



**consent**  
\kən-sent\

*noun.* Permission for something to happen or agreement to do something.

*This Consent Roadmap is brought to you by PPMI's Education Department. Contact us for information about our programs and services:*

**(844) 316-4055**  
**education@PPMI.org**

There can often be confusion about what sexual consent actually **IS**, when and how to give it (or get it), and why it is needed. This Consent Roadmap is designed to help you navigate some of those "tricky curves" on the road to sexual consent.

Consent requires an active **"YES!"** and not just the absence of a **"NO."** Communicating clearly with your partner can not only make your sexual experiences together healthier and more enjoyable, but consent should be considered an ongoing, mandatory conversation. Consent can change in the same way that people can – constantly and for different reasons (**ANY** reason!).

● To use this roadmap, start at the **CAR** and answer the questions honestly, following the arrows to the next stop. If you find yourself following **RED** arrows, then you do not have consent! **YELLOW** arrows signify a need to slow down or stop and ask your partner how they're doing. **GREEN** arrows will take you toward consent, but it is still important to keep checking in.

**Remember: On the roadmap to consent, it is always okay to stop and ask for directions!** ←

## SEXUAL HEALTH CARE SERVICES

Planned Parenthood of Michigan (PPMI) provides sexual health care for teens and adults of all genders. Health services include well woman exams, cancer screenings, family planning, birth control, testing and treatment for STIs (sexually transmitted infections), HIV testing, pregnancy testing, and options referrals.

We offer convenient appointment times, same-day scheduling for certain services, and affordable care whether or not you have health insurance. We accept most health insurance plans including private insurance, Medicaid, and the Healthy Michigan Plan.

*Schedule an appointment today.*

**800.230.PLAN | PPMI.org**

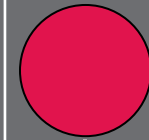


Planned Parenthood of Michigan


a helpful consent roadmap from



**CONSENT. No matter what.**



# CONSENT

a helpful roadmap from  Planned Parenthood®



Are both you and your partner 16 years old or older?\*

\*The legal age of consent in Michigan is 16.

Is your partner actively and enthusiastically participating with you in foreplay (like kissing, touching, tickling)?

yes/  
unsure

no

Have you spoken the words: "If you loved me, you would \_\_\_\_\_" (fill in the blank)? Have you threatened or pressured your partner to have sex with you?

no

yes

Has your partner signaled that they are enjoying themselves through verbal or physical signs (saying "yes" or "keep going" or "that feels awesome" and/or smiling or returning touches)?

yes

no

**YES! You have consent!\*\***

\*\*It is always important (and can be sexy) to keep checking in!



**STOP**  
**ASK**  
**GO**

Are you or your partner drunk or high?

no

yes

Are you both awake?

yes, of  
course!

no



These types of coercion are not part of a healthy relationship. When "consent" is given due to threats, pressure, or fear it is NOT consent and may be a crime in some cases.

**NO!**  
**You do**  
**NOT**  
**have**  
**consent!**

**Respect your partner's wishes.**  
**No matter what.**

If your partner is alert and does not consent, respect their wishes and stop the physical interaction immediately. Your partner may want to talk, move on to a non-sexual activity, or they may want to be alone. If your partner is impaired or unresponsive, seek medical help.

You or your partner can say "NO" at any time