# What is Consent?

The State of Colorado defines consent as:

## Definition of Consent – Colorado Revised Statute § 18-3-401

> (1.5) "Consent" for sexual activity means cooperation in act or attitude pursuant to an exercise of free will and with knowledge of the nature of the act. A current or previous relationship shall not be sufficient to constitute consent. Submission under the influence of fear shall not constitute consent.

All of these components must be present in order to obtain consent, and without any one of these, it is sexual assault.

## How Does Consent Work in Real Life?

Consent is all about communication that should happen every time. Giving consent for one activity at one time, does not guarantee that consent will be given every time in the future. Furthermore, giving consent for one activity, does not automatically give consent for other activities. Consent also means that an individual needs to be sober in order to "exercise free will" and for them to have "knowledge of the nature of the act."

### Want to change your mind? That's okay!

If you're feeling uncomfortable, you can withdraw your consent at any time. It's important to listen to your partner and actively check in with them to make sure that their consent is still active and they still like what is happening.

> **If you're feeling uncomfortable, you can withdraw your consent at any time.**

## What Are Some Ways You Can Ask for Consent?

- Is this okay?
- How does this feel?
- Do you like that?
- Do you want to do this?
- I really want to try this, what do you think?

## What Consent ~~Looks~~ Sounds Like:

- Yes!
- Yeah baby!
- Sure!
- Affirmative, verbal, and sober "yes"

## What Consent Doesn't Look/Sound Like:

- I'm not sure about this.
- Yeah, whatever, I guess we can do that.
- We should wait.
- Let's slow down.
- *Intoxicated, motionless, silence*