



## **Safeteen Girls' Program**

### **Consent: Yes means Yes Wise Women Speak their Truth**

Sometimes girls and women do give mixed messages. What we need to know about that is, mixed messages probably mean mixed feelings and mixed feelings mean, *No*. When it comes to sex there is no such thing as maybe!

**A part of Consent is learning how to say, *No*.**

**Saying, *No* is *not*:**

I'm not sure  
Maybe later  
I have a headache  
Not here, someone might see us  
Not now, I have my period  
I'm too wasted  
I'm too tired  
Slapping his face as soon as he tries anything.  
Silence (he'll notice that I'm not enjoying this)  
Silence (he'll know I'm scared and he'll stop)  
Silence (he'll break up with me if I try to stop him)

**Saying, *No* looks like this:**

*No*. I don't want to have sex with you. That is not going to change.  
*No*. I mean it. I'm not ready to have sex.  
*No*. I know I said *Yes* earlier but I've changed my mind. The answer right now is, *No*.  
*No*. Your needs aren't my problem.  
*No*. Just because we had sex before doesn't mean we will again.

**A part of consent is learning how to say, *Yes*.**

**Consent looks like this:**

Yes I am ready.

**Consent can be learning how to say both, *Yes* and *No*.**

**Consent can also look like this:**

*E.g.* Yes, I want to kiss but that's all. *No* to everything else.