If you feel confused, sad, angry or have other feelings dealing with this experience, or if you’re having difficulty with coursework or relationships, advocates at The Aurora Center will listen and help you.

_It’s not your fault._ You don’t have to go through this alone.

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**AURORA CENTER SERVICES**

- 24 hr. Helpline
- Walk-in crisis counseling
- Accompany to hospital
- Police report advocacy
- Legal advocacy (i.e. restraining orders and court accompaniment)
- Academic advocacy
- Safe housing advocacy
- Support groups
- Community resources & referrals

Free & Confidential Services
Victims/Survivors/Supporters

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**DO YOU HAVE A SEXY VIEW?**

**Healthy Sex:**
"I don’t have access to your body until you’ve shown or verbally indicated consent to me."

**Unhealthy Sex (Potential to Commit Assault):**
"I have access to your body until you say ‘no’ or push me off."

**Illegal Sex (Sexual Assault):**
"I have access to your body even if you say ‘no.’ If you don’t say ‘no,’ I’ll take it as a ‘yes’ and if you say ‘no,’ I’ll work out a ‘yes.’"

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**BE A BETTER LOVER**

Consent is Sexy. **ASK B4 U ACT!**

Understanding each others’ thrills, desires, and expectations will help you relax and enjoy the experience instead of stressing out about how far is **too far**.

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**The Aurora Center for Advocacy & Education**

24 hr. Helpline: 612-626-9111
Business Line: 612-626-2929
Appleby Hall 117
128 Pleasant Street SE
Minneapolis, MN 55455
www.umn.edu/aurora
E-mail: aurora@umn.edu
WHAT IS CONSENT?
Consent is informed, freely and actively given, and mutually understood.

WHEN IS THERE LACK OF CONSENT?
If physical force, coercion, intimidation, and/or threats are used, there is no consent. If the victim/survivor is mentally or physically incapacitated or impaired so that the victim/survivor cannot understand the fact, nature, or extent of the sexual situation, and the condition was or would be known to a reasonable person, there is no consent. This includes conditions due to alcohol or drug consumption, or being asleep or unconscious.

University of Minnesota Policy 2.6.3

NOT GOT CONSENT?

- Consenting to kissing, hugging, touching, etc. DOES NOT mean there is consent for sex or further sexual activity.
- Thinking your partner “owes” you sex is not consent.
- The absence of “NO” does not mean “YES.” Silence, hesitation, or passivity does not mean “yes.”
- Pressuring out a ‘yes’ is not consent.
- Trickery, manipulation, intimidation, or threats against your partner is not consent.

WHEN SHOULD I ASK FOR CONSENT?
Before you act. It’s the responsibility of the person initiating a sexual act to obtain clear consent. Whenever you’re unsure if consent has been given or to know if your partner is comfortable, ASK. Check-in throughout. But remember, giving consent ahead of time DOES NOT waive a person’s right to change their mind or say no later.

WILL ASKING FOR CONSENT RUIN THE MOOD?
Nope. Asking is HOT. The mood is ruined when someone feels uncomfortable, unsafe, or pushed beyond their limits.

HOW DO I ASK FOR CONSENT?
“MAY I…?”
“ARE YOU OKAY IF…?”
“WOULD YOU LIKE TO…?”

GIVING CONSENT.
Partners should communicate how they’re feeling throughout sexual activity. Giving consent doesn’t have to be verbal, but that’s the clearest way.

WHAT ABOUT ALCOHOL & CONSENT?
Alcohol complicates sexual activity. Expectations, assumptions, as well as interpretations can be greatly altered because alcohol impairs decision-making.

By law and University policy, a person who is incapacitated is unable to give consent. Regardless of who was drinking or how much was consumed, the responsibility for any sexual assault falls on the shoulders of the person who chooses to assaults. It is NEVER the victim’s fault. It’s best to engage in sexual activity when you and your partner are sober. This ensures both of you will be able to understand what’s happening and you’ll greatly reduce the risk of harm.

GAUGING CONSENT

RED: SIGNS YOU SHOULD STOP
- You’re too intoxicated to gauge or give consent.
- Your partner is asleep or passed out.
- You hope your partner will say nothing and go with the flow.
- You intend to have sex by any means possible.

YELLOW: SIGNS YOU SHOULD PAUSE & ASK
- You’re not sure what your partner wants.
- You’re getting mixed signals.
- You haven’t talked about how far to go.
- You assume that you’ll do the same thing as last time.
- Your partner stops, hesitates, or is not responsive.

GREEN: KEEP COMMUNICATING
- Everyone’s come to a mutual decision about how far to go.
- Everyone clearly expresses their comfort with the situation.
- You both feel comfortable and safe stopping at any time.
- Everyone’s turned on!