

The Concept of Consent

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The concept of consent defines the voluntary and explicit approval of all participants in a specific sexual action. The reception of when a sexual action starts is experienced very subjectively, hence:

Better ask once too much than not at all. A quick touch can be experienced as a crossing of boundaries, so better also ask before a hug or a kiss, if that's okay for the person.

Harassing behaviour, violations of boundaries and sexualized violence can cause trauma for the person concerned – that's why it is important to communicate with your partner at every sexual action. Through talking you can learn how far your counterpart is willing to go and you can prevent potential crossing of boundaries.

Consent means to ask for every single sexual action (e.g. kissing, caressing, hugging, crawling their back) every single time again, if the other person is comfortable with the action.

Other forms of communication e.g. facial expression or gesture are possible, but should be agreed on in advance, so that there are no misunderstandings. Body language or non-verbal reactions don't automatically mean consent!

Consent can and wants to contribute to your knowledge of what your counterpart is wanting right now, where you kiss them, touch them, feel them. Consent is a positive way to sex and everything around it – instead of working around somehow and then hearing a NO, you rather ask with every tiny little step for Consent and by that slowly find out, if and how a person enjoys being close to you.

Consent is for everybody – female, male, non-binary, homo, hetero, bi, trans*, no matter which gender expression, which position or tools – consent gives us a very practical and pleasurable handling with our Sexuality.

Always pay attention to your own boundaries and those of others, try to always be able to estimate the situation and ask, if you are insecure on how sane your counterpart is. The sanity of a person can not only be influenced by drugs, but also by their physical and emotional condition. A person that is under the influence of alcohol or other drugs may not be able to consent anymore.

If you know that you have an STD, let your counterpart know so that you can decide together on how far you'd like to go. Communicate about if and how you want to use prevention!

The core of the concept of consent is a respectful and dignified contact to each other. It wants to show possible courses of action and to give an instruction for the prevention of sexual harassment.

Of course, there are other possibilities than just the concept of consent for a trusting behaviour towards each other. The highest maxim of action always has to be a respectful dealing with each other without any crossings of boundaries – if you use your own tools or the concept of consent for this, is your choice.

37 Therefore:

- 38 • If no more consent is given or withdrawn, that means NO, END, CLOSE. Attention: Silence doesn't
- 39 mean consent!
- 40 • Only because you're in a relationship with somebody or make out frequently, that doesn't mean
- 41 that their body is at your disposal.
- 42 • Consent can't happen under pressure e.g. constant questioning for sex or threats.
- 43 • A sleeping person can never consent!