alternatively you can email your questions to:* *pcauraria@gmail.com* *or visit www.thepca.org.*

**For confidential guidance on your options contact the Phoenix Center at Auraria:**

**24/7 303-556-CALL or during business hours 303-315-7250**