

BUILDING COHESIVE TEAMS THROUGH

# CHARACTER TRUST RESILIENCE

## Protecting Our People Protects Our Mission



**SAAPM**  
Sexual Assault Awareness and Prevention Month

## Talk Consent to Me: Your Guide to Doing it Right

### What is Consent?

Consent is an enthusiastic, voluntary, coherent, and ongoing “Yes!” to sexual activity. It is both verbally and physically clear. The military defines consent “as words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person.”

### Asking for Consent

Asking for consent before and throughout sex is not just mandatory, it can also be sexy. Try the following phrases:

- Can I kiss you/touch you here?
- Can I take off your clothes?
- Can we have sex?
- Do you want this?
- Do you like that?
- Do you want to keep going?

Remember to listen to their answers. Ask if they are feeling pressured. Also pay attention to nonverbal cues. Staying quiet, flinching, or pulling away are all body language cues that indicate there may no longer be consent. People have a right to change their mind about having sex, even if they previously agreed. If you’re confused by the verbal and physical cues, then consent is not clear and you must stop.

### What is NOT Consent?

Guilt, badgering, or manipulating someone into having sex with you, or becoming angry with them when they refuse or change their mind, is not freely given consent. While you may feel you finagled consent, the other person might feel they were forced. To remove all doubt, consent must be freely and clearly given, ongoing, and verbally and physically enthusiastic.

The military defines the following as **not** constituting consent:

- Expressing a lack of consent through words or conduct means there is no consent.
- A current or previous relationship by itself (including marriage, dating, or previously engaging in sex) shall not constitute consent.

### Bottom Line

No one is entitled to sex. Every person has the right to not feel pressured, harassed, coerced, intimidated (including by rank), or forced into engaging in sexual activity—in person or online. It’s your responsibility to ensure your partner is of clear mind and has communicated enthusiastic consent. Remember, consent can also be withdrawn at any time during sexual activity. It’s important to continue to check-in with your partner and stop when they indicate through verbal and nonverbal cues that they do not want to continue sexual activity.

If you are in immediate danger, call 911. If you need support, contact the DoD Safe Helpline at 877-995-5247. To report domestic abuse contact the Family Advocacy Program. To find your local installation’s FAP program visit: [www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/the-family-advocacy-program/](http://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/the-family-advocacy-program/).

For more information visit [www.ArmyResilience.army.mil/sharp](http://www.ArmyResilience.army.mil/sharp) or connect with us at @ArmyResilience.



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SHARP  
SEXUAL HARASSMENT/ASSAULT  
RESPONSE AND PREVENTION

[www.armyresilience.army.mil](http://www.armyresilience.army.mil)  
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# TALK CONSENT TO ME...

## YOUR GUIDE TO DOING IT RIGHT

### What is NOT Consent? (Continued)

- The manner of dress of the person shall not constitute consent.
- There is no consent where the person is sleeping, or incapacitated—such as due to alcohol or drugs, or mental incapacity.
- There is no consent when the person is under legal age.
- Lack of verbal or physical resistance (or submission resulting from the use of force, threat of force, or placing another person in fear) does not constitute consent.

### Let's Talk About Alcohol

Alcohol interferes with a person's ability to give clear and coherent consent. Alcohol prevents sound judgement in both you and your partner. Simply put, alcohol and consent don't mix. It's best to wait until you both are sober. Deliberately giving someone alcohol, or singling out someone who has been drinking, to enable you to have sex with them is predatory and can constitute sexual assault.

### Let's Talk About Digital Consent

When engaging in sexual activity through electronic and/or digital communications, whether it's sexting, videos, or photographs, you still must respect the rules of consent.

Never take screenshots, save photos and videos, or share with others sexts, photos, or videos your partner has sent you without their permission.

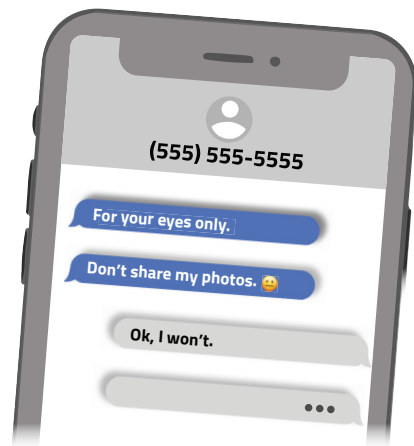
Revenge porn, or the "wrongful broadcast or distribution of intimate visual images" is a crime under Article 117a of the Uniform Code of Military Justice.

### Let's Talk About Sexual Harassment

Inappropriate jokes, catcalling, and sending unsolicited photos are all forms of sexual harassment. Just because people don't speak up against them, doesn't mean it's OK for you to continue. People may be uncomfortable or afraid to say something. If you're engaging in these unprofessional and harassing behaviors, stop.

### Let's Talk About (Healthy) Sex

Enthusiastic consent is a critical part of healthy sex. In a healthy sexual encounter, both partners are enjoying the sexual activity and are concerned with the pleasure of their partner. They equally and openly share what they want and are not afraid to say what they don't like. Healthy sex is about satisfying the needs of both partners, not just your own. To learn more about healthy relationships, see here: [www.armyresilience.army.mil/sharp/pages/healthy-relationships.html](http://www.armyresilience.army.mil/sharp/pages/healthy-relationships.html).



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