

about consent

You already know we can't talk about consent without adding the official definition of consent on here. According to TTU, consent is:

Mutually understandable words or actions, actively communicated both knowingly and voluntarily, that clearly convey permission for a specific activity. Consent is not effective if it results from: (i) the use of physical force, (ii) a threat of physical force, (iii) intimidation, (iv) coercion, (v) incapacitation, or (vi) any other factor that would eliminate an individual's ability to exercise their own free will to choose whether or not to engage in sexual activity.

In shorter (and more understandable) words, **consent is voluntary, active, and continuous.**

Let's dive a bit deeper into what consent looks like in real life.

Beyond "no means no" and "yes means yes"

Consent is much much more nuanced than getting a single "yes". Consent is a conversation that continues throughout any encounter (again, it's not just a single question!) and can be verbal or non-verbal.

consent might look like...

Responding to your touch

Open body language

"I'm down for sex later, are you?"

non-consent might look like...

Not responding to your touch

Stiffening muscles

"I thought I wanted to, but..."

Of course, these lists are non-exhaustive and there are dozens of other ways someone could convey consent or non-consent. Remember that consent can also be revoked at any time, so even if you get consent initially, that can change at any point.

Consent is not present when...

The person is incapacitated or unconscious as a result of alcohol and/or drugs

The person is mentally disabled to the extent that the person cannot understand the nature or the consequences of the sexual act.

The person is not of age to give consent.

If a person is incapacitated (as described above) even if consent is verbalized, it is not consent! To learn more about consent, head to <https://www.depts.ttu.edu/titleix/>.

A person cannot consent to sexual activity when they are incapacitated. Engaging in sexual activity with someone you know or reasonably should know is incapacitated is a violation of this policy.

If you've experienced sexual harassment, sexual assault, dating violence, or stalking, you have the right to:

- Visit a hospital for treatment & to obtain a SANE exam.
- To report the incident. You can report to TTU to receive a prompt and equitable resolution of the report.
- To choose whether to report the crime, to be assisted by TTU in reporting the crime, or to decline to report the crime to law enforcement.

Drugs and alcohol can affect people's ability to make decisions, including whether or not they want to be sexual with someone else. This means that if someone is really out of it, they cannot give consent.

without
consent,
it's
sexual
assault.

According to ACHA,
within the last year,

2.7%

of Texas Tech students
experienced sexual
assault, and as a result,
37% of them reported
that their academic
performance declined.



19-37%

Consider the following
consent: taking off their
own clothes, getting a
condom, nodding in
agreement, or engaging
in foreplay.

Can we take
a picture? Is
it okay if I
post it later?



comfortable pace, trust, honesty, independence, respect, equality, compassion, taking responsibility, loyalty, communication

intensity, jealousy, manipulation, isolation, sabotage, belittling, guilt, volatility, deflecting personality, betrayal

Healthy relationships for all

You deserve happy and safe relationships in all areas of your life. If you're not sure what a healthy or unhealthy relationship might look like, here are a few signs that can help you out!

92%

Believe that sexual activity when one person is incapacitated or passed out is sexual assault.

Do you want to go further? I can grab a condom?

90%

of students report using "body language or signals" to show their consent to sex.

Supporting survivors

When someone shares something so personal with you, it's important to listen with empathy and be there for the other person. Here are a few tips on how to help support a survivor that opens up to you:

"I believe you"

Saying these words lets the survivor know that you are a trustworthy person and creates a safe space to share their story.

Listen to hear, not respond

It can be natural to want to ask questions, but try your best to refrain. Chances are, this won't be the last time this person will be sharing their story. Give them the space to share what they want freely without probing for more.

Ask about needs

Different people will need different kinds of support. Directly asking how you can continue to be there for them lets them lead that conversation.

Check-in periodically

Healing is not linear, so making sure that your support is ongoing is really helpful! Be sure to check in every so often to see if there's anything you can do to help or to just let them know you're thinking about them.

Self-care

You can't pour from an empty cup. Be sure to make sure that as you're helping someone else, that you prioritize your own wellness, too.

Sources:

https://www.plannedparenthood.org/files/1414/6117/4323/Consent_Survey.pdf
<https://www.facebook.com/ActiveConsent/posts/our-research-shows-that-when-it-comes-to-consent-actions-can-speak-just-as-loud/566300114025605/>

OFFICE FOR STUDENT CIVIL RIGHTS & SEXUAL MISCONDUCT

West Hall 242 | 806.742.7233 | titleix.ttu.edu

STUDENT COUNSELING CENTER

SWC 201 | 806.742.3674 | counseling.ttu.edu

STUDENT HEALTH SERVICES

SWC | 806.743.2848
depts.ttu.edu/studenthealth

RISK INTERVENTION & SAFETY EDUCATION (RISE)

Drane 247 | 806.742.2110 | rise.ttu.edu

TTU POLICE DEPARTMENT

Emergency: 911 | Non: 806.742.3931
depts.ttu.edu/ttupd

CRISIS HELPLINE

24/7/365 | 806.742.5555

CAMPUS INCLUSION RESOURCE TEAM

<http://www.depts.ttu.edu/rise/campusinclusionresourcesourceteam.php>

RAIDER RIDE

TapRide App. 7 days a week. Free transportation in Lubbock to or from TTU. \$5 flat rate for all other rides in Lubbock. TTU ID required.

DEAN OF STUDENTS

SUB 201 | 806.742.2984 | deanofstudents@ttu.edu

TTU TITLE IX COORDINATOR

West Hall 242 | 806.834.1949
titleix.ttu.edu | kimberly.simon@ttu.edu

RAD (RAPE AGGRESSION DEFENSE)

Call 806.742.2110 or email rise.ttu.edu to learn more.

VOICE OF HOPE RAPE CRISIS CENTER

806.763.3232 | 806.763.7273 | voiceofhopelubbock.org

WOMENS PROTECTIVE SERVICES

806.747.6491 | wpslubbock.org

LUBBOCK POLICE DEPARTMENT

Emergency: 911 | Non: 806.775.2865
lubbockpolice.com

COVENANT EMERGENCY ROOM

3615 19th St. Lubbock, TX 79410 | 806.725.4288

UMC EMERGENCY ROOM

602 Indiana Ave. Lubbock, TX 79415
806.775.8200

scan to download these resources to your phone

