



Consent

Contrary to what we hear in the media, consent is a very clear concept. It's someone giving their permission for all sexual contact that happens. It is freely given, of a person's own free will, and absent of pressure. Consent is agreeing and saying yes throughout the *entire act*.

What consent sounds like	What consent does NOT sound like
This is okay	I'm not ready
Absolutely	Not tonight
I like that	I'm not sure
Of course	I guess so
For sure	Stop
Yes	No

Sometimes a person can say no through body language by pushing away, not responding, moving around, looking down, or even not wanting to be alone with someone.

Ways to Keep Consent Sexy	
Ways to Ask	Ways to Say Yes
Do you want me to keep going?	Yes, I would like that.
Is this okay?	Yes, feels good!
How far do you want to go?	I'm comfortable with _____.
How does that feel?	Yes, right there!
Do you like that?	Keep going.

The only way to know for sure if a person wants to do something is by asking. There is no consent without explicit permission. A clear yes is a must!

Break the Cycle inspires and supports young people to build healthy relationships and create a culture without abuse. Our dynamic and diverse team believes that all young people deserve to live in a world where they can thrive. Our values and work centers young people and their lived realities, leadership, vision, and hopes for the future.