

## SEXUAL ASSAULT RESOURCE CENTRE

# CONSENT

Sexual assault is any unwanted, non-consensual, sexual contact. There are a range of behaviors and actions that fall under the definition of sexual assault. Sexual assault is not only unwanted penetration (rape), it is also any unwanted touching, kissing, grabbing etc.

## HOW CAN YOU MAKE SURE TO NOT COMMIT SEXUAL ASSAULT?

One of the most important things you can do is ask for, and ensure you have, your partner's consent. The word consent means to 'agree' or 'give permission'. In a potential sexual situation it is very important that you ask your partner for consent and receive a positive verbal response before any sexual contact occurs. For example your partner might say:

- YES!
- More!
- That feels good!
- Keep going!

A consenting partner is one who enthusiastically agrees to be there and involved, who is able to give permission freely and without fear, pressure, force or intimidation. If your partner is passed out, asleep, drunk or high, they can't legally give consent to engage in any sexual activity.

### CONSENT MUST BE:

- **Mutual.** Everyone involved has to agree.
- **Informed.** Everyone involved needs to know what they are consenting to.
- **Continuous.** Your partner can change their mind at any time.
- **For every act.** Just because your partner said yes to one sexual act doesn't mean they have consented to every sexual act.



## HOW DO I ASK FOR CONSENT?

It is the responsibility of the person who is initiating a sexual activity to ask for consent, check-in and be aware of the other person. You and your partner can talk about what you like and don't like before having sex; and in the moment you can check-in by asking questions like:

- Does this feel good?
- Should I keep going?
- Is that ok?
- What do you want me to do next?
- Do you want me to slow down/stop?

Really listen to what your partner is communicating, and respect your partner's boundaries. If you are unsure about your partner's feelings, or if they seem uncomfortable, stop and communicate. Remember that silence, the absence of No or Stop, does not equal consent.

**IF YOU ARE NOT SURE, ASK!**



## HELPFUL RESOURCES

### ON CAMPUS

**Sexual Assault Resource Centre (SARC)**  
SGW H 649, 514-848-2424 ext. 5972

**Counselling & Psychological Service**  
SGW GM-300, 514-848-2424 ext. 3545  
LOY AD-121, 514-848-2424 ext. 3555

**Health Services**  
SGW GM-200, 514-848-2424 ext. 3565  
LOY AD 131, 514-848-2424 ext. 3575

**Office of Rights and Responsibilities**  
SGW GM-1005, 514-848-2424 ext. 8659

**Centre for Gender Advocacy**  
2110 Mackay St., 514-848-2424 ext. 7431

### OFF CAMPUS

**Montreal Sexual Assault Centre**  
(designated centre) (8 a.m. - 5 p.m.) 514-934-0354

**Montreal General Hospital**  
(designated centre) (5 p.m. onwards) 514-934-8090

**Sexual Assault Centres**  
(CALACS) 514-529-5252

**Crime victim's assistance centres**  
(CAVAC) 514-277-9860

**Help and information centre on sexual harassment in the workplace (GAIHST)**  
514-526-0789

**Sexual Violence Helpline (24/7)**  
1-888-933-9007 or 514-933-9007 in Montreal

### WHO WE ARE

The Sexual Assault Resource Centre provides confidential and non-judgmental support to Concordia University students, staff and faculty who have been affected by sexual violence.

Through education and awareness raising initiatives, the Sexual Assault Resource Center is committed to working towards the prevention of sexual violence. Our services include crisis intervention, individual

and group support, advocacy, accompaniment and referrals.

We are committed to providing services that are inclusive, appropriate and relevant to a diversity of people and survivor experiences.

For more information and resources please contact the Sexual Assault Resource Centre at:  
Phone: 514-848-2424 ext. 5972  
Email: [sarc@concordia.ca](mailto:sarc@concordia.ca)

**LEARN MORE AT: [concordia.ca/sarc](https://concordia.ca/sarc)**

514-848-2424 ext. 5972 • [sarc@concordia.ca](mailto:sarc@concordia.ca)