

ASK FOR CONSENT

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.



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.