



only
✓ yes
means
yes. ✨



If you've never helped someone who has experienced rape, assault, or abuse, it can be important to make sure you know what you're doing before helping.

Sometimes having good intentions is not enough. Use resources like loveisrespect.org to make sure you have a good plan for helping.

Consent is an ongoing, specific agreement to engage in a sexual or nonsexual activity with another person or people.

It involves open and clear communication about individual boundaries and granting or receiving permission to engage in an activity based on what people are comfortable with at the time.

This open and clear agreement occurs through verbal and nonverbal communication.

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let's talk about

consent

giving consent

If you want to give your permission to participate in something, do your best to be clear that you are saying “yes.” You can use body language as well to help deliver your message.

If you don’t want to give consent, be as clear as possible. Say “no,” remove yourself from the situation, or offer alternatives.

Unfortunately, we live in a world that doesn’t have a great understanding of consent. It’s good to have a backup plan, like a friend or trusted adult you can call, if you ever need help getting out of a dangerous situation.

getting consent

It’s important to get a clear “yes” from your partner before engaging in sex. A “yes” can be communicated through words, or it can be communicated through body language, like smiling and nodding.

If you’re ever unsure of whether or not the person you’re talking to is giving consent, just ask!

Always be prepared to hear “no” too. “No” can look like shaking their head, freezing up, staying quiet, or saying nothing. If it isn’t a clear “yes,” it’s probably a “no.”

what to do if someone violates your consent

If you experience rape or sexual assault, you are not alone. There are many resources available to help you.

Consider reaching out to a resource like Love Is Respect. There are trained professionals just a text, call, or chat away who can help you figure out what steps you need to take.

Consider reaching out to friends, family, or a trusted adult. You don’t have to figure out what to do on your own.

If you decide to take legal action, resources like the Texas Advocacy Project can help you find free legal support.



TEXAS
ADVOCACY
PROJECT

FIND LEGAL SUPPORT
texasadvocacyproject.org

how to support someone whose consent has been violated

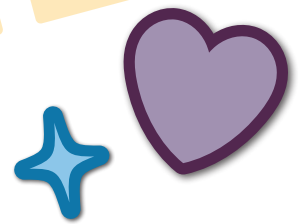
Love Is Respect has great resources for supporting people in your life who have experienced rape, sexual assault, or abuse.

They have resources for supporting friends, students, family members, children, and partners.



love is
respect.

FIND SUPPORT
loveisrespect.org



* REMEMBER

It is never your fault if someone violates your consent. There are many people and organizations that are ready to support you. Find a resource you trust, and use it when you’re ready.