

# Consent & The Law



You are legally required to take reasonable steps to obtain voluntary consent...



**Before engaging in any sexual activity**



**Any time you change sexual activities**



**All sexual activity without consent is sexualized violence, and a criminal offense.**

**If you have been sexually assaulted, it is important for you to know that you are not alone and it is not your fault. There is no behaviour, manner of dress, or situation that justifies sexualized violence.**

*Find out more about on and off-campus supports at:*

[www.tru.ca/sexual-violence](http://www.tru.ca/sexual-violence)

## Making the Connection

Since we are talking about consent, it is important to recognize that the campuses of Thompson Rivers University are located on the traditional and unceded territory of the Secwepemc Nation within Secwepemcul'ecw.

Please go to [www.landbodydefense.org](http://www.landbodydefense.org) for more information on the connection between consent and colonization.

sexualized  
violence  
prevention  
and response



*Let's talk about...*

# CONSENT

sexualized  
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# What is Consent?

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Simply put, consent is when a person freely gives permission for something to happen, or agrees to do something. This can be indicated verbally or non-verbally.



## When Do I Need Consent?

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You should always respect another person's body and choices, regardless of who they are, where they are, what they are wearing, or what you think they might be into.

**No one is entitled to another person's body.**

**Learn to Check In...**

## Consent is...

### **Active**

Just because they didn't say "No" doesn't mean you have consent. Only "Yes" means "Yes."

### **A Choice**

Everyone has the right to feel free to say "Yes" or "No" without pressure, threats, or manipulation.

### **A Process**

Consent requires on-going conversations with lots of TRUST. Just because someone said "Yes" to one thing, doesn't mean they say "Yes" to ALL the things. Everyone has a right to change their mind and say "No" at any point.

### **Based on Equal Power**

If someone is underage, drunk, asleep/unconscious, or you occupy a position of power or authority over them, they cannot consent.

## Consent is not...

### **Assumed**

Being in a relationship or having a sexual history with someone does not mean that you have their consent. Communicating about consent is always necessary.

### **Pressured**

If you have to convince someone to say "Yes", or they are afraid to say "No", you do not have their consent.

### **Silent**

The absence of a "No" is not a "Yes". Pay attention to your partner's body language and non-verbal cues.

### **Incapacitated**

You cannot get consent from someone who is asleep, unconscious, drunk, or otherwise incapacitated.