

♥ Consent is an agreement between ♥  
participants to engage in sexual activity

### Positive consent can look like this:

- Communicate when changing the type or degree of sexual activity with phrases like "Is this OK?"
- Explicitly agree to certain activities, either by saying "yes" or another affirmative statement, like "I'm open to trying."
- Use physical cues to let the other person know you're comfortable taking things to the next level.

★ SOS offers free, confidential help to survivors of sexual assault. ★

Advocates are available to talk  
24-hours a day at 800-825-1295

#SOSCanHelp

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How do you respond when someone tells you they were raped?

"I believe you."

"I'm sorry this happened."

Acknowledge the experience has affected their life. Phrases like "This must be really tough for you," and "I'm so glad you are sharing this with me," help to communicate empathy.

"It's NOT your fault."

Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, perhaps several times, they are not to blame.

"What can I do to help?"

Let survivors know you are there for them and willing to listen to their story if they are comfortable sharing it. Assess if they have trusted people in their lives to talk to. Remind them service providers are available to help as they heal from the experience.

Every 98 seconds someone in the US is sexually assaulted.