

# Pizza & Consent



## Consent is

### Enthusiastic

It's a genuine "YES" and a strong want and desire from all involved.

### Fluid

It's active and collaborative and can be given or taken away at any time.

### Respectful

It's all about communicating, respecting boundaries, and constantly checking in.

### Required

It's required before and during any sexual or sensual activity!

## What's pizza gotta do with it?

We can use pizza as a metaphor for sex! When you order pizza with your friends, everyone **checks in** about each other's preferences, right? Some people might be vegan, some might be gluten-free. Others might love pineapple, while others prefer pepperoni. Some might not like pizza at all. If you're a vegetarian, but your friend is a meat-lover, sharing a pizza is going to bring up a lot of issues. You don't know who you can share pizza with unless you ask!

The same goes with sex! You have to **check in** with your partner(s) and ask for their preferences. Your partner(s) might be comfortable with one sexual activity, but not another. Maybe your partner(s) only want to be touched a certain way, or maybe your partner(s) prefer to use certain language. Or maybe they don't like or want sex at all. You'll never know if your wants, desires, and boundaries are compatible with theirs unless you ask.

So **start a conversation!** It's the only way sex (and pizza) can be comfortable and enjoyable for everyone.

