

Consent Phrases

Making asking for consent sound sexy or natural can be difficult, so here is a list of some phrases you can use throughout your dating journey to ask for, give or withdraw consent.

Keep in mind that as well as verbal responses, body language that indicates discomfort, fear or disengagement is also a sign that no consent has been provided. Silence, turning away, moving away, averting eyes and being still are all examples of not giving consent. Remember that unless it is enthusiastic both verbally AND physically, then it's not consent.

First chat

Asking permission

"I'm really feeling my outfit today, are you okay with me sending a fit pic?"

Giving permission

"Yes I'd love to see what you're wearing!"

Not giving permission

"No thanks, I don't really want to be exchanging pictures."

First date

Asking permission

"I'm really attracted to you right now, could I kiss you?"

Giving permission

"Yes!" or **lean in for a kiss**

Not giving permission

"I think it's better if we just keep talking."

Asking permission

"I've been thinking about this all night, can I kiss you?"

Giving permission

"I've been thinking about it all night too, yes!" or **lean in for a kiss**

Not giving permission

"I'm not comfortable with kissing right now."

Asking permission

"Can I walk you home?"

Giving permission

"Yes, that would be nice!"

Not giving permission

"Thanks for offering but I'd rather say goodbye here."

First intimate encounter

Asking permission

"Can I touch you here?"

Giving permission

"Yes please!"

Not giving permission

"No thank you. Let's just do this for now."

Asking permission

"Can you touch me here?"

Giving permission

"Of course, show me how you like to be touched."

Not giving permission

"I'm not up for that."

Asking permission

"Does it feel good if I do this?"

Giving permission

"Yes, that feels good keep going."

Not giving permission

"No, I don't like that, do this instead."

Asking permission

"Do you want to have sex?"

Giving permission

"Yes, I've been waiting for you to ask!"

Not giving permission

"No, I don't want to have sex let's just keep doing this."

Asking permission

"Should I get a condom?"

Giving permission

"Yes please, I want to use protection."

Not giving permission

"No that's not necessary, I don't want this to become sexual."

Checking in

Asking permission

"Does this feel okay?"

Giving permission

"Yes, this feels great."

Not giving permission

"I don't really like that, can we stop please?" or "I don't like that, can we go back to what we were doing before?"

Asking permission

"Are you still enjoying this?"

Giving permission

"Yeah I really like it."

Not giving permission

"I'm not enjoying this anymore, can we stop."

Asking permission

"Do you want to cuddle for a bit?"

Giving permission

"I'm liking what we are doing, but we can chill if you want."

Not giving permission

"That sounds good thanks, we can chat some more."

Asking permission

"Do you want to go back to the party or hang out here?"

Giving permission

"Let's stay here, I'm enjoying being alone with you."

Not giving permission

"Good idea, let's go back to the party."

Checking in after intimacy

"I really enjoyed that, did you?"

"How did that feel for you?"

"Is there anything you'd like me to do or not do next time?"