

LET'S TALK ABOUT...

COMMUNICATION AND CONSENT

WHAT IS COMMUNICATION?

Communication is the spoken and unspoken signs and signals that allow someone to understand what we mean.

WHY IS COMMUNICATION IMPORTANT?

"Imagine going to a restaurant where the chef served you whatever they felt like fixing instead of giving you a choice. Imagine a gardener who never asked, 'How do you like your bushes trimmed?' Yet when it comes to sex many of us assume that we know what our partner wants, or we clam up instead of giving feedback." — Paul Joannides, Psy.D., *The Guide to Getting It On* (6th ed.)

Communication is important for a positive and consensual sexual experience. By communicating you not only get to know the needs of your partner, but also the wants. Communication and getting consent can be really sexy, and help make your sex better!

WHAT IS CONSENT?

Consent is needed for any sex act. Kissing, touching, oral, penetrative, ANYTHING that could be considered a sexual experience.

Consent can be withdrawn at any time. If someone said yes before sex, but then changed their mind to a no — there is no longer consent.

Whenever there is a no, (including when a yes changes to a no) you should STOP. You should make sure the other person is OK and comfortable. If there is no consent then it is sexual assault or rape. You can report this to the police, and seek a Sexual Assualt Nurse at a medical centre.

SO HOW CAN I COMMUNICATE WHAT I WANT FROM SEX?

Talking is sometimes scary for people. But it is very important when you are having sex. If you and your partner are having sex, you both need to understand the language you will be using and how to tell your partner to slow down, pause, or stop.

Before sex, both you and your partner should have an understanding about what barrier methods you are choosing to use. You can ask things like: "Do you have dental damns, or will we make some before hand?"/

During sex, you and your partner should tell each other if something hurts, if something needs to change, if you want something to change, or if you want to stop.

After you have sex, talk about the things you liked, the things you did not like, and things you would like to try next time.

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WANT/WILL/WON'T CHART

Writing can be less intimidating, and when mixed with talking, it allows for better understanding. One way to use writing is to make a want/will/won't check list with your sexual partner. You can create your own, use our template at the bottom, or find one online.

WANT

Are the things that you expect or definitely want from sex. These are the things that first come to mind when you think of having a sexual experience.

WILL

Are the things you like, or would like to try during sex, but not things that you expect or always want from sex.

WON'T

These are the things which you do not want. Either you have tried these and do not like it, or you do not want to try it, the thought of trying it is not appealing to you.

MY WANT/WILL/WON'T CHART

	Want	Will	Won't	Want	Will	Won't
CUDDLE						
KISSING						
GIVE ORAL						
RECEIVE ORAL						
VAGINAL PENETRATION						
ANAL PENETRATION						
DIRTY TALK						
LAP DANCE						
USE SEX TOYS						



It is important to discuss whatever you write with your partner. Use the want/will/won't chart as a guide for the conversation.

Info sheet created and distributed by The Red Door.

The Red Door is a non-judgemental sexual health clinic located in Kentville, for more information on the Red Door go to our website

www.thereddoor.ca