

# ASK FOR CONSENT

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.



## IF YOUR PARTNER SAYS NO

Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.



## IF YOUR PARTNER SEEMS UNSURE

Play it safe and don't go further. Instead ask them what they'd like to do.



## IF YOUR PARTNER SAYS YES

You can move forward. Keep checking in to make sure they're enjoying what's happening.

**CONSENT IS A SKILL - YOU GET BETTER AS YOU PRACTICE.**