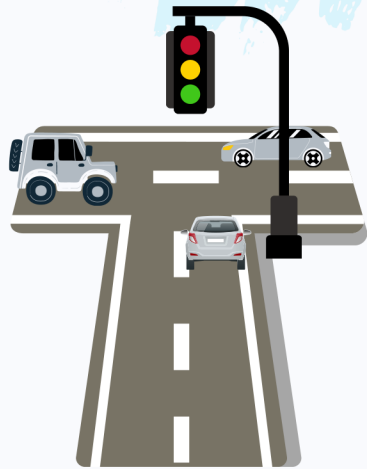




# CONSENT & BOUNDARIES



## ASKING FOR CONSENT

- Asking permission before you change the type or degree of sexual activity with phrases like "Is this OK?"
- Confirming that there is reciprocal interest before initiating any physical touch.
- Letting your partner know that you can stop at any time.
- Periodically checking in with your partner, such as asking "Is this still okay?"
- Providing positive feedback when you're comfortable with an activity.
- Explicitly agreeing to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying."



## CONSENT EXAMPLES

- "Yes"
- "That sounds great"
- "Let's do that more"
- "I'd like to . . ."
- "Would you please . . ."
- "I want to keep doing this"

## THIS IS NOT CONSENT

- Refusing to acknowledge "no"
- A partner who is disengaged, non-responsive, or visibly upset
- Assuming that wearing certain clothes, flirting, or kissing is an invitation for anything more
- Someone being under the legal age of consent, as defined by the state
- Someone being incapacitated because of drugs or alcohol
- Pressuring someone into sexual activity by using fear or intimidation
- Assuming you have permission to engage in a sexual act because you've done it in the past

HAVE YOU OR SOMEONE YOU KNOW HAD SOMEONE DO ANY OF THESE THINGS? TELL A TRUSTED ADULT.



## HOTLINES:


RAPE, ABUSE, INCEST NATIONAL NETWORK:

(800)656-4673/(800)810-7440 (TTY)

NATIONAL HELPLINE FOR MALE

SURVIVERS:

SUPPORTGROUP.1IN6.ORG - FREE & ANONYMOUS, 18+ TEXT-BASED MEETING RAN BY COUNSELOR



**WHAT ARE BOUNDARIES?**

Boundaries are something you set for yourself, to let other people know where your limits are. Honoring your boundaries and other people's is critical to a healthy relationship.



**BRINGING DIVERSITY AND LGBTQIA+ VISIBILITY, AWARENESS, AND ACCEPTANCE TO PREBLE COUNTY, OHIO AND SURROUNDING AREAS**

**BOUNDARY SETTING EXAMPLES**

"\_\_ makes me feel \_\_ so i need \_\_"

"I am unable to do \_\_ right now"

"If you disregard my boundary, it will result in \_\_"

"I understand this is upsetting to you, but this is important to my well-being and I will not exchange my comfort to lessen your upset."



**COMMUNICATION TIP:  
USE "I FEEL" STATEMENTS TO TRY AND PREVENT LISTENERS FROM FEELING BLAMED, ACCUSED, & DEFENSIVE**



**BOUNDARY EXAMPLES**

- **Physical.** This refers to your personal space, your privacy, and your body. You might be someone who is comfortable with public displays of affection (hugs, kisses, and hand-holding), or you might be someone who prefers not to be touched in public.
- **Sexual.** These are your expectations concerning intimacy. Sexual comments and touches might be uncomfortable for you.
- **Intellectual.** These boundaries concern your thoughts and beliefs. Intellectual boundaries are not respected when someone dismisses another person's ideas and opinions.
- **Emotional.** This refers to a person's feelings. You might not feel comfortable sharing your feelings about everything with a friend or partner. Instead, you prefer to share gradually over time.

Scan me for more Preble Pride Resources



**If you have more loose or open boundaries, you might:**

- Get too involved with others' problems
- Find it difficult to say "no" to others' requests
- Overshare personal information with others
- Seek to please others for fear of rejection