

## BUT WHAT IF I NEVER SAID **NO?**

If you didn't say no because you believe that you will be hurt worse if you say no...

**It may still be sexual assault.** Hurt may be physical, emotional, psychological, or any type of negative consequence that someone with power wields over you.

If you didn't say no because you were too intoxicated to know what you wanted...

**It's not your fault.** You can't give consent when you're intoxicated.

If you don't say no because you weren't sure how to say no...

**You're not alone.** Many people have difficulty talking about sexual desire and are not sure how to assertively state what they do and don't want; this may lead to unwanted sexual encounters.

## How to get help

*Don't keep it a secret –  
let someone know what  
happened to you!*

*Seek immediate  
medical attention.*

*Consider pressing charges.*

*Find supportive counseling.*

WAS I

**SEXUALLY  
ASSAULTED?**



cea™

Learn your potential

## SIGNS OF SEXUAL ASSAULT

.....  
*Did you engage in  
unwanted sexually activity?*  
.....

.....  
*Are you physically hurt  
from resisting?*  
.....

.....  
*Do you feel shocked or numb  
about the event?*  
.....

.....  
*Do you have no memory  
of the sexual events?*  
.....

.....  
*Do you fear that  
you were drugged?*  
.....

.....  
*Do you feel embarrassed,  
ashamed, or afraid?*  
.....

*You are not alone.*

*Letting someone know about what  
happened, even if you are not entirely  
sure what happened, is a brave first  
step toward healing.*

.....

### COMMON REACTIONS TO ASSAULT

- Shock
- Denial
- Avoidance
- Withdrawal

### WHAT IS CONSENT?

Sexual consent is a freely given agreement to engage in sexual activity. The absence of 'No' does not mean 'Yes'.

### CONSENT IS

- Based on choice
- Active, not passive
- Possible only when there is equal power
- Two (or more) people deciding together to do the same thing, at the same time, in the same way, with each other

### CONSENT IS NOT

- Giving in because of fear or to avoid being hurt
- Going along with someone to gain approval
- Being silent or passive

### YOU CAN'T GIVE CONSENT IF YOU ARE

- Unconscious
- Frightened or intimidated
- Impaired by a psychological health condition
- Impaired by voluntary intoxication
- Impaired by deceptive administering of a drug