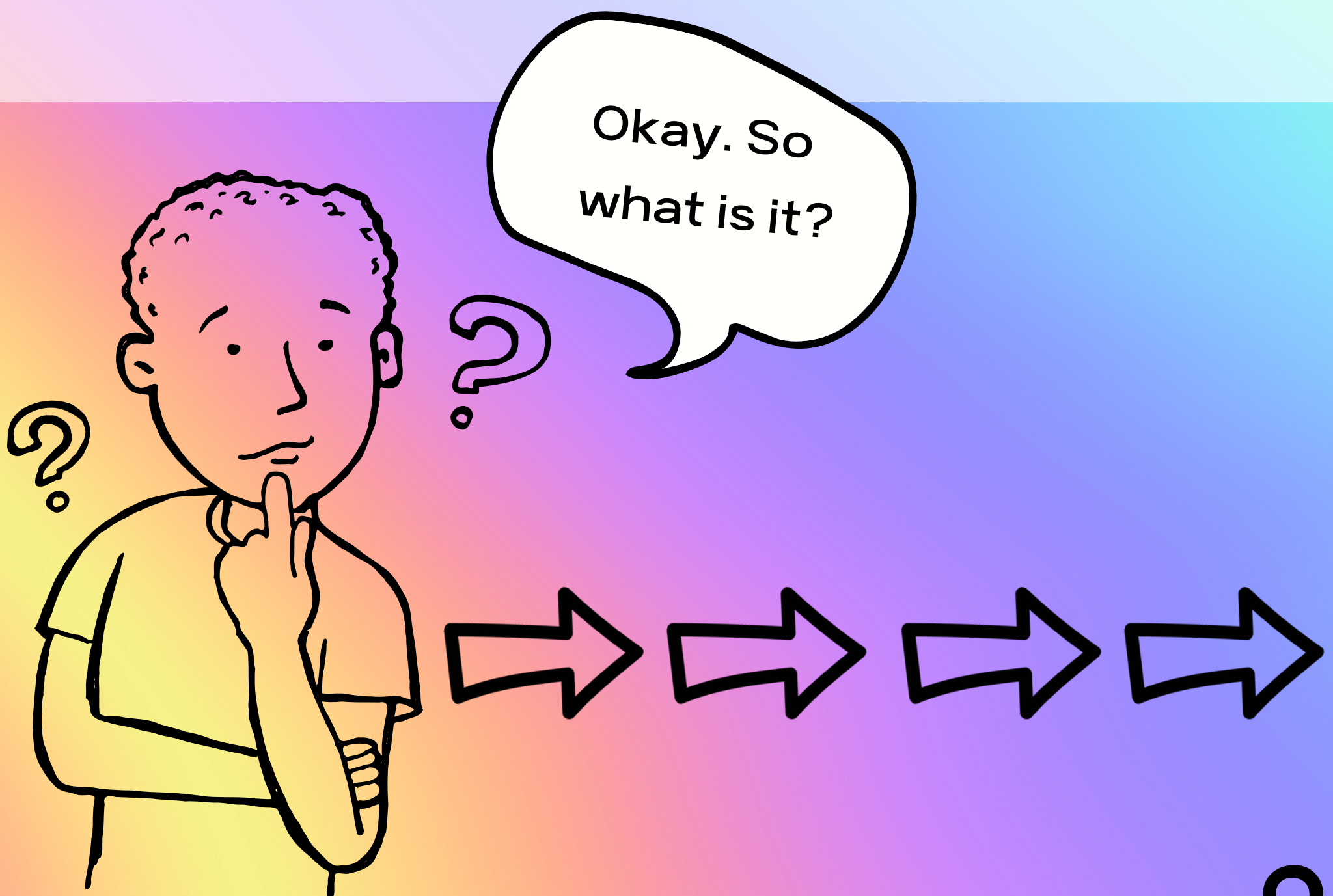


# WHAT DOES *CONSENT* MEAN?

BACK TO BASICS

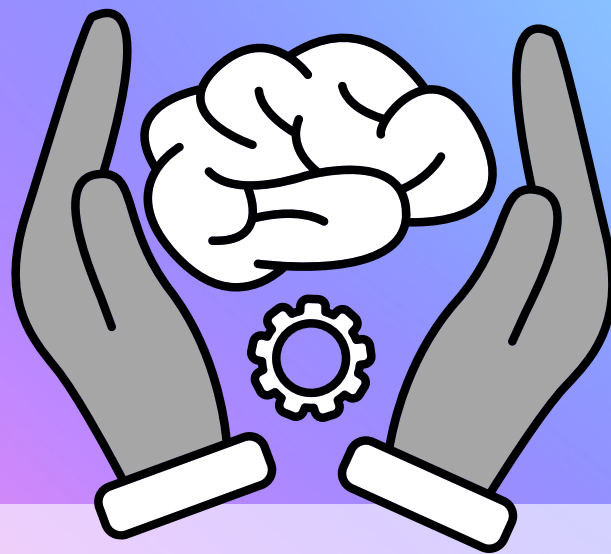
# CONSENT IS MORE THAN AN AGREEMENT.



# CONSENT IS A PRACTICE.



This means that consent isn't just something that you "get" or "give."



Consent is something that you practice, over and over again. *It's a practice that you will continually improve in.*

# YOU CAN PRACTICE CONSENT EVERYWHERE.

At home...

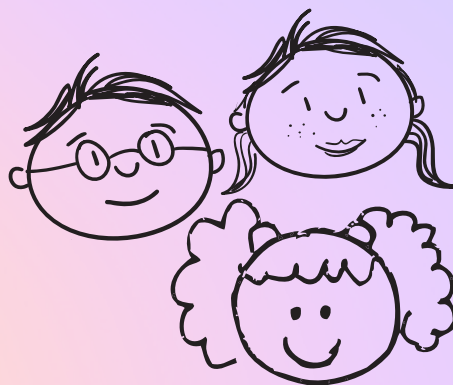


At work...

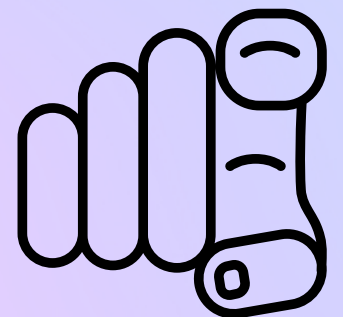


At school...

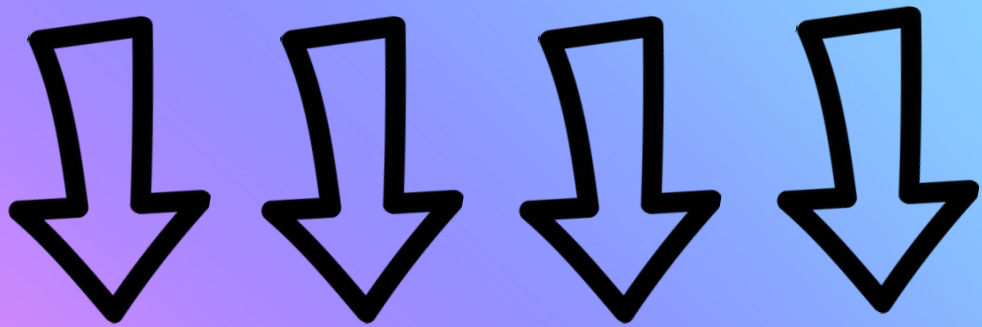
With your kids...



With yourself...



# PRACTICE CONSENT:



- Asking instead of assuming
- Regular honest check-ins
- Identifying and breaking down power dynamics
- Be prepared for a "no"
- Set and listen to boundraies

## **Caption:**

Consent is such a critical practice because it applies to most interactions we have everyday; we all could benefit from deepening our understanding of consent because negotiations of power are a part of so many aspects of our lives, not just s3x. We tend to associate consensual and non-consensual acts exclusively with s3x, but really anytime there is an interaction between people there are elements of power and accessibility being worked through in real-time.

Think about a boss demanding that you complete a task vs. a partner demanding that you complete a task. These circumstances have different power dynamics, and they will elicit different responses from us – specifically in terms of how much power we have to say yes or no.

This week we wanted to break down the basics of consent, and specifically take a look at why we need to shift our thinking about the nature of consent. Consent isn't a transaction, it's a practice. It will always be more complicated than just "giving" and "receiving" consent.

Check it out and let us know in the comments how you practice consent in your everyday life!