

Module 3 - Talking About Consent

Learn more about what consent means to you

Talking about and understanding consent can sometimes seem a bit tricky. There is a lot of nuance around situations that require consent, so we need to be able to remove all these layers of complication and ask ourselves, “What does consent mean to me?”

Here are some questions you can ask yourself to better understand your relationship to consent. These questions will help you feel more comfortable asking for and receiving consent. Grab a pen and paper, and take some time to answer them for yourself! (It’s journaling time!)

- When did you first learn about consent? How has your understanding of consent changed as you have gotten older?
- What are some situations in which you would like to be asked for consent?
- Do you think there are situations outside of sexual activities that require asking for consent? What are some examples?
- Do you often ask for consent from your partner or partners?
 - If yes, how do you ask for consent? Is there anything you would like to change about it?
 - If not, why not? Is there something that you fear about asking for consent?

Your answers can help bring some clarity to how you understand and view consent. They can also be used as prompts to begin conversations with those around you and help create healthy conversations about consent.

Even if you decide to keep your answers private, this can be a very helpful exercise to get to know yourself better!



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