

How will you build a culture of consent?

All of our actions, together, can create change.

- ➔ Talk to the people in your life about affirmative consent.
- ➔ Respect people's boundaries.
- ➔ Challenge sexist jokes and comments.
- ➔ Educate others when you hear consent myths and misunderstandings.
- ➔ Reflect on how your words can fight for or against a culture of consent and respect.
- ➔ Ask yourself questions like:

"How can I practise consent in my life every day?"

"How do I look after myself and practise self care?"



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