

S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES

Brought to you by The Haven Project at the Center for Health and Well-Being

Feb. 26, 2024

CONSENT- WHAT, WHY, & HOW

EVENTS THIS SEMESTER

- Haven March Volunteer Training: Green Dot | Tues., Feb. 27th | 5:00-6:00PM | G18 Maple East
- Behind the Post Workshop | Wed., Feb. 28th | 5:00-6:00PM | Leonard Hall B03
- Human Trafficking Presentation (Co-sponsored by: Lambda Sigma Upsilon & Sigma Chi) | Thurs., Feb. 29th 4:00-5:00PM | Leonard Hall B03
- Take Back the Night | Wed., April 10th | 6:00-9:00PM | Oak Grove



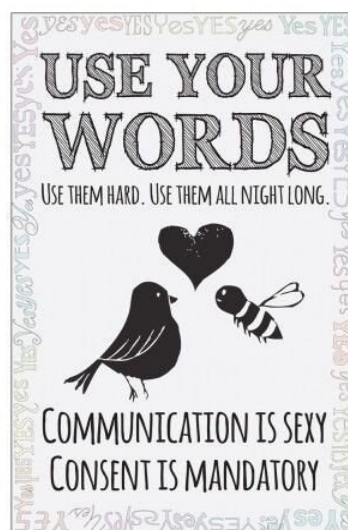
Consent in a Relationship

Consent is important in every relationship, even in friendships. To help better illustrate what consent is, our FRIES Model shows this to you:

- First and foremost, consent is **Freely Given**. One should never feel as if they are forced into doing anything. If consent is not Freely Given, then it is not consent.
- Consent is also **Reversible**. This means that it can be taken away at any time, even in the middle of doing something your partner previously consented to doing.
- Consent is also **Informed**. You must be informed of all activities towards which you are consenting. Consent to one thing does not imply consent to another.
- Consent should be **Enthusiastic**. If someone does not seem enthusiastic about their consent, then it is not consent.
- Finally, consent needs to be **Specific**. Consent is specific only to a certain situation and activity. You must receive specific consent for each individual activity in which you are involved in with another person.



What Consent Can Sound Like...



CONSENT IS

ACTIVE Unmistakable via words or actions	NO always means NO Only YES means YES	CLEAR Direct communication
KNOWING Fully conscious, not impaired by drugs or alcohol	ONGOING Confirmed at each level of sexual activity	
VOLUNTARY All are willing participants	REQUIRED Not inferred from clothing, alcohol consumption or dancing	

All sexual interactions must occur between consenting adults.

You are not alone.
Help is available.

Campus and Community Resources

- Haven Project.....724-357-3947
- *IUP Counseling Center.....724-357-2621
- *Alice Paul House (24/7 hotline)....724-349-4444
- University Police.....724-357-2141
- Title IX Coordinator.....724-357-3402
- LGBTQIA Support.....724-357-2598

*Confidential Resource

IUP Haven Project

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