



Building a Culture of Consent

PART 2: RELATIONSHIP-ORIENTED CONSENT

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Building a Culture of Consent

PART 1: INTRODUCTION TO CONSENT



01

ESTABLISHING A CULTURE OF CONSENT

IN SEXUAL AND NONSEXUAL RELATIONSHIPS!

WHAT DOES IT MEAN TO ESTABLISH A CULTURE OF CONSENT?

- Normalizing acts of asking for & respecting consent in all situations
- More intentional thought in daily actions



REMEMBER TO ASK PERMISSION BEFORE...

TICKLING A FAMILY MEMBER

“Do you want to have a tickle fight?”



POSTING A PHOTO OF A NEW RELATIONSHIP

“I really love this photo of us. Would it be OK if I post it on my insta?”



SHARING A FRIEND'S PERSONAL INFO

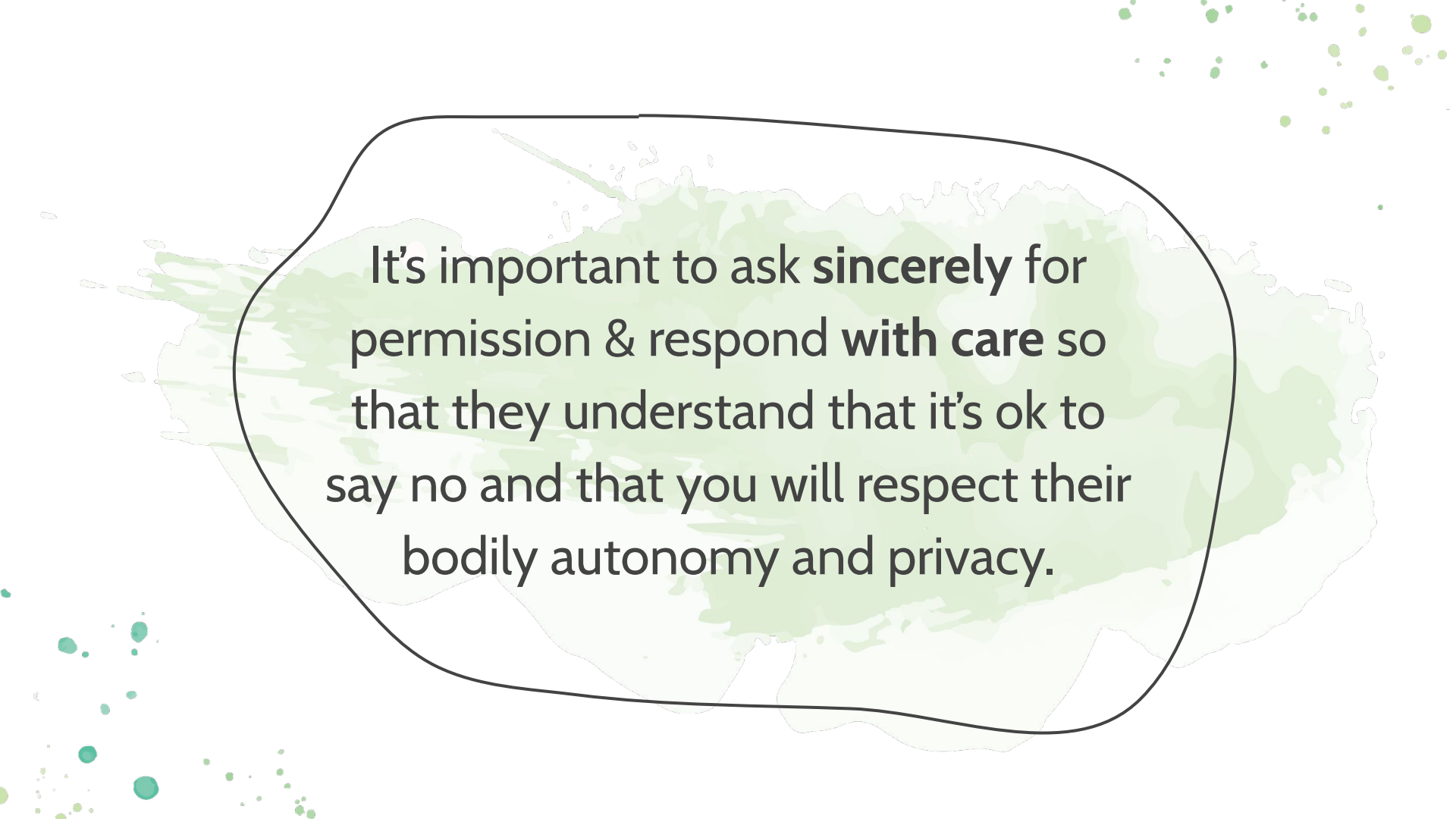
“Is this something you would prefer to keep between us?”



INVITING SOMEONE OVER TO A SHARED SPACE

“Hey, is it OK if I bring over a few friends tomorrow?”





It's important to ask **sincerely** for permission & respond **with care** so that they understand that it's ok to say no and that you will respect their bodily autonomy and privacy.



PLEASURE & CONSENT COEXIST OUTSIDE OF SEXUAL EXPERIENCES

- Friendships
- Family
- Playing with pets
- Taking time for yourself

These pleasurable activities are a core part of our lives. In order to engage in them, we need to be aware of preferences, needs, and boundaries. Therefore, consent is a fundamental part of these activities.



02

SELF-ANALYSIS

PERSONAL NEEDS, WANTS, CURIOSITIES, &
BOUNDARIES

SIT & REFLECT

WHAT ARE YOUR NEEDS?

- *Always asking before a kiss*
- *Consistent contraception*

WHAT ARE YOUR WANTS?

- *Words of affirmation*
- *Lots of cuddling/non-sexual touching*

WHAT ARE YOUR CURIOSITIES?

- *Exploring a new sexual position like 69*
- *Going on a double date*

WHAT ARE YOUR BOUNDARIES?

- Physical (e.g., degrees of intimacy, PDA)
- Emotional (e.g., time apart, saying "I Love You")
- Digital (e.g., social media, texting expectations)



**BE HONEST WITH
YOURSELF**

EXAMPLE PHRASES

NEEDS

“We need to use condoms every time. I am not comfortable having sex without it.”

“I need you to respect my gender. Please use my correct pronouns.”

EXAMPLE PHRASES

WANTS

“One of my love languages is words of affirmation. I’d appreciate it if we could say these more often to each other. What do you think?”

“Meditation is part of my regular spiritual practice. Would you be interested in exploring this with me?”

EXAMPLE PHRASES

CURIOSITIES

“I am interested in trying kink. Would you be open to exploring that with me?”

“I haven’t been to that part of the Bay Area yet. Are you interested in going with me?”

EXAMPLE PHRASES

BOUNDARIES

“I know that you enjoy sharing your personal life on social media but could you please not post any photos of me or us? I’m not “out” to my family.”

“Please do not try to control what I do. I would not feel respected if you told me I couldn’t hang out with certain people or wear certain clothes.”

03

YOUR PARTNER

HOW TO KNOW THEIR NEEDS, WANTS,
CURIOSITIES, & BOUNDARIES

OPEN & HONEST CONVERSATION

- Ensuring that you and your partner feel **SAFE** should be a priority
- If you're unsure, **ASK**
- Look out for body-language cues





04

CONSENT CASTLE

A METAPHOR FOR CONSENT


Consent isn't a checkbox.

YES

Consent achieved!
Onwards!

And it isn't just a
legal entity.

I now deem this
encounter officially
consensual.



Consent is a tool to build strong intimate, sexual,
and romantic relationships!

When you start out
practicing careful and
explicit consent,
you're building a
Consent Castle that
you can both enjoy!

Consent Castle?

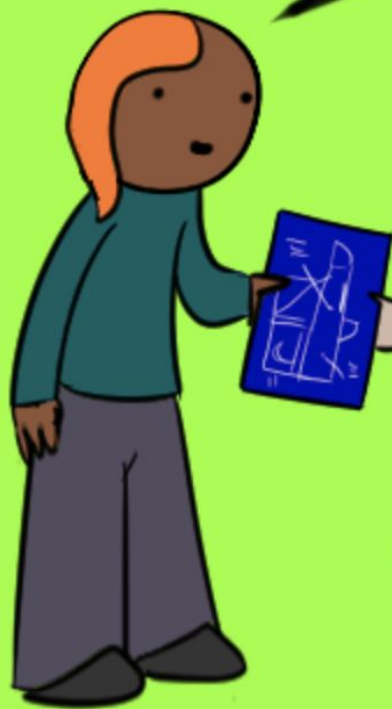
You've met someone awesome, and you decide you want to build a castle together/plan some sexy times.

You'll probably talk about what you want and what you don't want.




You might even draw up some diagrams:

So, I was thinking about...




Ooooh! That looks neat.

You can talk about your experiences.



I've never worked with sandstone before.

That's okay!
I'll give you some tips.



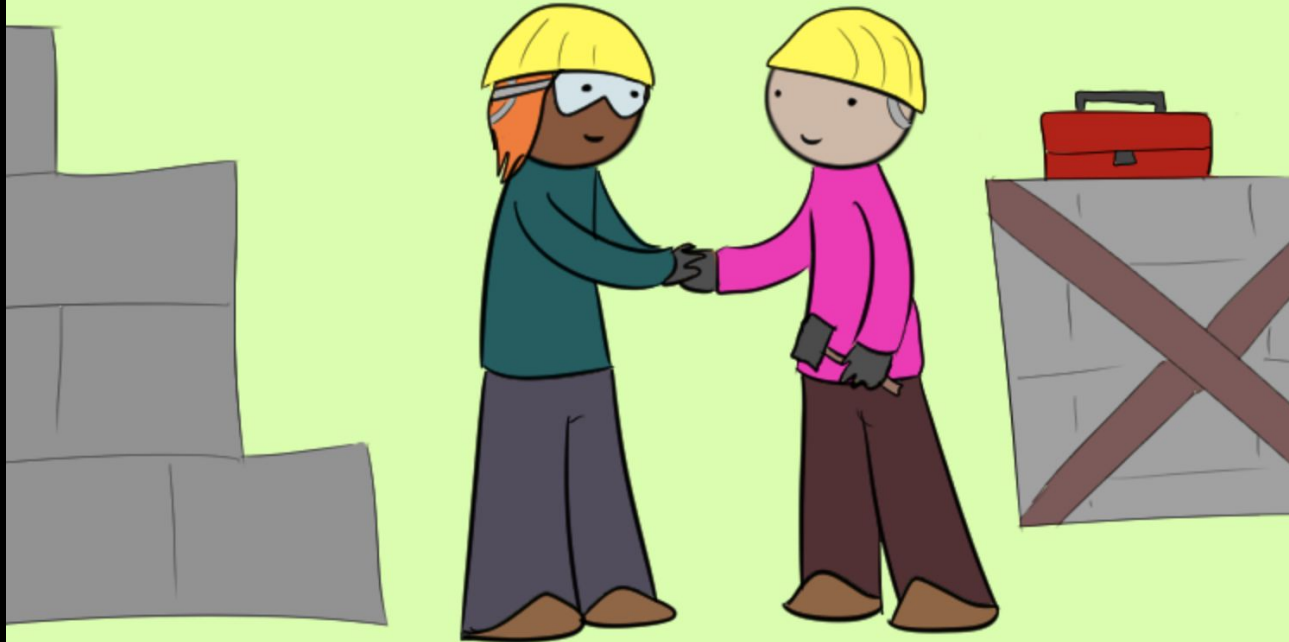
I've never really tried muffling before.

I'll talk you through it.
We can go slow.

And it's a good idea to check in to see how it's going.



The point is, when you're building something with someone,
you usually start out being really careful.
You use scaffolding, and wear hardhats and steel-toed
boots. You communicate a lot to make sure you're both on
the same page.





It might seem like a lot of work, but it's also a lot of fun!

You're building something that you're both going to enjoy.

You don't have to take these precautions, and maybe everything will be okay. But maybe...



That—that wasn't what I wanted to happen.



As you build your castle, you'll finish rooms, and you'll both get used to the space. If you've built it right, you don't have to wear hard hats all the time, because it becomes a safe, comfortable, familiar space.



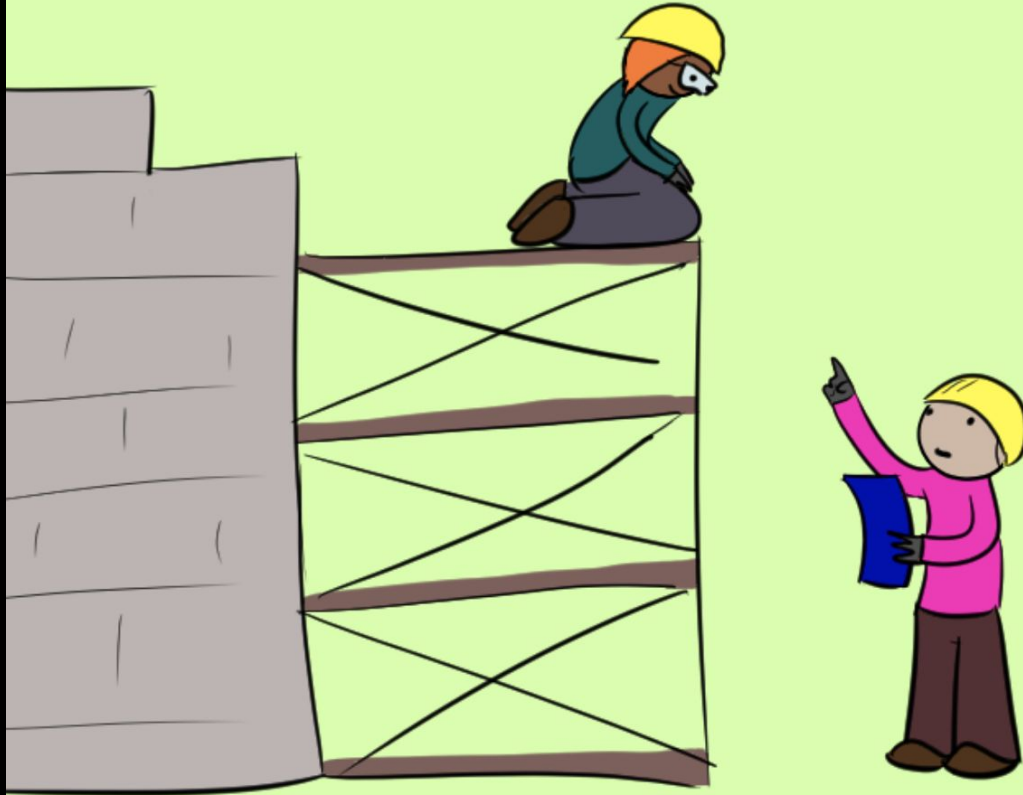
As you establish a relationship based on consent, you learn what your partner likes and dislikes, and the You may find that you're doing sexy or intimate things without explicitly talking about it at all.



The great thing about consent castles is that they are always works in progress.
You may need to do some maintenance.



You might want to add a new room, or refurbish an old one. In that case, you put your hard hats back on and plan things out a little more carefully.



So gear up!



Because this is going to be a lot of fun...

05

CHALLENGES


WHAT TO EXPECT DURING CONSENT
CONVERSATIONS



**These conversations
could be awkward.**

Embrace it!


It is much better to have a slightly awkward discussion about needs and boundaries now than to have you or the other person feel uncomfortable or unsafe later on.



**Their boundaries &
needs may not align
with yours.**

This can be difficult to navigate and hard to hear.

It's important to communicate honestly to better understand how to best meet each other's needs and boundaries.



It can be vulnerable and uncomfortable to share that conversation with someone.

We'll give some tips on how to make these conversations easier in the next section.





Identity plays into our needs and boundaries.

Consent is different for each person based on their experience, the context that they live in, and the situation.

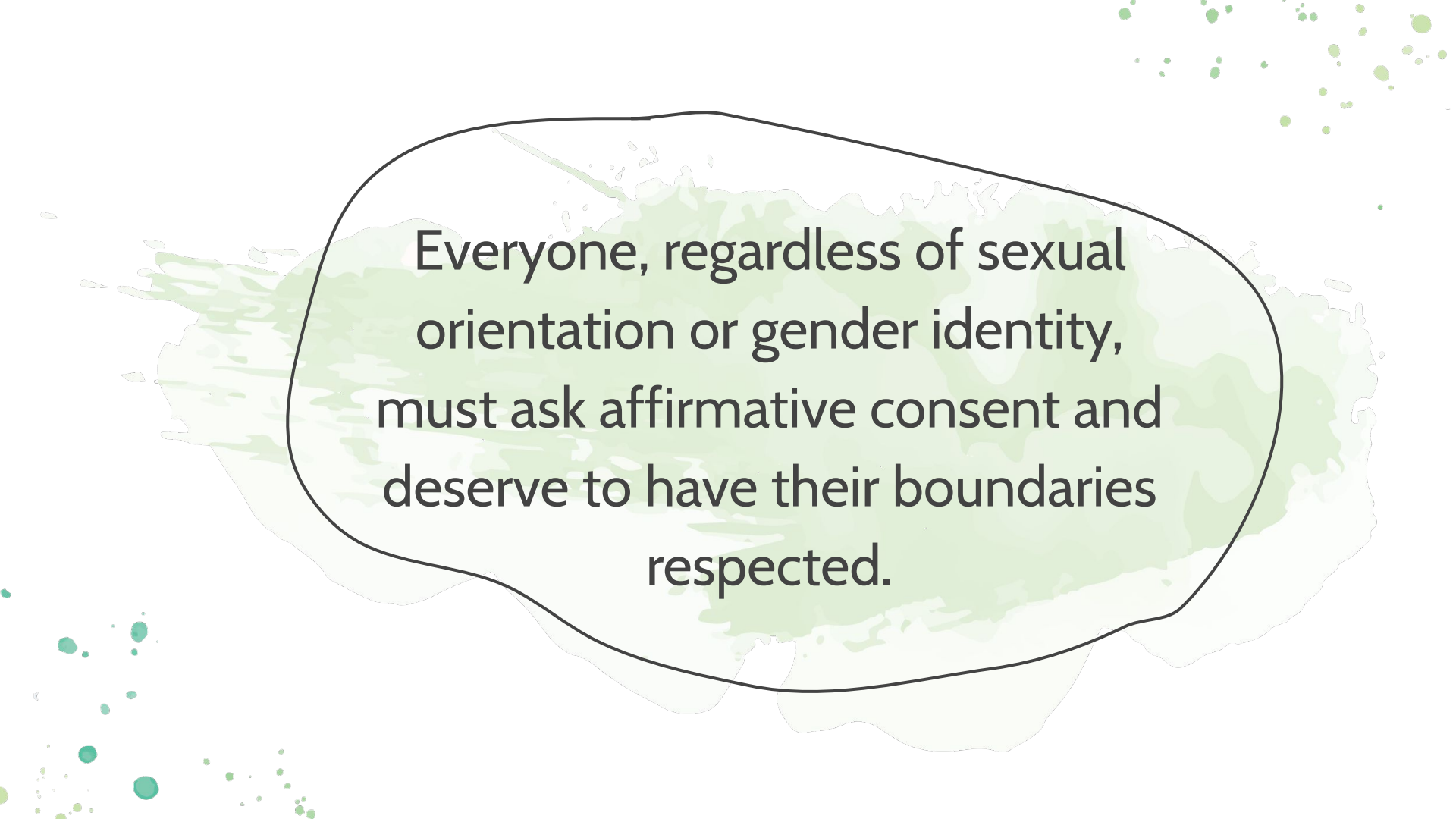
Example of how identity plays into our needs/boundaries

Example

People who are exploring their sexuality may need some time to navigate consent and verbalize boundaries in unfamiliar intimate contexts.

A recent study noted that assault prevention programs typically approach dating violence and sexual assault education from a *heteronormative* perspective, contributing to sexual minorities' feelings of invisibility and confusion when it comes to consent.

For example, outdated ideas that men are the “askers” and women are “gatekeepers” are incredibly limiting and harmful to all and don't truly encompass the reality that **consent is needs to be mutual, ongoing, and affirmative.**



Everyone, regardless of sexual orientation or gender identity, must ask affirmative consent and deserve to have their boundaries respected.



06

QUICK TIPS

TO MAKE THESE INTERACTIONS EASIER

TIPS!

BE BRAVE

Being careful and explicit with consent early establishes the foundation for a healthy relationship based on mutual respect.



SPEAK YOUR TRUTHS

Helps you feel safe, respected, and fulfilled in your relationships



ASK QUESTIONS

Can help you and your partner feel more comfortable in the long-run.

MAKE SPACE & TIME FOR HONESTY

Avoid words, tones and body language that could make your partner feel guilty or uncomfortable answering honestly, including saying no.



LEARN TO RESPECT & HANDLE “NO”

Think of how you'd want your partner to respect your boundaries.



BE GENTLE & PATIENT

Consent and intimacy are processes that evolve over the course of a relationship. It takes time to establish trust and comfort.



07

BENEFITS

OF COMMUNICATING NEEDS AND BOUNDARIES

BENEFITS

**Maximize collective
& personal pleasure
and enjoyment**

**Minimize harming
other people or
getting hurt**



**Learn more about
yourself and what
you like and what
you like**

**Form a positive
and healthy
connection!**

CONCLUSION

Practicing attunement and establishing healthy boundaries are skills, and they take time!

Healthy boundaries and attunement don't always come easy, but if you trust your instincts, be open, and practice with your partner, the relationship will only get stronger over time.



BUILDING A CULTURE OF CONSENT SERIES

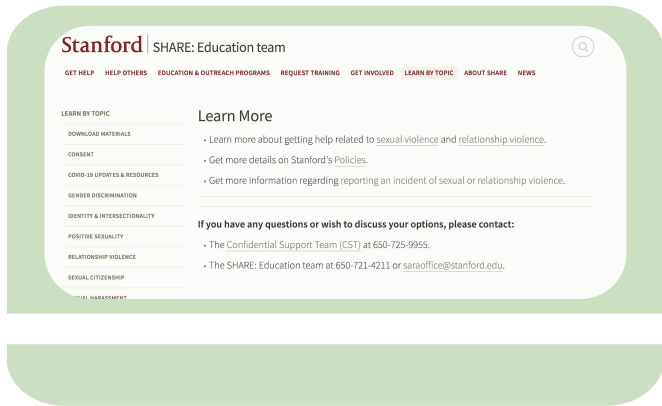
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PART 3: COMMUNITY-ORIENTED CONSENT

CONTINUE YOUR LEARNING!



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**Thank you for listening &
learning!**