



Understanding Sexual Consent

A pocket guide

Consent is feeling...



sober



certain



comfortable



willing



informed



respected

Consent is *not* feeling...



scared



drunk/high



pressured



ignored



disrespected



confused

RCMP

ROYAL CANADIAN MOUNTED POLICE

Need someone to talk to?

VictimLinkBC
Call: **1-800-563-0808**
Text: **604-836-6381**



Police Emergency: **911**
Non Emergency: **contact your
local police or Victim Services**



For more information:
The Centre for Youth Crime Prevention
www.rcmp-grc.gc.ca/cycc-cpcj/index-eng.htm



Royal
Canadian
Mounted
Police

Gendarmerie
royale
du
Canada

Canada

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Try to express yourself clearly.

Even if you've consented to start a sexual act with someone, **you have the right to stop it** at any time. Consenting to one kind of sexual activity does not automatically mean consenting to another.

If you don't want to do something, try to leave the situation or say:

**"Please
stop!"**



You need to actively seek consent!

The person initiating sexual activity needs to take reasonable steps to establish consent. If you are unsure, stop and ask:



**"Is this
okay?"**

If someone doesn't give you consent for sexual activity don't feel rejected.

**Sexual assault is any forced
sexual act done to a person
without his/her consent.**

