




**samru**  
students' association  
of mount royal university

# *THE CONSENT COLOURING BOOK*

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Consent can feel like a vague concept, but we practice consent everyday. This includes inviting friends to go to a movie, agreeing on cleaning responsibilities with your roommates or knocking on the door before entering someone's room.

I hope this book makes it easier to talk about consent. Included are simple communication tips with illustrative examples and some useful mindfulness practices.

-Anisa Tilston  
2024/2025 academic year



Group activities are more fun when everyone knows the rules and objectives



Being mindful of your partner's expressions is really helpful, especially when trying something new

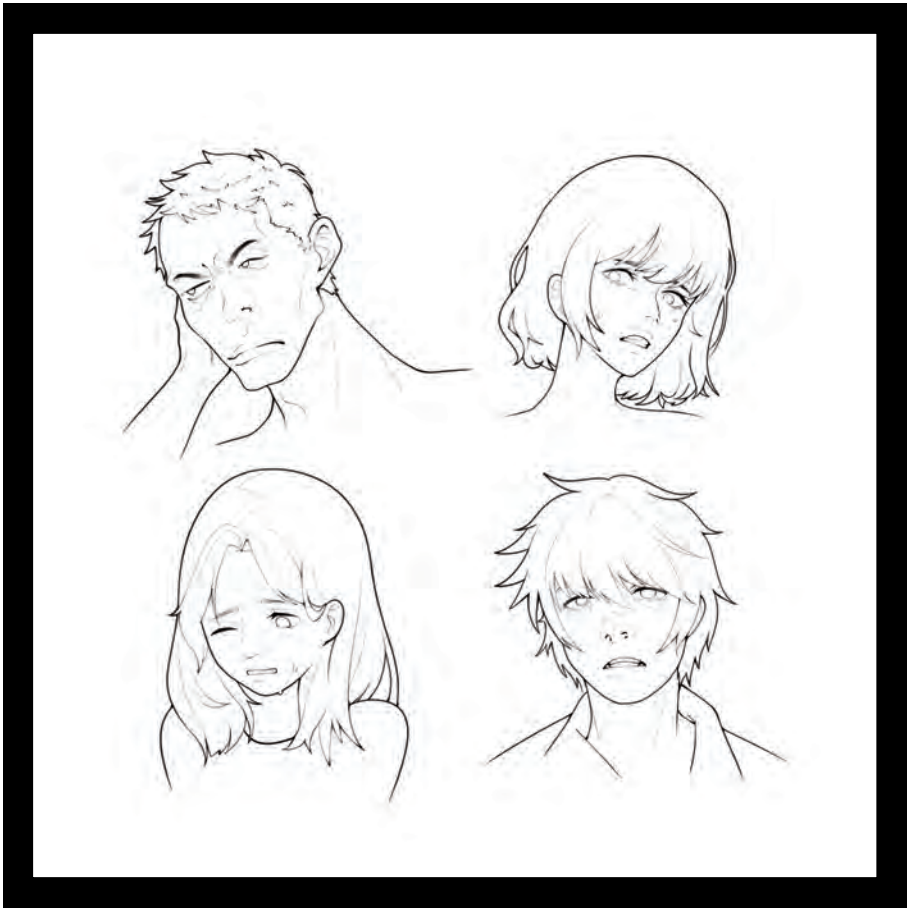


What do you look like when  
you're having fun?



Being mindful of your own body language can  
improve your awareness of your partner's non-  
verbal expressions

What kind of expressions could indicate that you should check in with your partner?



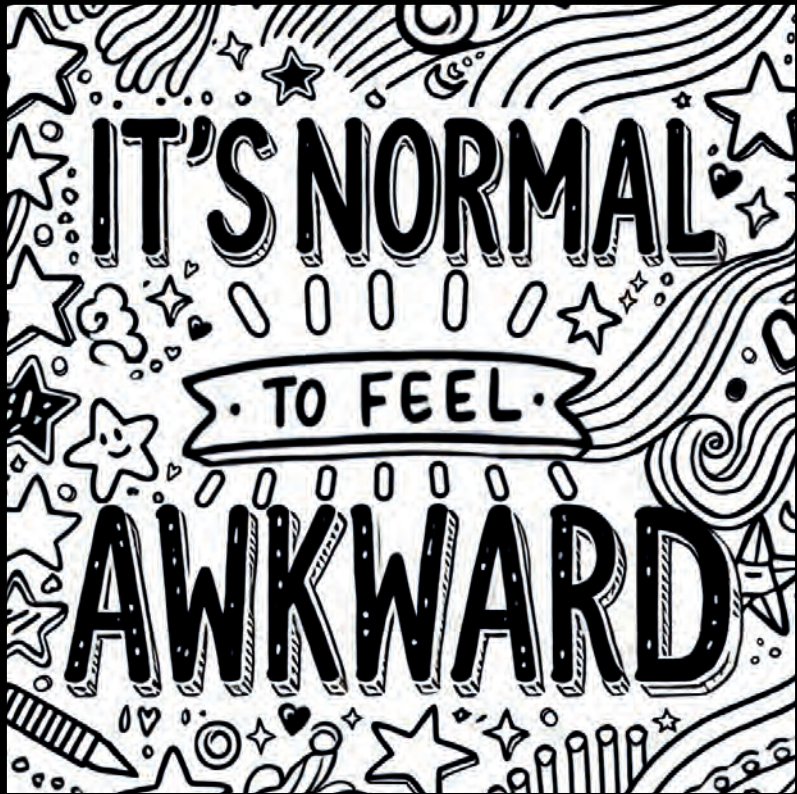


# Like learning to ride a bike

Communicating effectively can be difficult at first. But, with practice, healthy communication comes naturally.







People can feel obligated to like something, such as when receiving a gift. Part of healthy communication is building trust




# Yellow Light Language

Yellow light language can take the form of a conditional "yes" or signaling the desire for your partner to check in



Not yet



I'm a bit nervous



Do you have a condom?



I'd like to shower before trying that



Wait a sec



Gently please



# Tell your partner when you like something

Compliments communicate what you want in a relationship  
AND make your partner feel appreciated.

Thanks for understanding

*I'm glad you told me*





**WHAT YOU  
WANT  
MATTERS**

# Resources you may find helpful

## Wellness Services

Dating, Domestic, and Sexual Violence Services. Provides support, reporting options, advocacy, safety planning and accommodations for anyone affected by dating, domestic, or sexual violence.

### Room U216W

[ddsv@mtroyal.ca](mailto:ddsv@mtroyal.ca)  
403.440.5623  
[mru.ca/ddsv](http://mru.ca/ddsv)

## Student Counselling Services

Provides free, confidential help to students dealing with personal, relationship, educational, career, or mental health concerns.

### Room U216

[counselling@mtroyal.ca](mailto:counselling@mtroyal.ca)  
403.440.6362  
[mru.ca/counselling](http://mru.ca/counselling)

## Mental Health Nurses

Provide medical assessment, triage, and early intervention for students and employees with mental health concerns.

### Room U216

403.440.6326  
[mru.ca/mentalhealth](http://mru.ca/mentalhealth)

## Calgary Communities Against Sexual Abuse (CCASA)

The primary crisis, counselling, and education service provider for Calgary and the surrounding areas for sexual harassment, sexual abuse, and sexual assault.

403.237.5888  
[calgarycasa.com](http://calgarycasa.com)

## Sagesse

Makes a difference through abuse prevention and intervention work and creates large-scale societal change through education, collective impact, and advocacy.

[info@sagesse.org](mailto:info@sagesse.org)  
c: 403.234.7337  
text: 587.801.7337  
[sagesse.org](http://sagesse.org)

