

UNDERSTANDING CONSENT AND COERCIVE CONTROL

WHAT IS CONSENT?

- ◆ Consent is an active, voluntary, and mutual agreement to engage in a specific sexual activity.
- ◆ It requires clear communication and understanding between all parties involved.
- ◆ Consent is necessary every time sexual activity is initiated, even if it has occurred previously.



UNDERSTANDING CONSENT

- ◆ Consent must be freely given, without coercion or pressure.
- ◆ Consent cannot be given by someone who is intoxicated or incapacitated.
- ◆ Silence or the absence of “no” does not equal consent.
- ◆ Consent can be withdrawn at any time, even during the act itself.
- ◆ Consent must be given for each specific sexual act.



WHAT IS COERCIVE CONTROL?

- ◆ Coercive control is a pattern of behaviour used by an abuser to gain and maintain power and control over their partner.
- ◆ It involves the use of manipulation, intimidation, and threats to limit their partner’s freedom and autonomy.
- ◆ Coercive control is a form of abuse that is often difficult to recognize because it does not involve physical violence.



UNDERSTANDING COERCIVE CONTROL

- ◆ Coercive control is a form of abuse that can occur in any relationship, regardless of gender or sexual orientation.
- ◆ It is a serious issue that can cause long-term emotional damage.
- ◆ Recognizing the signs of coercive control is the first step in breaking free from an abusive relationship.
- ◆ Support and resources are available for survivors of coercive control.



SIGNS OF COERCIVE CONTROL

- ◆ Isolation from friends and family
- ◆ Controlling finances
- ◆ Limiting access to transportation
- ◆ Monitoring social media and online activity
- ◆ Verbal threats and emotional manipulation

HOW ARE CONSENT AND COERCIVE CONTROL RELATED?

- ◆ Coercive control can be used to manipulate and pressure a person into giving consent, making it not true consent.
- ◆ When someone is being controlled or manipulated by their partner, they may feel like they have no choice but to agree to sexual activity.
- ◆ This can lead to trauma and can be difficult for the survivor to understand what happened to them.



Remember, consent is key and coercive control is never okay. If you or someone you know is experiencing coercive control or abuse, please seek help:

sask.ca/resources