



N FOR  
**NO**

**No is a powerful word. It means stop - immediately.**

However, if the other person feels frightened, intoxicated or intimidated it can be hard for them to say 'No' or 'Stop'. Silence, not responding and uncertainty can also mean 'No'. This is why consent isn't just about listening for a 'No', it's about looking for an enthusiastic 'Yes!'

# A-Z OF **CONSENT**

   @ConsentInNotts

