



# UNDERSTANDING CONSENT

## DEFINING CONSENT

Consent is defined as agreement and approval of what is done or proposed by another person. It involves giving permission for something to happen.

**Although consent applies to more than sexual activity, it takes on special significance in this area.**

## SEXUAL CONSENT

Sexual activity includes kissing, sexual touching and sexual intercourse (oral, anal, vaginal, hand sex). Sexual consent means both partners agree to the sexual activity and understand what they're agreeing to.

**Consent must be freely given and ongoing for every sexual activity, every time.**

## SEXUAL CONSENT IS FREELY GIVEN

'No' always means 'no' whether given verbally or non-verbally. A lack of an affirmative, positive, freely given 'yes' is also a 'no'.

**Sex without consent is sexual assault. Sexual assault can happen to anyone of any age and gender, and it can be committed by anyone of any age and gender.**

## CONSENT CONVERSATION

A 'yes' isn't consent if someone is coerced. Examples of coercion are if the person pressures, pesters, threatens, guilt trips, blackmails, intimidates, bullies, or harasses someone. **Consent is agreed upon by both partners and with a clear understanding of what they're agreeing to. A consent conversation includes asking, answering and negotiating.**

## CONSENT CAN BE WITHDRAWN

At any time or point, people can change their mind and withdraw consent. Consent given in the past doesn't apply to any activities that happen later.

**Consent can't be assumed because people are in a relationship, nor should it be assumed if there was previous sexual activity.**

## UNCLEAR COMMUNICATION

People who are drunk, high, sleeping or unconscious can't give consent, either legally or practically. To have clear communication about consent, both people should be sober and alert:

- Silence or not responding isn't consent
- Not physically resisting isn't consent

**You must ask permission and wait until permission is clearly given before proceeding.**



**KINGSTON FRONTENAC**  
**Anti-Violence Coordinating Committee**

*working together to decrease domestic and sexual violence*

# **KFACC MEMBERS**

## **Protocol Signatories**

- **Crown Attorney's Office of Kingston & Frontenac County**
- **Family and Children's Services, Frontenac, Lennox & Addington**
- **Kingston Health Sciences Centre Sexual Assault/Domestic Violence Unit**
- **Kingston Interval House**
- **Kingston Police Force**
- **Kingston Probation & Parole Services**
- **Land O' Lakes Community Services**
- **Military Police, Canadian Forces Base Kingston**
- **Ontario Provincial Police, Frontenac Detachment**
- **Ontario Works, City of Kingston**
- **Queens University Human Rights Office**
- **Resolve Counselling Services Kingston**
- **Sexual Assault Centre Kingston**
- **The Salvation Army Supervised Access Program**
- **Victim Services of Kingston & Frontenac**
- **Victim/Witness Assistance Program**

## **KFACC Affiliated Agencies & Groups**

- **Addiction & Mental Health Services KFL&A (AMHS-KFLA)**
- **Centre for Abuse and Trauma Therapy**
- **CFB Kingston Health Services Centre**
- **City of Kingston, Social Services & Housing**
- **Elizabeth Fry Society of Kingston**
- **Integrated Care Hub (Trellis)**
- **John Howard Society of Canada**
- **Kingston Anti-Violence Advisory Council (KAVAC)**
- **Kingston Community Health Centres | Immigrant Services Kingston & Area**
- **Kingston & Frontenac Housing Corporation**
- **Kingston Military Family Resource Centre**
- **Lennox & Addington Interval House**
- **Lennox & Addington Resources for Children**
- **Limestone District School Board**
- **Maltby Centre**
- **Purple Posse**
- **Quinte United Immigrant Services**
- **Sexual Health Resource Centre (SHRC)**
- **St. Lawrence College**
- **Trellis (Formerly HARS HIV/AIDS Regional Services)**
- **Youth Diversion**

**KINGSTON FRONTENAC ANTI-VIOLENCE COORDINATING COMMITTEE**

*working together to decrease sexual and domestic violence*