

Consent beyond the basics:

The consent circle

Consent isn't one-size-fits-all—it's about awareness and respect. Here's your guide to navigating different types of consent in interactions and intimacy:

"Is it okay if I give you a hug?"



Navigate it:

- Watch for body language cues.
- Always ask before physical contact.
- Respect hesitation or a "no."

Physical consent:

Consent isn't just for intimacy— it's about respecting personal space in every interaction. Whether it's a handshake or a hug, always ask



"Is it alright if we talk about this? If not, no worries!"

Navigate it:

- Listen without interrupting.
- · Ask if it's okay to dive deeper into feelings.
- Show empathy, never dismiss emotions.

"Would you like to talk about it, or would you rather not go into detail?"

Emotional consent:

Avoid pushing them

Social consent:

Navigate it:

- Stay mindful of tone and content.
- Ask if a topic is okay to discuss.
- Keep interactions professional and respectful.



