

21 Ways To Ask For Consent



- Do you want to have sex?
- How far do you want to go?
- What sounds like fun?
- What do you want to do?
- How does that feel?
- What do you want right now?
- What would turn you on?
- Can I touch you here?
- Are you sure you want to do this?
- Can I help you out of that?
- Do you want to cuddle?
- Do you want me to keep going?
- Do you want me to put on a condom?
- Do you want me to stop?
- Can we try something new?
- How do you feel about...?
- What excites you?
- What do you like?
- Want more?
- Is that good?
- Are you horny?



THE CONSENSUAL SEX GUIDE

A guide to keeping the “sensual” in consensual!



ONGOING:
Anyone can change their mind about what they're interested in doing at any time.

FREELY GIVEN:
Saying yes without feeling pressured, forced, or being afraid to say no.

SPECIFIC:
Saying yes to one act (e.g. kissing) doesn't mean you've said yes to others (e.g. oral sex).

C O N S E N T

ENTHUSIASTIC:
This means wanting to do something, and not feeling like you should, or have to, do something.

INFORMED:
Not lying or tricking someone (e.g. if someone says they will wear a condom and they don't, then that was not full consent).

For more info: algonquincollege.com/projectlighthouse



TIPS

Let's talk about consensual sex!



Pay Attention!

Any kind of sexual activity, whether it's just kissing, holding hands, or going all the way, is about everyone involved (not just you!)

- Pay attention to the person who is receiving your touch or affection.
- Do they seem into it? Have they gone quiet on you? Are they really still all of a sudden?

Those are signs you should stop what you're doing, and ask them if they're into it.

Paying attention doesn't mean anything if you aren't creating space for communication.

- If you notice someone keeps pulling their hand away while you're holding it, ask them if they would like to be affectionate in public.
- Is that touch not working for you? Let the person know how you prefer it.

Those are signs you should stop what you're doing, and ask them if they're into it.

None of the tips in this guide mean anything if you don't respect who you're interacting with. Whether you're just in it for one day, or longer, you still need to respect what they want.

- If they want to stop/pause/slow down/take a break/etc., then stop. Simple.
- Respect the experience of the other person, and take that into consideration.

The key to **consensual** sex is to consider their pleasure, as well as your own. If you aren't sure, just ask. Sexual violence is about gaining power over someone, so if you give someone else the power and space to say what's on their mind, you can make sure everyone is safe, consenting, and has a great time.

How do you know what you like other than trying it out? That is the best way to experiment, but how do we do that?

- **Hands:** Your own hands are the perfect place to start, this is where most people find the parts of their bodies they like. Only you will know the right pressure, and movements you would like on your own body.
- **Toys:** Sex toys can be a great way to explore your body and see what parts you do and don't like stimulated.
- **Other people:** If you have explored your own body, you can communicate better with your partners. This is not a mandatory step, but it makes it easier to know what you like and what you don't. Asking for what you like and talking about parts of your body that are off limits will help you to get what you need out of any sexual experience.



R-E-S-P-E-C-T!



Figure Out What You Like, and What You Don't Like

CAN I?

Let's face it, most of us want to have good sex at some point in our lives.

Whether you're sexually active now, taking a break from sex while you figure out consent, or choosing abstinence until you're ready, asking **CAN I?** will help ensure you are ready to have good sex.

C Consent Has Been Given

Consent is not just a **YES** or a **NO**. It's about the person you are going to have sex with wanting it the whole time that you are having sex. Some ways to ask for consent include:

- I want to ____.
- Do you want me to__?
- How do you want me
- What turns you on?
- Can I__your__?
- Can I kiss your__?
- Do you want to try__?
- Do you want me to__?

A Actions Are Consistent With Words

How many times have you said yes and meant no? Did you commit to something you didn't want to do? During sex, sometimes we say things in the moment that cannot be taken back. Making sure your partner's actions are consistent with their words is key to having good sex.

- Are they moaning or making pleasurable sounds?
- Speaking words of encouragement
- Do they make facial expressions showing enjoyment and encouragement?
- Are they participating as much as you are? Kissing you? Touching you?

N No Pressure

Just because one person wants something at one time, doesn't mean that we all do. Remember that your and your partner have the right to good, voluntary sex.

- It's OK if you or someone else don't want to have sex.
- It's OK if you don't want to try something unfamiliar.
- It's OK to pause, take a break, slow down, and stop.
- It's OK to say yes sometimes, and to say no other times.
- It's OK to say what you like, and what you don't like.

I I Ask

Checking in with your partner throughout sex is necessary to ensure that the entire time is enjoyable for everyone. Consent doesn't need to be boring! Check-in by asking:

- "Do you like that?"
- "Is this okay?"
- "How does that feel?"
- "Do you want it?"
- "Does that feel good?"
- "Tell me what you want next."

