

BE A BETTER HUMAN

CONSENT

EMPATHY

RESPECT

KNOW YOUR RIGHTS, WHO TO SPEAK TO AND WHERE TO GO FOR SUPPORT
 WHEN THEY SAY THEY'VE BEEN ASSAULTED OR HARASSED
 ASK FOR PERMISSION BEFORE ENGAGING IN SEXUAL ACTIVITY
 RESPECT THE RIGHTS, IDENTITY AND AUTONOMY OF EACH OTHER
 SHOW EMPATHY FOR OTHERS AND THEIR LIVED EXPERIENCES
 LISTEN WITH AN OPEN HEART AND MIND
 BE AN ACTIVE BYSTANDER
 BELIEVE SOMEONE
 UNDERSTAND AND BE AWARE OF THE PATRIARCHY, SEXISM, TOXIC MASCULINITY AND OTHER SOCIAL CONSTRUCTS THAT INFLUENCE WHO WE ARE AND HOW WE BEHAVE
 RESPECT YOUR PARTNER'S 'YES' AND 'NO' LANGUAGE
 NEVER MAKE ANYONE DO ANYTHING THEY DON'T WANT TO DO
 OFFER INFORMATION REGARDING PROFESSIONAL SUPPORT TO THOSE WHO WANT IT
 TALK ABOUT AND ENGAGE IN IDEAS SURROUNDING AFFIRMATIVE CONSENT
 GET TO KNOW YOUR PARTNER'S SEXUAL HEALTH STATUS
 CALL OUT UNHELPFUL COMMENTS AND ACTIONS
 DISCUSS CLEARLY YOUR MIND
 RESPECT THE RIGHTS, IDENTITY AND AUTONOMY OF EACH OTHER
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