

CONSENT & BOUNDARIES:

QUICK TIPS



WAYS TO ASK FOR CONSENT

"Wanna smash?"
"Sexy time? ;) Yes or no"
"Do you want to stop?"
"Are you okay with this?"
"Do you like this?"
"Can I touch you there?"
"I would love to _____.
Do you wanna try it?"

HOW TO HANDLE REJECTION

Respect the person's choice.
Recognize that rejection happens to everyone.
Refresh. Take time to cool down & take care of yourself
Reflect. Feel those feelings!
Engage in activities that build up your self esteem so you don't get stuck.
Reach Out to others: people you trust, a professional

WAYS TO SET A BOUNDARY

"I don't want to do that."
"I need to take a break."
"I'm not having fun anymore. Let's do something else."
"I changed my mind. I want to stop."
"I'll think about it and get back to you."

I NEED HELP!

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Text 'LOVEIS' to 22522
1.866.331.9474

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