

CONSENT

OK, an invitation for something more than just "friends"? Flirtation, touching, holding, something more? That can be confusing, exciting, stressful, or relief. All of these feelings are absolutely NORMAL. Before you decide to get involved, let's talk about being safe and learn about what "sexual consent" is.

Sexual consent is an agreement to engage in sexual activity. Thinking about consent gives you a chance to THINK about whether you're ready for sexual intimacy, HOW you give consent, and HOW to share your sexual needs and wants. You may wonder how sexual consent works? First, one-time consent does not mean you give consent for all sexual contact in the future. Secondly, consent is communication. You check in with your partner(s) and respect when they say NO or not ready. It's important to be aware of body language too, not just verbal. Lastly, you can change your mind at ANY time. Be assertive to vocalize your concerns but at the same time respect and be patient with your partner(s)' choice.

"Silence does not mean yes. No can be thought and felt but never said."

— Amy Reed



The truth is we don't really talk about sex in our culture. No wonder it can be intimidating to open up genuinely with your partner(s). It can also be embarrassing to discuss with your parents, too. So where do you go when you need someone to talk to, ask questions, get advice? **KCCEB is here for you.** If you find it challenging to navigate, we are happy to connect with you and find ways to support your well-being. Together, we can practice how to have healthy and satisfying relationships, physically and emotionally.



Get F-R-I-E-S with your consent

Freely given- Making consent without pressure, manipulation, or under any substance or drug. 

Reversible- You can change your mind about what you feel like doing, anytime.

Informed- You can only consent to something if you are fully informed. If someone says they'll use a condom and then they don't, there isn't full consent.

Enthusiastic- Only do stuff you WANT to do, not what you feel you're expected to do.

Specific- Saying yes to one thing doesn't mean you've said yes to others.



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Asian Community Wellness Program



Asianwell@kcceb.org



Toll Free (844) 828-2254



101 Callan Ave, Suite 400, San Leandro, CA