



Understanding Consent

Consent is the voluntary, enthusiastic, and informed agreement for sexual activity. It must be given freely, without pressure, and cannot be provided by someone who is underage, intoxicated, unconscious, or coerced.

What is consent?

Consent cannot be given by individuals who are:

- Underaged
- Intoxicated or incapacitated by drugs or alcohol
- Asleep or unconscious

If someone agrees to an activity under pressure, intimidation, or threat, it is not considered consent because it is not given freely. Additionally, unequal power dynamics—such as a sexual activity with an employee, student, or subordinate—can impair the ability to give consent. In such cases, consent cannot be freely or fully given.

You can change your mind at any time.

You have the right to withdraw consent at any point. If you no longer feel comfortable, it's important to communicate clearly that you wish to stop. While verbal communication is best, non-verbal cues can also indicate discomfort. The best way to ensure everyone is comfortable is to check in regularly with your partner, and make sure all parties involved continue to consent before escalating or changing the activity.

Consent should be communicated clearly and obtained for every activity, every time. Agreeing to one action (like kissing) does not imply consent for anything else (like undressing). Consent can be withdrawn at any time, even during the activity, and must be respected immediately.

What consent does NOT look like:

- Refusing to acknowledge “no” or ignoring verbal or non-verbal cues to stop
- A partner who is disengaged, non-responsive, or visibly upset
- Someone who is under the legal age of consent, as defined by your state
- Someone who is incapacitated due to drugs or alcohol
- Pressuring someone into sexual activity through fear, manipulation, or intimidation
- Assuming you have permission for sexual activity because it happened in the past

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