





24/7Phone
1-877-544-6424

Noon - Midnight Text

613-544-6424

Noon - Midnight Chat

webelievesurvivors.ca

Consent is Freely Given

There should be no pressure or abuse of power being used to make you feel like you have to do any sexual activities at all, even in relationships where you have done things together before!

You should NEVER feel pressured to do anything you don't want to!







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Consent is Reversible

Anyone can change their mind, anytime, even if you have taken your clothes off or if you do not want to continue with things already taking place!

Healthy Relationships are built on mutual trust, honesty and respect!







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Consent is Informed & Enthusiastic

Everyone involved understands and knows what's going on, is consenting with full knowledge of the risks and rewards involved, and are doing things because they want to.

You completely understand what "hooking up" means and agree to it!







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Consent is Specific

Saying "yes" to one thing does not automatically mean "yes" to something else! Every activity needs its own enthusiastic consent and this communication should be ongoing.

Do things because you want to, out of interest, desire or excitement!







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Consent is Sober

You are not drunk or high as everyone involved must be both sober and capable of understanding and freely agreeing to sexual activity.

Incapacitation by drugs or alcohol negates the ability to give consent!