

What is consent?

Part 1 of a 3-part series



"Taylor, I want to teach you about consent, safe sex and boundaries. I never got these teachings. I want to make sure you get them."



"Consent is agreement between two people."



"We use consent for lots of things — like a hug, taking a picture... or physical touch."



"For sex, partners have to agree and understand what they're saying 'yes' to. That includes kissing, touching, sex, using protection during sex, and letting each other know about STIs."



"Consent is asking and making sure they are okay with what is happening between the two of you. If they look uncomfortable at any point, stop. That's a 'no'."



"And anyone can change their mind anytime."



"Real consent isn't just a word. It's how someone acts, looks, and feels around you. Be sure you both want it."