

Along with a mutually expressed enthusiastic YES, what you need to **SHARE with your partner before interaction:**

Sexual

Health

When was I last tested? What were the results? Have I interacted with other people with STI's in the recent past? What sorts of barriers and protection do I expect to use? Is pregnancy a risk, if so, what protections are being used?

Ability

Am I able to consent? Am I sober enough? Am I emotionally stable enough for this kind of interaction? Does my partner have any psychological boundaries or triggers I should be aware of? Any words or actions that will cause my partner discomfort?

Relationships

Do I have partners that would be okay with this interaction? What are my and/or their boundaries regarding intimate interactions?

Expectations

What do I hope for in this interaction? What activities do I expect will take place? What are the expectations after this interaction is over?

NOT sharing these things with your partner means they are not fully aware of what they are consenting to! And remember consent can always be revoked after interaction starts! So be sure you communicate and **SHARE**

Consent: It's about RESPECT for yourself & others.

Communicate. Negotiate. Participate!!