

***PREVNet's National Youth Advisory
Committee Presents***

ALL ABOUT CONSENT

Tool Kit Tool Kit Tool Kit Tool Kit Tool Kit
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content WARNING

This youth for youth zine is meant to be a helpful tool to **learn more about consent!**

Please be aware that some topics in this zine may be uncomfortable or bring up difficult emotions for some people.

If you are ever in **immediate danger**, call **911**. Otherwise, there are resources and help lines at the end of the zine that you can use for more information and support.

HI!

We are PREVNet's

National Youth Advisory Committee

a group of youth passionate about creating resources for other young people across Canada to promote healthy relationships and prevent teen dating violence.

We created this zine to help other young people learn more about **what consent is, why it's so important, and how it can be used in every day life!**



art by
NYAC member wynter

5 things

We want you to know about **consent**

number **one**

Consent is **not only** **about sex**

When we think about **consent**, we often only think about it in the **context of sex**. But consent is actually important in **many areas of our lives**. It could look like **asking if someone is OK** with a hug or other kinds of non-sexual touch, with a haircut, with a medical procedure, or with photos of you being taken or shared online.

number **two**

Thinking about consent **helps all our relationships**

When we start to think about **all the different moments** in our lives where **consent is important**, we start to see how consent impacts **all our relationships**, not just the people we are dating or hooking up with. That's because respecting other people's consent is really about **respecting other people's boundaries**. When your friends or family members respect your boundaries and you do the same for them, the relationship can get stronger because **everyone feels safe**.

number **three**

Being **pressured** into **saying yes** isn't consent

Sometimes, you might hear consent being talked about in terms of **saying "yes."** But it's important for your "yes" to be **a free choice.** If you say "yes" because you've been **pressured** or you're **worried** about what would happen if you said "no," that is **coercion, NOT consent.**

number **four**

Your consent **still matters** even when you're in a **relationship**

Sometimes people think that once someone is in a relationship, or once they've already had sex with someone, their partner doesn't have to ask them for their consent anymore. **But your boundaries and your consent are always important!** Just because you've agreed to doing something **once** doesn't mean you've agreed to it **always.** And just because you're dating someone doesn't mean you **HAVE to do anything**—you don't have to have sex, or hold hands, or be in pictures with each other, or whatever. A relationship is what you and your partner(s) make it—**YOU ALL get to decide what you do and don't want to do together.**

number **five**

Asking for consent doesn't have to be **awkward**

Sometimes people have the idea that asking for consent is **awkward**. But it **doesn't have to be!** Asking for consent can be **as simple as** saying, "Can I give you a hug?" And **the more you practice asking for consent, the less weird it will feel.**

**Sexting
Requires
Consent**



art by


NYAC member wynter



SEXTING REQUIRES CONSENT

Consent is a clear and enthusiastic YES, whether you're in person OR online! Before sending any sexual messages or pictures, be sure to ask first

*Remember, in Canada, you must be 18 years of older to send and/or receive explicit images



**TIPS FOR ASKING
FOR CONSENT
IN EVERY DAY LIFE**

Not forcing people to talk about things they are uncomfortable discussing

If someone expresses that they **don't want to talk** about a particular subject at this time, don't try to **force them or persuade them** to talk about it anyway.

Respect their wishes and change the subject to something else. Additionally, if you ask a question or bring up a topic and the answer is silence, **respect the silence** as an indicator of it being time to move on and that the person/people present do not want to answer the question or talk about that topic at this moment.





Asking for permission before taking and/or posting photos online

Regardless of their reason for not wanting a picture taken or shared, it is still important to respect their boundaries and wishes when it comes to taking and sharing photos.

Seeking consent to take and share photos could mean asking something like:



"I'm wondering if everyone is okay with taking a group photo?"

"Hey, are you cool if I add this to my Snapchat Story?"

"Is it alright if I tag you in this on Instagram?"



Asking before engaging in any type of physical touch

Ask before engaging in any type of physical touch: This could be a hug, a high five, touching someone's shoulder, having an arm around them, or any other type of physical contact. Asking someone if they are okay with this doesn't need to be awkward, **and can even be as casual as asking:**



"I'm a hugger. Can I hug you?"

"Can I shake your hand?"

"Are you good with a high five?"



It is also **important to always ask for consent before touching a mobility aid or medical device.**

These are often seen by the disability community as an extension of one's person, so someone touching a mobility aid without permission is like someone touching another person's body without consent.



Inviting our friends to an activity or making plans to hang out with them

When we make plans with our friends, it's important to discuss the type of activity you intend on doing, when, and who with so they can make an informed decision about **whether or not they feel comfortable and want to participate.**

It is also important we recognize that their **consent can be reversed at any time,** and while they may have said yes to hanging out initially they may later say no to those plans when the day gets closer. That's totally okay, life happens sometimes.

Asking before sharing secrets or private information shared in confidence

If a friend **trusts you** with a secret or story about something that happened in their life and they have asked you not to share it, in general it is important to **make sure that you respect their boundaries and not share their personal experiences without permission.**

It can feel incredibly violating to trust a person and open up to them with deeply personal stories, only to later discover they have been sharing them with other people. This can also create **safety risks,** especially if this person is part of a marginalized community such as the 2SLGBTQIA+ community, is a refugee, or is undocumented. A friend may be okay with you sharing a story they told you **if you keep their identity secret** when retelling the story (i.e. you might say "Someone I am close to experienced this... I asked them if it was okay for me to share their story with you.")

However, if you think someone is at risk of harming themselves or harming someone else, you may have to break confidentiality and tell a trusted adult

How else can you
ask for consent in
your every day life?

brainstorm here:



QUICK TIPS FOR HANDLING REJECTION

- Anytime you ask someone for consent, regardless of the type of situation, **the answer could be no.** It can be **disappointing** to hear no, and **it is okay to feel that way.** It's important to acknowledge your feelings, as well as the other person's feelings. **Respect the other person's boundaries** by accepting their answer and moving on to something else

- Don't try to **pressure or guilt** someone into **changing their mind.** **Coercion is not consent.** If someone has not given their consent, then the answer is no and it remains no


- If someone indicates their answer is no, some ways you can respond to show **understanding and empathy** include:


- *"Thanks for letting me know. I understand."*
- *"I'm really glad you feel safe telling me that isn't something you want."*
- *"I respect you letting me know you aren't okay with that."*
- *"Thank you for being honest with me and communicating that to me."*

support RESOURCES

KIDS HELP PHONE


24/7


 1-800-668-6868


 kidshelpphone.ca

LGBT YOUTH LINE

Sunday to Friday 4pm - 9:30pm EST


 1-800-268-9688


 647-694-4275

 youthline.ca

TRANS LIFELINE


Every day from 10am - 4am EST. Hotline staffed by transgender people for transgender people


 1-877-330-6366

 translifeline.org

TALK4HEALING


Services offered in Ojibway, Oji-Cree and Cree


 1-855-554-HEAL (4325)


 talk4healing.com

CRISIS SERVICES CANADA

24/7 Suicide Support and Resources

 1-833-456-4566

 45645 (4PM - 12AM ET)

 crisisservicescanada.ca

more INFORMATION

about **PREVNet**

PREVNet works to build research capacity and promote evidence-based programs and effective policies across Canada to address and reduce bullying and youth dating violence, and to promote healthy relationships.

NYAC Resources

PPREVNet's National Youth Advisory Committee is passionate about creating resources for other young people to promote healthy relationships and prevent teen dating violence. We've made videos, posters, podcasts, and another zine!

**Find all these resources at
linktr.ee/prevnetyouth**

learn **More**

youthdatingviolence.prevnet.ca

