



finding a new reframing consent

when we try to simplify consent, we often reduce it to just a legal definition. In practice, consent is more nuanced than "yes means yes" and "no means no." *thinking critically about consent requires exploring a few theories of consent, this zine imagines what consent can look like at its best: collaborative, intimate, & joyous*

I'd like to expand the definition and think of consent as being **an agreement** that two or more people come up with together. **You don't give consent, you arrive at consent—together.** Betty Martin, consent educator & writer

"the practice of consent is the practice of **navigating** two people's **boundaries and desires**" Sarah Casper, consent educator

"Consent is not something to give or to take, but **collaborative co-creation of joy.**" Auntie Midori, educator & sexologist

Towards a Performance Model of Sex

Thomas Miller describes the mainstream "commodity model" of sex, a transactional encounter in which one person seeks consent, while another person gatekeeps it

"this negotiation is not a creative process but a bargaining process, where each side seeks and makes concessions"

he urges us to adopt a "performance model"

"Like the commodity model, the performance model implies a negotiation, but not an unequal or adversarial one. The negotiation is the creative process of building something [...] This process involves **communication of likes and dislikes and preferences, not a series of proposals that meet with acceptance and rejection.**"

In her 1978 essay "Uses of the Erotic," Audre Lorde wrote, "We have been raised to fear the yes within ourselves." Because we are socialized to suppress our desires, it can be hard to know what we actually want.

healing intuition and finding your "yes"

In *Pleasure Activism*, Adrienne Maree Brown acknowledges how hard it can be to trust your intuition, especially for those who have experienced harassment or assault

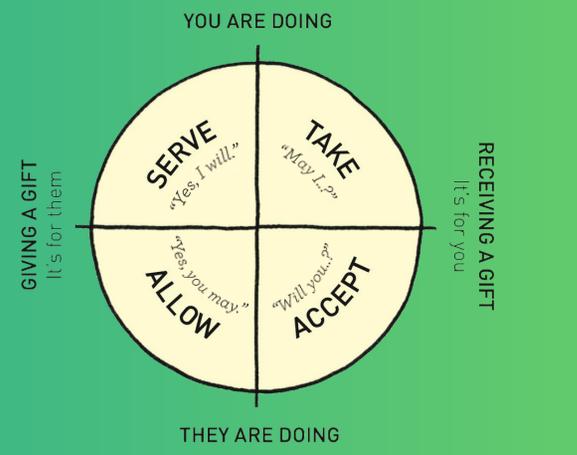
she suggests trying to "identify and point to three different physical and emotional signals that you are feeling a yes."

"It is a gift to be in touch with your own desire, to know when you do and don't want something [...] The first step of consent is tuning into your own desire, being able to feel a distinct yes or no in your system"

these signals may include: "signs like quickening breath, flushed face, pressure in the groin, sweat on the palms, tingling up the spine, weakening of the knees, and so much more."

Putting it into practice

Dr. Betty Martin conceptualizes consent as a wheel with 4 quadrants



Accepting: "Receiving the benefit of the actions of others"

Serving: "Taking action for the benefit of others"

Taking: "Taking action for your own benefit."

Allowing: "Allowing others to take action, while keeping your own limits"

"In any instance of touch, there are two factors: who is doing and who it's for. Those 2 factors combine in 4 ways (quadrants) [...] The circle represents consent. Inside the circle there is a gift given and a gift received. Outside the circle (without consent) the same action becomes stealing, abusing, etc."