

QUEERING

SEX

ED.

CONSENT & COMMUNICATION

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CONSENT & COMMUNICATION

This resource discusses consent, lack of consent, and issues surrounding negotiating consent. Some things discussed may be a trigger for folks depending on your experiences. If any of the information in this resource makes you feel triggered or uncomfortable or it makes you think about a situation that you've experienced and you're wondering if reading it wasn't a good thing, please contact a helpline or your local rape crisis centre.

Ontario Coalition of Rape Crisis Centres
www.sexualassaultsupport.ca

RESOURCES



Learning Good Consent Zine
www.zinelibrary.info/learning-good-consent

The Consensual Project
www.theconsensualproject.com

How to talk about Sexual Consent
www.teenhealthsource.com/sex/sent/

Healthy Relationship Checklist
www.redcross.ca/article.asp?id=506&tid=030

Yes, No, Maybe Checklists
www.smarthotfun.com/wantwillwontchart

Yes, No, Maybe So
www.scarleteen.com/article/advice/yes_no_maybe_so_a_sexual_inventory_stocklist

Scarleteen Navigating Consent
www.scarleteen.com/article/boyfriend/drivers_ed_for_the_sexual_superhighway_navigating_consent

CONSENT & COMMUNICATION

WHAT IS COMMUNICATION?

Communication is verbal and non-verbal. It can include what we say, how we move, and how we respond to others. Communication can be tough, especially when talking about sex, sexuality, or things that can make us feel vulnerable. Different people communicate in different ways; because of this, there can be lots of room for miscommunication! Communication takes time and practice. Consent is one part of communication.

ASKING FOR CONSENT...

"I'd really like to hold your hand."

"Can I kiss you?"

"Is it okay if I take my/your shirt/pants/underwear off?"

"Do you want me to suck on your finger/nipple/ear?"

"Please lick my neck/thigh/toes."

"I usually cuddle after I cum, does that work for you?"

"If you come home with me, do you want to make out and cuddle and see what happens?"

Consent is a big deal because obtaining consent means that you and your partner(s) are both comfortable with whatever it is that you are doing. It means that no one is being pressured or forced or coerced into doing something they don't want to do. It also means they do not need to explain the reasoning behind their decision. When someone says 'no', they do not need to explain why.

Why is
Consent
Such a
Big Deal?

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WHAT IS CONSENT? WHAT IS NOT CONSENT?

Consent belongs to everybody, not just people of certain genders, identities, roles, or presentations. Consent is ongoing - it happens from moment to moment, not just once. Just because you ask for consent one time, doesn't mean that it will be the same the next time. Consent can be sexy but it is always necessary. Consent doesn't only happen during sex, it's also negotiated before, after and even during sex, and in interactions that aren't sexual. We see consent all around us, and everybody is involved. Different people negotiate consent in really different ways. Sometimes it's hard to tell if consent is happening, the most important thing is how you feel. If you feel like you haven't given consent, then you haven't. If you're not sure if consent has been given to you - ask.

TELLING THE DIFFERENCE...

Saying: "I'd like to get to know you, do you mind if I hang out and talk to you?" **vs.** Walking up to a person who is standing alone and starting to talk to them.

Asking: "Is it okay if I sit here?" **vs.** Sitting beside someone at a party who you haven't asked permission from.

Asking: "Are we spending the night together tonight?" **vs.**
Saying: "So when are we heading back to your place?"

Saying: "I think you're really hot, I'd like to sit closer to you and maybe cuddle a bit." **vs.** Edging closer to a person and starting to touch their body without asking.

CONSENT & COMMUNICATION

PEP TALK

Talking about consent can be difficult but like any skill it gets easier with practice. It is a valuable and necessary part of human interaction. It is empowering. It can definitely be hard to have the first conversation and even harder to initiate the first conversation, especially when it comes to SEX. You might find some of these tips helpful and remember that the more you talk about it, and more comfortable you get with your partner(s) the easier it can become.

"How do you like to be touched?"

"Does this feel good?"

"Can we just cuddle for now? I like to work up to other stuff over time."

"Sometimes I like getting spanked while I'm having sex."

"Could you move your hand slower?"

How do
you talk
about
sex?

It can also be hard to talk about consent during sex. To say to a partner 'no, I don't want that' or 'no, that hurts because of x, y, z' can be difficult. One strategy for consensual sex is to use safe words - a word that you wouldn't normally say during sex but once said, your partner(s) stop. Another strategy could be to just say, in plain language 'stop' and have your partners respect that. Another way of telling your partner that you want them to change something during sex could be 'I like what you're doing, but I love it when you _____'.

CONSENT & COMMUNICATION

If something hurts during sex (and not in a good way), some folks find it helpful to clearly explain what exactly hurts to prevent your partner(s) from getting upset or panicked. For example, if you are tied up and it's too tight, it might be helpful to be specific about what exactly hurts so that it can be remedied quickly. For example, 'the rope around my wrists are too tight' which would indicate to your partner(s) to loosen your wrist restraints but that your other restraints or other sex acts were fine for you.

Alternatively, another strategy can be to use numbers or colours to indicate what or how you would like your partners to do to you during

Saying the word 'red' could mean 'stop'

Saying 'yellow' could mean 'go slower'

Saying 'green' could mean 'yes, I like it, keep going'

Saying 'blue' could mean 'I like what you're doing but try doing it in a different way'

A great way to talk about sex acts with your partners and to find out about activities you are interested in is through a "yes, no, maybe" checklist. This is a fun and easy way to find out what you are into! (**Check out the resources section for a copy**). Additionally, talk to your partner(s) about how you'd like to have continued consent during sex and find out what works for you and them.