Consent Bill of Rights

Practice saying these statements out loud.

I have the right to WANT to give a clear, enthusiastic, “yes!”

- Giving consent should be exciting, because whatever is about to follow is something that I want and will make me feel good.

I have the right to say “no”

- “No” should always be a safe option, that is taken in by the people I’m with with respect, not anger. I never “owe” my consent, to anything, to anyone for any reason.

I have the right to trust boundaries will be set and respected

- My boundaries will change depending on my mood, age, and relationship to the person involved. This is OK. I can expect that boundaries will be revisited often and with the understanding that they may be different.

I have the right to continuous communication

- Giving consent is not a one time fits all thing. Consent is a continuous conversation that happens each step of the way, every time. If at any point, my body language or level of engagement doesn’t seem to match my partners, I can expect them to check in with me to see if I want to keep going or to stop. If a partner’s body language or level of engagement does not match mine, I will take the time to check in with them.

I have the right to change my mind, or realize my comfort level has changed

- Sometimes I may agree to something and then realize I am not comfortable with it. That is OK. I can expect partners to allow me to vocalize when that happens, and do what needs to be done for me to feel comfortable again.

I have the right to feel comfortable and safe

- Boundaries, communication, and respect in any type of relationship builds a sense of comfortability and safety- comfortable to be myself, and safety to advocate for myself.
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I have the right to be **vulnerable**

- Relationships come with many new experiences. I can trust that partners will give me the space to process things, and to be honest about my feelings on them as well as the root of those feelings. I can also trust that partners will respect my desire to have open and honest conversation about vulnerabilities

I have the right to be **sober and fully aware**

- It is everyone’s responsibility to be aware of intoxication levels of all parties involved. If I am intoxicated, I cannot give consent. It is not just my job to recognize that I am unable to give consent, it is also the responsibility of other parties involved.

I have the right to be free of **guilt**, **shame**, or **pressure**

- The use of guilt, shame, or pressure is called *coercion* - a way of forcing someone to do something. I cannot give consent through the use of force, fraud, or coercion

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**Contact Umbrella:** If you have any questions or concerns about a relationship that you are in, an advocate would be more than happy to hear from you. Contact us in Caledonia & S. Essex counties at **(802)748-8645** and in Orleans & N. Essex counties at **(802)334-0148** or email an advocate at **Advocate@umbrellanek.org**