

**Son,**

**Do you know what sexual consent is?**

**It's actually pretty simple.**

**"Yes!" is the only word that means "Yes".**

**"No" means "No" as do a lot of other words, and sometimes no words at all.**

**Remember, consent means that the person you're with feels safe and wants to do what you're doing.**

**If you're not sure, ask. Even if asking seems awkward, it's the right thing to do.**