

# Rules of Consent Cards

<p>Consent is freely given and is not pressured or coerced. We give consent because we want to, not because we are pressured to by others. Cooperation does not equal consent if a person is threatened or pressured.</p>	<p>Consent is clear-headed. We must be sober and not under the influence of alcohol or drugs.</p>
<p>Consent is affirmative and enthusiastic. It is a positive, enthusiastic response—someone is saying, “Yes!”</p>	<p>Consent is ongoing. Consent is not something that is given once and then assumed afterwards. We must get and give consent before any type of sexual activity.</p>
<p>Consent is clear-headed. We must be awake and conscious. We cannot give consent if we are sleeping or unconscious.</p>	<p>Consent is 100% reversible. We have the right to change our mind at any time and withdraw our consent.</p>