CONSENT IS VERBAL, ENTHUSIASTIC, COHERENT AND FREELY GIVEN BY BOTH YOU AND YOUR PARTNER.

SEXUAL ACTIVITY WITHOUT CONSENT IS SEXUAL ASSAULT.

One in 5 women and 5% of men will experience unwanted sexual touching or rape during college. MOST WILL KNOW THE PERSON who assaulted them. THE FIRST STEP to preventing sexual assault IS UNDERSTANDING CONSENT.

To learn about resources for victims of sexual assault, visit usu.edu/sexual-assault.
CONSENT MUST BE COHERENT.
If you or your partner have had too much to drink, either of you may not be able to make informed decisions or be aware of the consequences. Incapacitated people cannot agree to something as serious as sex. Some indicators of incapacitation may include lack of control over physical movements, lack of awareness of circumstances or surroundings or the inability to communicate. It’s possible for a person to black out and be totally unaware of what is happening, but still appear to be giving consent. BEING INTOXICATED IS NEVER AN EXCUSE for not getting consent and won’t excuse you from the consequences of violating USU policy or criminal law.

CONSENT IS FREELY GIVEN.
Consent means both parties have freely chosen to engage in specific activities together. If your partner coerces you to engage in sexual activity through force or threats of force or because they have financial or academic power over you, then there is not consent.

CONSENT IS SPECIFIC.
Consent for one sexual activity does not mean consent for another, and consent at one time does not imply consent in the future. Being in a relationship with someone does not mean they’ve consented to any sexual activity.
CONSENT MEANS TALKING ABOUT SEX. Consent is best understood through clear words and actions. To be sure you have consent, just ask, and be specific. If you don’t feel comfortable talking about sexual activity, you might not be ready for it. Talking about consent is as simple as…

“Is this OK?”
“Do you want to do more?”
“Do you want to keep going?”
“Is this what you want?”

CONSENT IS NOT JUST THE LACK OF A “NO.” An enthusiastic “yes” means your partner doesn’t feel pressured or coerced into any sexual activity. Just because your partner isn’t saying “no,” doesn’t mean they are necessarily OK with what you’re doing. IF IN DOUBT, ASK.

CONSENT APPLIES TO YOUR PHONE TOO!

Sending explicit videos, images, texts, or snaps – without the consent of the person pictured or the people you are sending it to – is SEXUAL HARASSMENT. Taking explicit images of a person without their consent is also sexual harassment and violates USU policy.
WHAT TO DO IF SOMEONE TELLS YOU THEY WERE SEXUALLY ASSAULTED.

The first person a victim discloses an assault to could mean the difference between remaining silent or seeking vital services. Victims of sexual assault are at an increased risk to develop mental health issues, post-traumatic stress disorder and even contemplate suicide.

YOU CAN HELP BY DOING THE FOLLOWING:

- **LISTEN WITHOUT JUDGMENT AND EXPRESS BELIEF.** Avoid questioning your friend. You can best help by providing emotional support and not placing any blame on your friend.

- **CONNECT YOUR FRIEND WITH SUPPORT SERVICES.** On- and off-campus victim support services can be found at usu.edu/sexual-assault. Call USU’s Sexual Assault and Anti-Violence Information office at 435-797-7273 to talk confidentially about options and get emotional support. It is up to your friend to decide how to proceed.

- **ENCOURAGE YOUR FRIEND TO REACH OUT TO USU’S TITLE IX OFFICE.** Even if they don’t want to file a formal complaint, Title IX can offer academic accommodations and changes to housing or work schedules to make it easier to move forward and heal. Note that anonymous reports usually do not offer enough information to start an investigation, but they do help identify areas of concern.