



# • KNOW THAT “NO” MEANS “NO”! •

## NO MEANS NO!

No \ no \ n. pl, noes or nos \ /noz \ /: Refusal, denial. 2. A negative vote or decision. 3: No at all; nu; the opposite of yes. 4: Not so. No \ no \ adv. 1: Used to express the negative or an alternative. 2: In no respect or degree. 3: Not so.

- “Stop” means no
- Turning away means no
- “I don’t want to” means no
- Shoving you away means no
- “Leave me alone” means no
- Passed out means no
- “I’m not ready” means no
- Pushing you away means no
- “I don’t feel like it” means no
- Drunk or drugged means no
- “Get away from me” means no
- Screaming means no
- “Don’t” means no
- Crying means no

## YES MEANS ONLY ONE THING

Freely given consent where both person’s needs, wants and desires are an integral part of the interaction.

*Office of Woman’s Programs / Office of th Dean of Students / Student Affairs • University of Illinois Urbana-Champaign*

## WHAT IS SEXUAL VIOLENCE / ASSAULT?

Sexual assault is defined as any sexual activity involving a person who does not or cannot (due to alcohol, drugs, or some sort of incapacitation) consent. According to the U.S. Department of Health & Human Services “sexual assault can be verbal, visual, or anything that forces a person to join in unwanted sexual contact or attention.” Sexual assault is therefore somewhat of an umbrella term and can describe many things including:

- Rape, including partner and marital rape
- Unwanted sexual contact (touching or grabbing)
- Unwelcome exposure or another’s body, exhibitionism, or voyeurism
- Child sexual abuse
- Incest or molestation
- Sexual harassment
- Sexual exploitation of clients by therapists, doctors, dentists, or other professionals

*From Pondoro’s Project, <http://www.pondys.org/whatissexualassault.html>*

It is important to remember that cannot consent also includes cases that are often referred to as statutory rape. If a minor is engaged in a relationship, even by “choice,” with a person over the age of consent, it is a form of child sexual abuse. Furthermore, a parent cannot give consent for a child to participate in such a relationship.

## IF YOU HAVE BEEN VICTIMIZED...

No matter what the circumstances were, it wasn’t your fault. Know that you have options, talk to a trusted adult. If you have been sexually assaulted, it is important that you seek medical care as soon as possible. Call 911 if you need immediate help or visit our “Resources” link for more referrals.



For more information, call (847)377-3155  
or visit our website:  
[www.friendsoflccac.org](http://www.friendsoflccac.org)

