



# **Sexual Assault Response Services**

*of Southern Maine*

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## **What is Consent?**

- Consent is based on CHOICE
- Consent is active not passive
- Consent is possible only when there is equal power
- If you cannot say “no” safely and comfortably, “yes” has no meaning
- Going along with some activity in order to feel accepted is not consent; cooperation does not equal consent
  - Going along because of deceit is not consent
  - Giving in because of fear or pressure is not consent
- If you are unwilling to accept “no”, “yes” has no meaning

***Help, Hope, and Healing***