

If you or someone you know is experiencing any of these warning signs, please call or visit CHW for help.

RESOURCES

SU Counseling, Health and Wellness:

73 Tremont, 5th fl

Call 617-573-8226 for counseling support.

Visit your SU student health portal to make a medical appointment.

Urgent and same day appointments are available

After-Hours Counseling:

Call 617-573-8226 and follow the prompts.

Office of Title IX

73 Tremont, 13th fl
617-573-8027

Suffolk Interfaith Center

Sawyer, 8th fl
617-573-8325

Law Dean of Students

Sargent, 4th fl
617-573-8157



CONSENT AND HEALTHY RELATIONSHIPS

Awareness, Response,
Support



SUFFOLK
UNIVERSITY

Counseling, Health &
Wellness

SEXUAL CONSENT

Sexual consent is an agreement to participate in sexual activity. Before having sexual relations with someone, you need to know if they want to have sexual relations with you too. Consenting and asking for consent is about setting boundaries, respecting those of others, and checking in if things aren't clear. Without consent, sexual activity is sexual assault.

MASSACHUSETTS' DEFINITION OF SEXUAL ASSAULT

Sexual assault is defined as any crime in which the offender subjects another to sexual touching that is unwanted and offensive. The unwanted sex act is one that is forced upon someone, whether it is penetration or sexualized touching.



CONSENT IS...

Freely Given

Consent is a choice made without pressure, manipulation, or the influence of alcohol/drugs.

Reversible

Anyone can change their mind about what they feel like doing, and they can do this at any time. Even if they have done it before, even if both people are naked in bed, etc.

Informed

Consent must be given for each sexual act performed. Each person should know each other's STI status, be in agreement of the methods of birth control being used, and be comfortable with the environment in which they are having sex. For example, if someone says they will use a condom and they don't, that's not consent.

Enthusiastic

When it comes to sex, people should only do what they *want* to do, not anything they feel is expected.

It's important to give and receive an enthusiastic verbal "yes" for each sexual act to be consensual.

Specific

Saying yes to one thing (like going to the bedroom to make out) does not mean it's all right to do other things.

SIGNS OF UNHEALTHY RELATIONSHIP DYNAMICS

Possessiveness:

A partner who acts as if they own the other partner and shows it by not taking their partner's opinion seriously, making all the decisions, and/or giving orders.

Unpredictable Moods:

A person who has a history of quickly losing their temper, fighting, and blaming their partner.
A partner who dramatically shifts from being jealous and controlling to sweet and charming, causing their partner to worry or fear they will say the wrong thing.

Pressure for Sex:

A partner who does not obtain consent, or pressures or manipulates their partner for sex. For example, making a comment like, "If you really loved me you would..."

Family and Friends Are Worried:

Family and friends express concern about the partner, and/or fear for their loved one's safety.