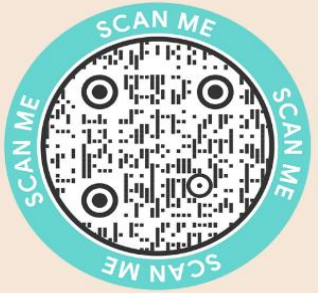




CONSENT, BOUNDARIES AND SEX CONVOS

MC STUDENT HEALTH CENTER



12 EXAMPLES OF TALKING ABOUT SEX WITH A PARTNER (S)

- “I really love cuddling after sex. What about you?”
- “I’m allergic to latex, and forgot to bring condoms. If you don’t have latex-free condoms, we need to go and get them before we have sex.”
- “I really want to try out this new vibrator I bought. Do you want to try it out together?”
- “I know you are into foot massages, but I don’t like touching other people’s feet. Is there something else new that we can try together?”
- “I have an IUD, but I still want to use condoms.”
- “I can’t wait to go down on you, but I want to use a dental dam.”
- “I’m on PrEP, and get tested every 3 months. Are you okay with that?”
- “I love when my partners _____ my _____, but I don’t like when they ____my _____.”
- “My religious values are important to me. Until I am married, I am only comfortable kissing.”
- “I’ve tried _____ with a partner before, and I enjoyed it. Do you want to try it with me, too?”
- “I’d really like to give oral sex and maybe receive it, too. What do you think?”

HOW FAR DO YOU WANT TO GO? ”
From UC Davis. Let’s Talk About It.

Consent

Consent is...
 Informed
 Voluntary
 Revocable
 Ongoing
 Consent must be established before a different activity begins.

Consent is not possible if...
 Someone is incapacitated
 Underage
 Unconscious
 Sexual activity without consent is sexual assault!

CONTACT US

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Moorpark College does not discriminate on the basis of race, color, national origin, sex, disability, age or sexual orientation.

GETTING AND KEEPING CONSENT



ASK

If someone is not incapacitated, you can ask them once if they are interested in sexual activity. Asking multiple times can be coercion. Accept a "no!"

- Can I ____ your ____?
- Do you want to ____?
- I'd like to take things further. Can we ____?
- I am really into this. Are you? Would you like to ____?

CHECK IN

Initial consent does not give you unlimited access to someone's body. Keep checking in and look for verbal and non-verbal cues to keep going or stop.

- Is this okay?
- Are you comfortable?
- Does this feel good?
- Should I keep going?

From UC Davis, Let's Talk About It.

REMEMBER:

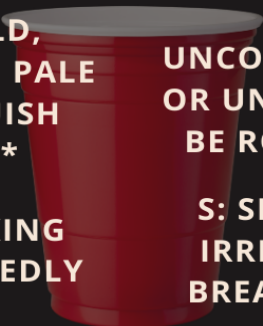
"CUPS" to check for Alcohol Poisoning. Call 911 if you see any of these symptoms:

C: COLD, CLAMMY, PALE OR BLUISH SKIN*

P: PUKING REPEATEDLY

U: UNCONSCIOUS OR UNABLE TO BE ROUSED*

S: SLOW OR IRREGULAR BREATHING*



From UC Davis, Let's Talk About It.

SOMEONE WHO IS INTOXICATED CANNOT CONSENT.

SOME SIGNS MAY INCLUDE:

NOTE: SOME PEOPLE SHOW NO SIGN OF INTOXICATION*

- **SLURRED OR INCOHERENT SPEECH**
- **UNCONSCIOUS**
- **CONFUSION**
- **FALLING ASLEEP**
- **LOSS OF BALANCE**
- **VOMITING**
- **MORE IMPULSIVE**



THE BEFORE, DURING, AND AFTER

It is important to talk about all aspects of sex and to know what you need/want and what your partner(s) need/want. Answer these questions for yourself to better know your needs and consider asking your partner(s) their needs.

BEFORE

What do you need to feel safe before you engage in sexual intercourse? Do you need to ensure protection is being used? An STI screening has been done? Your relationship status is known? Do you have any allergies, disabilities, or other things that need to be discussed? What are you okay trying or incorporating into your sex life? What are your expectations?

DURING

How do you like to communicate during sex? What turns you on? Do you have any past traumas that may be triggered? What are your boundaries?

AFTER

Do you usually like to go for another round? Do you prefer to cuddle? Be alone? Talk? Shower?

From UC Davis, Let's Talk About It.