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**Consenting to Sexual Activity in the United States**

In the United States, it is legally very important to have a consent or an agreement before engaging in a sexual relation or a sexual act with your partner. Agreeing or consenting to a sexual relation ship is part of setting your personal boundaries and respecting the boundaries of your partner as well. It is extremely important to discuss with your partner what you are comfortable with and what you are not comfortable with in an intimate relationship. Having sexual activity without agreement or consent is considered rape or sexual assault and you can be legally charged and prosecuted for performing such an act.

Consent to a sexual relationship must have certain criteria:

1. **Given freely**: it must be a choice that is made with no pressure, force, or manipulation, and person giving consent must not be under the effect of drugs or alcohol
2. **Reversible**: Your partner should have the freedom to change their mind about what they feel like doing in an intimate relationship. If consent was given before, you should not assume that consent should be given every time.
3. **Informed**: Your partner should be familiarized and made aware of all the details of the intimate relationship.
4. **Given with confidence and interest**: If your partner is not comfortable with an intensifying intimate relationship than you should respect their limits and refrain from intensifying the relationship.
5. **Specific and well defined**: agreeing to one act in an intimate relationship doesn’t mean that you said yes to other acts.