

# Be mindful with each other!

## Our concept for consent within the BDP

For us at the BDP, it is important for our participants to treat each other in a mindful way. In general, obviously, but particularly in the case of physical encounters and intimate situations.

Even a spontaneous hug can be cause for discomfort, so it's always better to ask once too many than once too few.

Receiving consent is valuable and necessary to ensure the comfort and safety of all involved in the moment you kiss or touch.

Consent can also be expressed without words, but always remain sensitive and respectful and never simply assume that "it'll be OK." This also applies to your impression that the other person is reacting physically: such a reaction doesn't necessarily mean that they really want to. Not answering isn't an automatic "yes." Not everyone can muster a "no" at that moment, even if they want to.

You should be extra careful when interacting with people who've consumed alcohol or other drugs: ask yourself whether your opposite even has their wits about them!

Don't take advantage of situations in which people are emotionally vulnerable; never pressure someone into, say, having sex with you.

A sleeping person cannot express consent.

Even if you're with someone, as friends, or just for cuddles, agreeing on something doesn't necessarily apply everywhen and everywhere.

Consent can always change or be taken back!

Of course, we are not encouraging you to anything, but we do know that intimate situations may occur at some of our events. As such, we just want to make sure that all parties involved feel comfortable in those situations.

Safe sex is also part of the equation: talk about your health situation, how you protect from sexually transmissible infections and, about contraceptive measures as applicable.

**We hope that all people, regardless of their sexual orientation, preferences or gender identity, can enjoy wonderful, exciting, and appreciative encounters with each other. This is the path that we suggest; we hope it'll help you find your own way.**

**If ever you feel uncomfortable in any given situation or feel that your personal boundaries have been overstepped, come and talk to your BDP teamers! Come see us with any questions you may have.**