



Consent is when two people both agree to have sex. Any sexual activity without consent is rape or sexual assault. There are many conditions to this rule, though, and breaking any of them makes the sex non-consensual.

### WHAT IS SEXUAL ASSAULT?

From kissing to touching to having sex- any sexual contact without consent is sexual assault without exception.

#### Even if:

- You think she or he wants it
- You are dating, in a relationship, or married
- You have had sex before
- The person is dressed in sexy clothes
- The person said yes the last time



### NOT EVERYONE CAN CONSENT

Consent requires that everyone be in the right state of mind, capable of decision making and evaluating the full situation.

- If you are under 18
- If you are drunk
- If you are high

**YOU CAN NOT CONSENT!**

### NO ALWAYS MEANS NO

When someone says "no," they mean it. It doesn't mean that she or he is playing hard to get. Just as consent is invalid without a verbal and enthusiastic "yes," a "no" is an immediate and clear rejection that must be respected. Always respect "no." If they are not interested, stop immediately. Even if they say no and ask to stop during sex, it must be respected. To continue after a clear rejection is sexual harassment, and, if taken further, sexual assault.



### CONSEQUENCES FOR THE OFFENDER

- Years in prison for sexual assault
- Decades or life under aggravating circumstances such as, rape or assault of a minor
- Sex offender registration
- Your status as a sex offender becomes known to your friends and neighbors



### TRAUMA FOR THE VICTIM

- 70% of rape victims report moderate to severe psychological distress, with 13% attempting suicide
- Difficulty trusting or relating experiences to others
- Questioning their own judgment or sanity
- Feelings of worthlessness
- Suicidal thoughts



### HOW CAN I PREVENT SEXUAL ASSAULT?

If someone is being sexually harassed or assaulted, grab some friends and step in. If necessary, call 9-1-1. It's better to be in the wrong than to do nothing and later learn that you could have prevented an assault.

**If you are a victim of sexual assault or rape, reach out to a trusted adult. Call the National Sexual Assault Hotline **1-800-656-HOPE (4673)** or LiveChat **rainn.org**.**

**ANYONE CAN BE A VICTIM**

**ANYONE CAN BE AN OFFENDER**

Victims can be any gender, race, age, or economic class, and the same goes for offenders. No matter who you are, if you have not consented to sexual contact, you are a victim of sexual assault.