

# Health Department



## Events

**April 4th**

Herbal Medicine Making Class  
Siletz Clinic - Shell Room  
5:00 - 7:00pm

**April 20th**

I believe Walk - 5k  
Fitness Center  
10:00am

**April 25th**

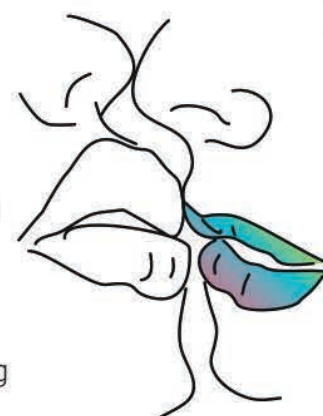
Wellness Luncheon  
Tribal Community Center  
12:00 - 1:00 pm

**May 1st**

Letting Go Ceremony  
Siletz Dance House  
5:30pm

## I Ask for Consent

What if you want to kiss someone, but you aren't sure how they'd feel?  
When you want to get close to someone – whether you're hooking up for the first time or in a long-term relationship – it's important to know how to ask for consent.



### What Is Consent?

- When someone gives consent, they're giving permission for something to happen or agreeing to do something.
- This means they need to know specifically what they're agreeing to – so make sure what you're asking is clear.  
*For example, "Do you want to mess around for a while? Like cuddling and making out, but not having sex?"*

### When and How to Ask for Consent

- Always ask for consent before you begin any sexual activity, including kissing, cuddling, and any kind of sex – even if your partner consented in the past.
- Ask in a way that makes it clear it would be okay if they said "no" – otherwise you might be pressuring them to do something they don't want to do.  
*For example, "Do you want to go back to the bedroom or hang out here and watch movies?"*

### What Is Not Consent?

- Your partner may not tell you "no," but that doesn't mean they're saying "yes."
- If someone says nothing, "um... I guess," or an unsure "yes," they're likely communicating that they don't really want to do the thing you're asking about.
- In these cases, you don't have clear consent. Check in with your partner about how they're feeling – or suggest another activity.  
*For example, "You seem unsure, so why don't we just watch TV tonight?"*

### Non-Verbal Cues

- Pay attention to your partner's body language.
- If they pull away, tense up, look uncomfortable, laugh nervously, or are quiet or not responding, you should check in.  
*For example, "You don't seem too into this. Do you want to stop or take a break?"*

### Dealing with the "No"

- Sometimes your partner will say "no," and that's okay.
- Reassure them that you're glad they can be honest with you.  
*For example, "That's okay; maybe we could do that some other time."*



### Why Consent Matters

- Talking about what your partner wants to do ensures sex is consensual and makes it more enjoyable.
- You'll feel more confident about what you're doing, and your partner will feel comfortable getting close to you.



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