When you want to get close to someone — whether you're hooking up for the first time or in a long-term relationship — it's important to know how to ask for consent.

**ASK YOURSELF** How might my actions make someone feel?

**ASK YOUR PARTNER** About things like protection, previous experiences, preferences, and more through texts or in casual settings.

**ASK YOURSELF** Am I in a clear enough state to respect someone's boundaries or have I had too much to drink?

**ASK YOURSELF** Am I making it clear from my words, tone, and body language that I'm OK with the answer, no matter what it is?

**ASK YOUR PARTNER** What they'd like to do. Be specific about what you're asking. For example, “Do you want to mess around? Like cuddling and making out?”

**“Do you want to...?”**

**IF YOUR PARTNER SAYS NO** Accept their answer. Never try to convince or guilt someone to say yes when they've already said no.

**IF YOUR PARTNER SEEMS UNSURE** Play it safe and don't go further. Instead ask them what they'd like to do.

**IF YOUR PARTNER SAYS YES** You can move forward. Keep checking in to make sure they're enjoying what's happening.

CONSENT IS A SKILL - YOU GET BETTER AS YOU PRACTICE.