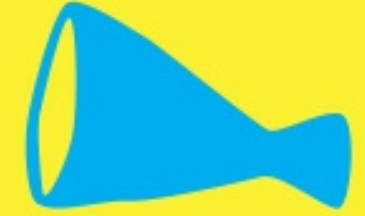




Everyone listen up!

Yeah!



To maintain safe & healthy relationships we want you to know about

Sexual Consent

Handbook can be downloaded from here!



What is "Sexual Consent"?

Sexual consent is the consent that is to be made before all sexual acts. It is needed for any physical contact and when talking about sexual topics.

All sexual acts without sexual consent are sexual violence!

Take consent in these situations!

Physical contact

- Kisses
- Sexual intercourse
- Hugs
- Holding hands
- Arm around one's shoulders (E.g. singing 紺碧の空, the Waseda anthem)

- Asking whether one has a partner
- Asking about one's sexual experiences
- Asking about one's gender identity / sexual orientation

Talking about sexual topics

Six Principles of Sexual Consent

Sexual consent is only valid when these principles are met!

1 EQUAL FOOTINGS

From fearing the consequences of refusing to accept superiors' offers, there may be times when you cannot say NO or are forced to say YES (e.g. university seniors, teachers, coaches, bosses). A one-sided YES from your superiors **cannot be** counted as consent. Even in the case of Senpai-Kōhai, where the relationship is often close, it is always important to make sure that you are not making it difficult for the other person to say NO.

2 FULLY AWARE

Consent **cannot** be given under the influence of drugs or alcohol, or when you are asleep or unconscious. Illnesses and disabilities may prevent individuals from being fully conscious of their decisions.

3 FREELY GIVEN

Being forced, pressured, manipulated, or tricked into giving consent **takes away the individual's** freedom to choose. A forced YES is never a yes to sexual consent.

4 FULLY INFORMED

In order to get consent, the other party has to be fully informed about what will happen next. "That's not what I agreed to!" or "I did not agree to that!" means that the information was not fully given!

5 ENTHUSIASTIC YES

Consent must always be an enthusiastic YES! **Ambiguous language or behaviors** like "Yeah..." or "うーん..." **cannot be counted** as an enthusiastic yes.

6 REVERSIBLE & SPECIFIC

Consent to an act ≠ Consent to future acts
Consent to one act ≠ Consent to all acts

- Saying yes to one thing does not mean you've said to yes to others
- For example, consenting to visit another person's apartment does not mean you consent to intimate skinship, kissing, or sexual activities.
- You can change your mind to what you consent to, at any time.
- Today's yes does not mean you are saying yes tomorrow!

Uniting to Stop Sexual Violence in Waseda

Delegate

"Delegate" is a way to have those who are responsible and/or those ready and willing to help around you take action.

If you feel you can't handle the situation on your own, delegate the situation to someone who can stop the perpetrator directly, such as train station staff, police, or store clerks. If you were in a position of authority, try to deal with the situation to the best you can, asking people around you for support!

If it is difficult to intervene on the spot, use "Delay" by checking in with the person who was harassed. For this "D," it's very important to stay away from victim blaming. Never blame the victim with assumptions made from misconceptions as listed on page 8. The perpetrator is responsible for the sexual violence; the victim is never responsible. If the person is seeking help, please refer to the list of places to reach out to as listed in Section 7.

Delay

Distract

If direct intervention is not possible, "Distract" can be effective. Distracting the perpetrator's attention or moving the perpetrator and the victim apart can temporarily stop the harm. But, it may be difficult for one person to significantly impact the situation - by working together, we may be able to encourage others to take action.

"Document" is important when it is necessary for the appropriate authorities to deal with the situation. If someone is already intervening, you can document the situation while keeping your personal safety. Afterwards, always ask the person who experienced harm what they would like to do with the documentation. Never post it on social networking sites without the victim's consent!

Document

Direct

Lastly, the simplest but a somewhat tricky intervention method is "Direct." Clearly condemn verbal harassment, and stop the perpetrator if the violence involves physical action. Be careful when the perpetrator is acting aggressively - it is better if more than one person can take action to stop the perpetrator directly. Instead of dismissing or making a joke out of the situation, directly step in to offer help!

Contact Us: consentbook.waseda@gmail.com



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