

# "NO" MEANS NO

Some women may be too scared and not know how to boldly say "No!" when a man approaches them for sexual favours. This simple word is, however, not the only way a woman can show disapproval of a man's advances.

It is widely believed that when a woman agrees to enter certain spaces with their male counterparts (going for a drive, going to his house, or even agreeing to go on a date with him) or receive and accept gifts from him, it means the man is entitled to certain benefits from the woman. But note that, even after all these "nice things" a man can do for a woman, when he makes sexual advances towards her, she is allowed to vehemently say, "No," and the man should respect that.

"No" is, however, not the only way a woman can show disapproval of the man's advances. Some women can be too scared and might not know how to boldly reject the man. The following simple, yet meaningful statements could be a sign that the woman is not in agreement with the man's attempt to solicit sexual pleasure/s from her:

- "I am uncomfortable with how you are touching me"
- "Maybe another time"
- "This does not feel right"
- "I don't feel like it"
- "Maybe we should wait"
- "I don't want to do this anymore"
- "Please stop"

It is also important to understand as men that, a woman saying “no” does not mean she is playing hard-to-get and wants you to try harder to persuade her. A woman is also allowed to change her mind, even if she had given prior consent. For example, in the middle of engaging in sexual intercourse with a man, her telling him to stop means he should immediately stop. Continuing beyond that is essentially rape.

Consent is non-negotiable and men should always remember that “NO” should:

- Be understood as “No” and not the opposite notion
- Be understood as “No” and not a hidden/concealed “yes”
- Not always be vocal but can be actioned with body language

## **ARTICLE INSPIRED BY:**

Global Innovation Fund’s THE NO MEANS NO VIOLENCE PREVENTION SYSTEM  
[www.globalinnovation.fund/no-means-no-worldwide-nmnw-impact-brief/](http://www.globalinnovation.fund/no-means-no-worldwide-nmnw-impact-brief/)

## **FACTS SOURCED FROM:**

[www.nomeansno.eu](http://www.nomeansno.eu)

[www.nomeansnoworldwide.org](http://www.nomeansnoworldwide.org)

Public Legal Education and Information Service of New Brunswick’s  
UNDERSTANDING CONSENT TO SEXUAL ACTIVITY