

10 THINGS ABOUT CONSENT



#1

You must get consent every time you engage in any sexual activity.

#2

You can say “no” and/or change your mind at any point.

#3

No-one is entitled to sex, including people in long-term relationships.

#4

Consent is given through speech shown through body language.

#5

Non-consensual sex or sexual activity is either rape or sexual assault.

#6

Play, Pause, Stop are actions to help ensure you get consent every single time.

#7

Consent to one thing doesn't mean consent for everything.

#8

Legally, you must be over 16 years old to have sex (regardless of gender or sexuality)

#9

If you repeatedly ask for consent and are refused, this can count as sexual harassment.

#10

Getting consent is sexy!



**PAUSE
PLAY
STOP**

#IGetConsent

pauseplaystop.org.uk