

keep in mind:

Don't touch anyone without permission – Ask first!

Consent can be withdrawn at any time through words or nonverbal protests.

Negotiation is the process of creating the relationship structure.

Current consent doesn't imply future consent.

Consent to one thing doesn't mean you have to consent to anything else.

If you sense someone is uncomfortable, stop and make sure you still have consent.

Don't base consent on what you've seen someone do with other people.

If someone is too intoxicated to drive, then legally they aren't capable of giving consent to sex.

It can help to put complex agreements in writing.

Be aware of cultural differences and make sure the language you're using has the same meaning with all parties.

Consent is verbal and behavioral. If someone asks, "May I have a hug?" there must be a shared understanding of the meaning, and permission given, before the behavior happens.

how you help can help

The NCSF relies overwhelmingly on contributions from individuals and local BDSM, swing and polyamory groups for financial support. Ask your group to organize a fundraiser for NCSF, and contact us at info@ncsfreedom.org to find out how easy it can be!

You can also participate in NCSF activities, ranging from writing letters to the media and government officials, to joining in community outreach. Get information about NCSF actions as well as coverage of mainstream news concerning sexual freedom issues by subscribing to our free newsletter at www.ncsfreedom.org.

NCSF Mission Statement

The NCSF is committed to creating a political, legal and social environment in the U.S. that advances equal rights for consenting adults who engage in alternative sexual and relationship expressions.

The NCSF aims to advance the rights of, and advocate for, consenting adults in the BDSM, Lifestyle, leather, fetish, swing, and polyamory communities.

We pursue our vision through direct services, education, advocacy, and outreach, in conjunction with our partners, to directly benefit these communities.



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Got Consent?

ethical
nonmonogamy
the Lifestyle
open relationships
polyamory
swinging



consent

is the mutual creation of
agreed "yes,"
not just the absence of "no."

You can ask these questions
and many others:

Who will be involved or observing?

What do you want to do?

Where is it okay to touch?

What is your STI status?

How can we stop
what is happening?

Ethical nonmonogamy:
a consensual relationship
when an individual has a mutually
agreed physical and/or romantic
relationship with multiple people

**CONSENT IS
NECESSARY!**

**CONSENT IS
SEXY!**

Sexual Freedom Bill of Rights

Keeping in mind the complexity and variety of ethical nonmonogamous relationships, consider the following when evaluating your own:

Consensual

- You have an equal say in deciding the form of your relationship with each of your partners.
- You have enough information to know what you're agreeing to do.
- You can express your feelings and clarify any previous agreements.
- Interactions happen within the limits and boundaries you agree to.
- You can make your own choice about STI and pregnancy protection.
- You understand and agree to the risks involved, and inform each other about any change.
- You can request an environment that you feel provides a sense of safety.
- You can request an outside party be in proximity during any activities.
- You have direct access to the other parties who are affected to verify information.
- You have the right to third-party verification for safety when entering into new relationships.

Exit Strategy:

You can create the ability to leave prior to or during any activities. You do not have to justify or validate the different reasons and/or need for an exit. You have the right to keep your exit strategy from being modified by anyone else.

Nonconsensual

- You are forced into relationships or sexual interactions against your will.
- You aren't told what will happen and have no chance to agree or refuse.
- Your questions aren't answered truthfully.
- You are tricked, coerced or pressured into doing things outside your comfort zone.
- You are lied to or aren't told about someone's STI status.
- You aren't allowed to decide what kind of sexual protection you use.
- You are pressured to do activities that aren't appropriate for the location or social environment.
- You are forced to drink, take drugs or necessary medication is refused.
- You are afraid to be honest about what you think and feel.
- You are isolated and cut off from outside support, information or counsel.
- You are coerced by means of economics, mental health, intellect, history and/or experience.