

Defining Consent:

Consent is:

1. Enthusiastic
2. Mutual
3. Communicated
4. Identity
5. Context

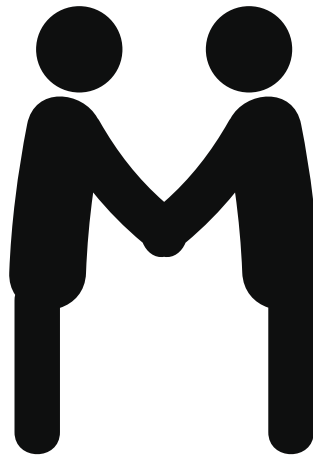
Practicing consent is an important step in creating a culture we want to live in. It means:

- Listening to each other
- Respecting each other
- Bringing mindfulness to all our interactions

It is contributing to a culture in which people are respected and have the choice to decide what is best for them.

1. Enthusiastic

A voluntary, wanted, informed, honest agreement. It is as much about what you DO want as what you DON'T want. Also, check in with the person(s) you're engaging with. How do you know that they are excited? **If you have doubts, don't proceed.**



2. Mutual

Under Canadian law, consent cannot be given when under the influence of alcohol or drugs.

Informed consent means that someone who is being asked for their consent has full information about what they are being asked to consent to.



3. Communicated

A verbal and non-verbal process for every step of the way: if it is not clear, ask. Share your desires and boundaries. Respect all choices: the yes and the no and any indecision.

Consent is not a contract; people can change their minds.



4. Identity

Our identities contain power that come from systems that have been put in place to benefit some and oppress others. **Privilege exists whether or not someone chooses to acknowledge it.**

In terms of consent this is incredibly important.



5. Context

We are surrounded with images, language and laws, that validate and perpetuate sexualized violence by making it seem normal.

By practicing consent we aim to shift the culture from one that teaches us exploitation, coercion, domination, and control to a culture that is **respectful, accountable, responsible, reciprocates, and interrelates.**

