

# *The Art of Consent*

## Consent Culture Conversations...

*"Perhaps a consent culture is not a concrete thing, but a conversation we are having continually, with ourselves and each other."*

Kitty Stryker, author of [Ask: Building Consent Culture](#)

Below are some starter questions to help initiate personal reflections and shared conversations with friends, colleagues and partners about sexual consent and consent culture. You can find further resources on many aspects of consent listed on the back of this card.

- Does everyone always find it easy to say a direct 'no' in a social situation?... And in a sexual situation?
- What is sex? What is 'good' sex? Does everyone agree on that?
- Is sex for fun different from sex as an expression of love?
- Why might someone not want sex? At a particular time, or ever?
- What is the nature of human desire? Are there 'positive' desires and 'negative' ones? When should we control our desires and when should we express them?
- Why is femininity widely associated with being sexually passive?
- Why is masculinity widely associated with sexual aggression?
- What are the root causes of sexual violence?
- Is there a relationship between sexual identity and gender identity?
- What judgments does society place on non-binary and trans people around their sexuality?
- Was Oscar Wilde right when he said "Everything in the world is about sex, except sex. Sex is about power."
- Can sexual consent happen where there is a very big power imbalance? If so, how is it achieved? If not, what implications does that have?
- Can you withdraw consent after the event? What might that mean?
- What is the relationship between consent, ethics and human rights?
- Do people always know what they want during sex? If not, how do they ask for it, or consent to it?
- Can you establish consent entirely non-verbally? If so, how?
- Does talking about consent 'spoil the mood' - or make sex better?
- Do you consider yourself to be good at consent? Why?

## **BOOKS on consent:**

**Sexual Consent** - Milena Popova  
**The Wheel of Consent: The Art of Receiving  
& giving** - Dr. Betty Martin  
**Consent on Campus** - Donna Freitas  
**Consent (e-book)** - MJ Barker  
**Consent: A memoir of Unwanted Attention**  
- Donna Freitas  
**Ask: Building Consent Culture** - Kitty Stryker  
**Creating Consent Culture** - Marcia Baczynski  
& Erica Scott

## **QR CODE for more consent resources:**



## **YOUTUBE CHANNELS on consent:**

- Nadine Thornhill @NadineThornhill
- Betty Martin @BettyMartin
- Hannah Witton: @hannahwitton

## **SUPPORT LINKS:**

- [brook.org.uk](http://brook.org.uk) - sexual health and wellbeing for young people
- [studentsupport.cam.ac.uk/sexual-harassment-and-violence-support](http://studentsupport.cam.ac.uk/sexual-harassment-and-violence-support)
- [nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/](http://nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/)

**CONSENT DURING SEX:** Would anything make this feel even better for you?... What I most want is this, are you up for that?... Could we try something different now?... Sorry can I stop you there, that's a boundary for me... I'm enjoying being with you, but can we pause for a moment?... This is amazing, please keep going!

**“You don't give consent. You arrive at consent, together.”**

Betty Martin, School of Consent