

# NO MEANS NO!

## CONSENT-NO MEANS NO!

In any sexual relationship, recognizing what is and is not consent is important in making sure each person involved is happy and healthy. Without consent, any sexual activity that ensues is considered assault.

### What Does Consent Look Like?

- Mutual communication every step of the way.
- Respecting that even if they don't say "no", that doesn't mean they said "yes."
- Breaking gender "rules." Guys may want to take it slow; it isn't a man's job to initiate anything.

### What Does Consent NOT Look Like?

- Assuming that dressing a certain way or "flirting" is a form of consent; it is not.
- Saying yes (or nothing) while under the influence of drugs or alcohol.
- Saying yes because they were pressured to do so or were afraid to say no.

**Taking advantage of anyone who is under the influence of any substance or emotional distress is not only unethical; it is ASSAULT.**

## RESOURCES

Need Help? Want more Information?



## Acknowledgements

The Amanda Forum is a Caring Place Initiative sponsored by The United Way of Porter County



United Way of Porter County



# The Caring Place

## CENTER FOR CHANGE

THE AMANDA FORUM:  
#RELATIONSHIPGOALS



24-Hour Crisis Line: (18 and older)  
219-464-2128

**Youth Dial 911 for all Emergencies**

Non-emergency resources:

Loveisrespect.org

Call: 1-866-331-9474

Text: LOVEIS to 22522

To contact The Amanda Forum:

bessien@thecaringplacenwi.org

219-464-0840 ex. 100

Facebook.com/TheAmandaForum

Instagram: @DareToDateSafe

<http://www.thecaringplacenwi.org>

## WHAT IS A HEALTHY RELATIONSHIP?

Although every healthy relationship looks different, each one is based on *equality and respect*.

Whether it's social, familial, or romantic, aspects of a healthy relationship include:

- Communication
- Trust
- Healthy Boundaries
- Conflict Resolution Skills
- Consent



**It's important to:**

- Speak out about things that bother you calmly & respectfully
- Listen respectfully to your partner
- Choose to compromise
- Support each other
- Respect each other's privacy
- Respond, not React

## COMMUNICATION

### How Do I Communicate Effectively?

**Open and honest communication is very important to any healthy relationship!**

**To communicate effectively try to:**

- **Find the right time to talk**
- **Talk face to face**
- **Use "I" messages** (but only with non-abusive partners. "I" messages can make things worse with abusers or those who don't really care about you.)
- **Be honest**
- **Make eye contact, sit upright, and be engaged in the conversation**

### Developing Trust

Trust is an extremely vital aspect of healthy relationships. When you trust someone, you have confidence in them, can rely on them, and you feel safe with them physically and emotionally. Trust is gradually developed over time and requires mutual commitment. When questioning whether or not you trust someone, ask yourself:

- ***Do they support me?***
- ***Are they consistent?***
- ***Do they say what they mean and do what they say?***

### ESTABLISHING HEALTHY BOUNDARIES

Healthy boundaries keep your relationship **safe and secure**. They are meant to help you develop a better understanding of what each person wants out of the relationship and what makes each person comfortable. By respecting someone's boundaries, **you are protecting his or her physical, mental, and emotional health**.

**Healthy boundaries mean both partners are able to:**

- **Socialize** with friends without their partner
- **Freely participate** in hobbies and activities
- **Refuse to share passwords** to email, social media accounts, or their phone
  - **Feel** their needs and perspectives are **valued and respected**.

