



WHAT IS CONSENT CULTURE?

And How to Cultivate it

welcome!

**Are you excited for an easy short
learning session?**





Definitions

CONSENT is when a person voluntarily, freely, and enthusiastically agrees to do something with another person. Consent is about communication and respect. It is about confirming through conversations, and mindfulness a person's willingness to participate in an activity and consequently respecting their wishes, whatever it may be.

CONSENT CULTURE is used to describe any culture or community where major social behaviors, beliefs, norms, attitudes, and practices, promote, normalize, and encourage the respect of people's personal and emotional boundaries. Consent Culture isn't only about sex, it applies to all our interactions with others.

How to Promote Consent Culture in Nigeria

If you are unsure of what to do to contribute to the fight against sexual violence in Nigeria, here are a few things you can do to promote consent culture.

- **First, you must recognize and admit that it is needed**
- **Re-examine your beliefs and ideas on sex, consent, masculinity, and femininity among others**
- **Educate yourself on Consent**
- **Understand that consent is not about sex but about placing value and respect on people's boundaries**
- **Understand that seeking consent when dealing with others is normal and natural.**
- **Always adhere to the Basic rules of Consent.**



How to Promote Consent Culture in Nigeria

- **Speak Up :You must stop being a bystander and actively educate and engage people around you who are perpetrating rape culture**
- **Kill, shut down, shoot, or hang victim blaming and shaming; just don't let it near you or anyone around you.**
- **Start teaching your children about consent from a very tender age.**
- **Promote consent education and do your part in cultivating a culture of consent in Nigeria**





Thank You

For Attending!

**Let's all do our part in replacing Nigeria's rape culture
with a culture of consent.**

**You can find more resources like this on
www.consenthaven.com**