Taller de Comunicación mujer

NAVEGANDO LIBRES POR LA RED

¿What is digital consent?

Pocket edition

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Taller de Comunicación Mujer
https://tcmujer.org

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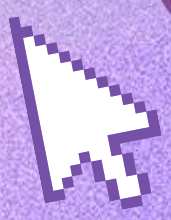


It is a **free and voluntary** practice that is based on **agreements, respect, boundaries, desires, trust, safety, and other habits of care** between people who relate to each other.

Digital consent is characterized for being:

free

voluntary

specific

concrete and clear

explicit (it can be verbal or non-verbal)

revocable

it must be reviewed over time

Complex

it is not a model or formula that we can repeat without adapting

Digital consent characterizes for being:

reciprocal

it is not just accepting or granting something

free of violence, extortion or manipulation

nuanced

it goes beyond a simple “yes or no”

quotidian

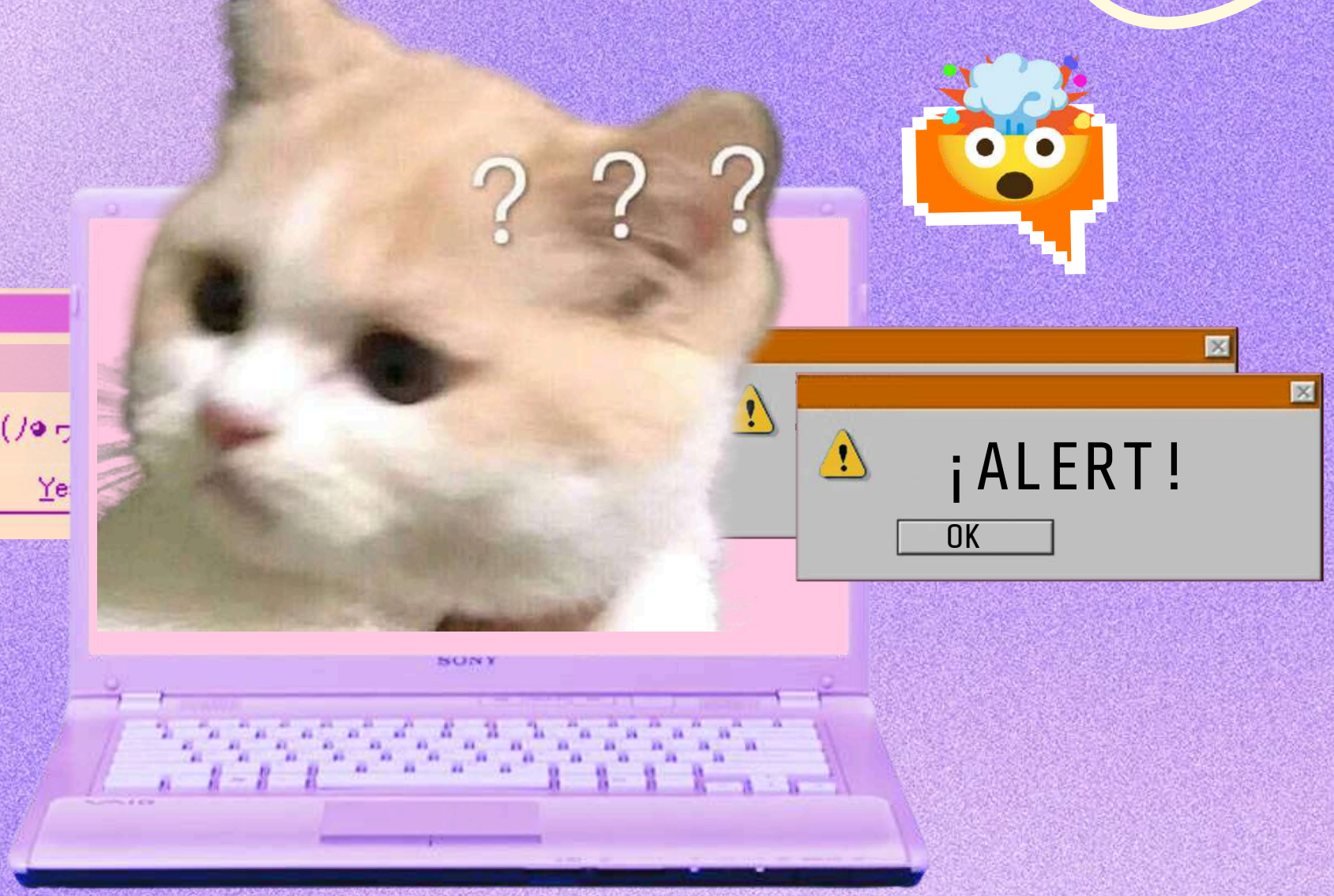
goes beyond sexual relations

an explanation in itself

it is not necessary to justify it

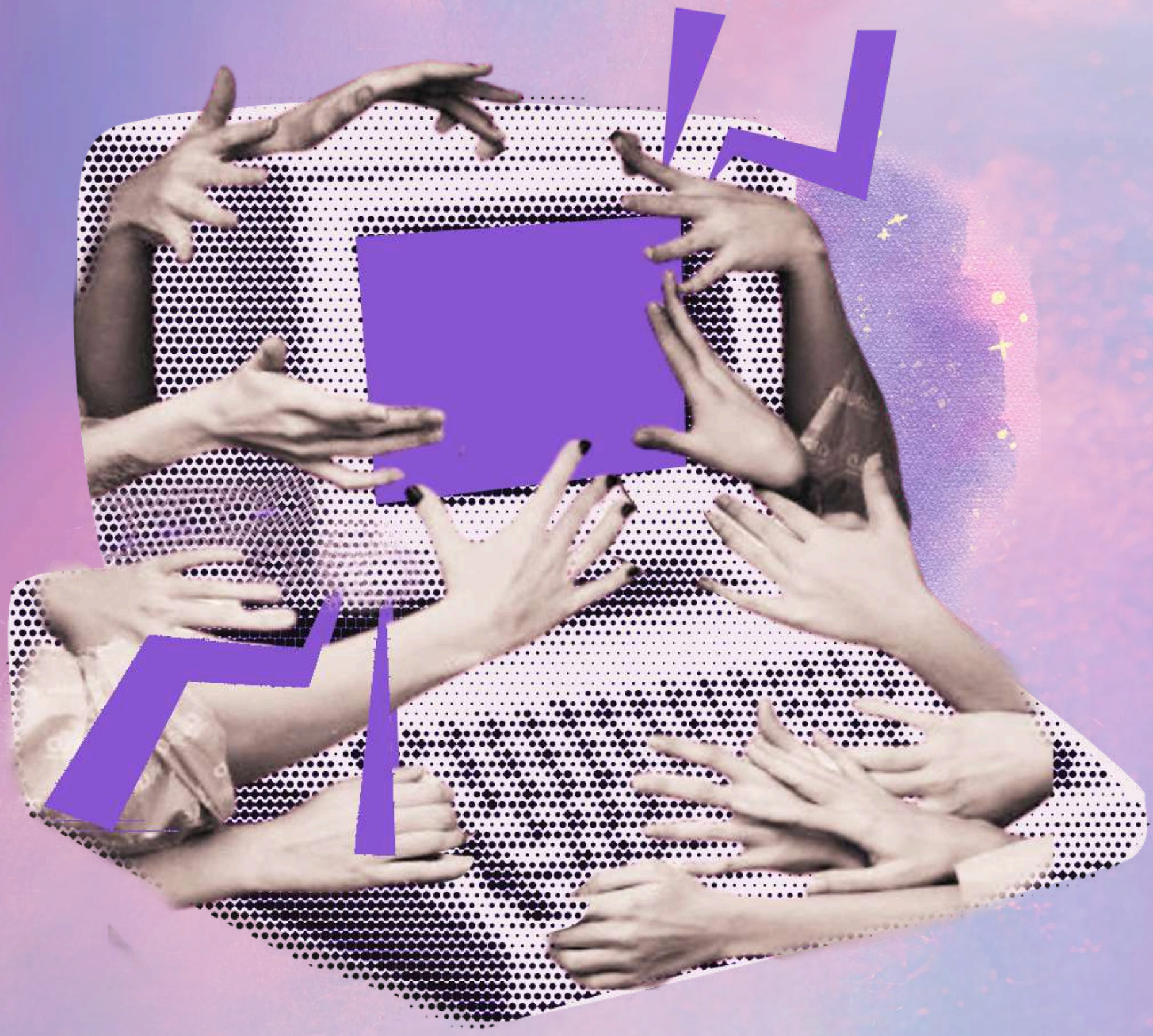
Keep in mind that digital consent can be affected by power dynamics.

We are not immune to external pressure or contexts of inequality



¡Always trust your ***intuition!*** *If you don't feel comfortable, confident or have doubts...* ***Dig a little deeper before deciding.***

¡Connect *with your* ***feelings and desires!***



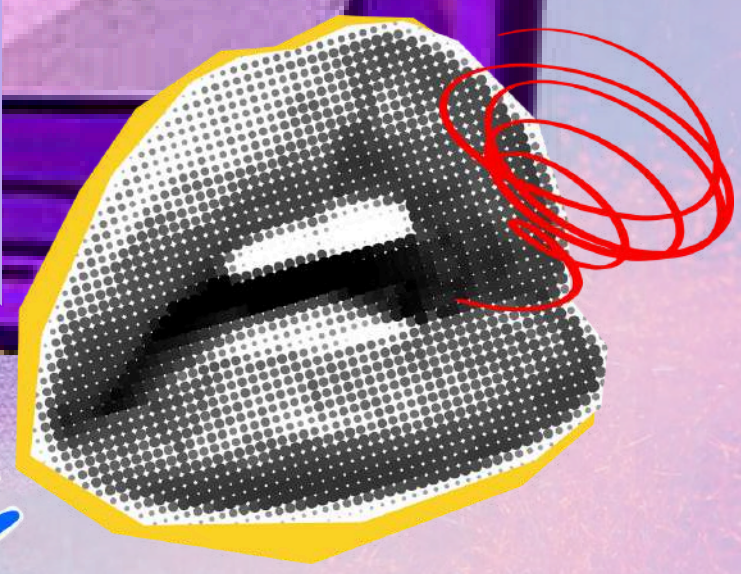
*What might **digital consent** look like?*

I ask before uploading a photo where they appear.

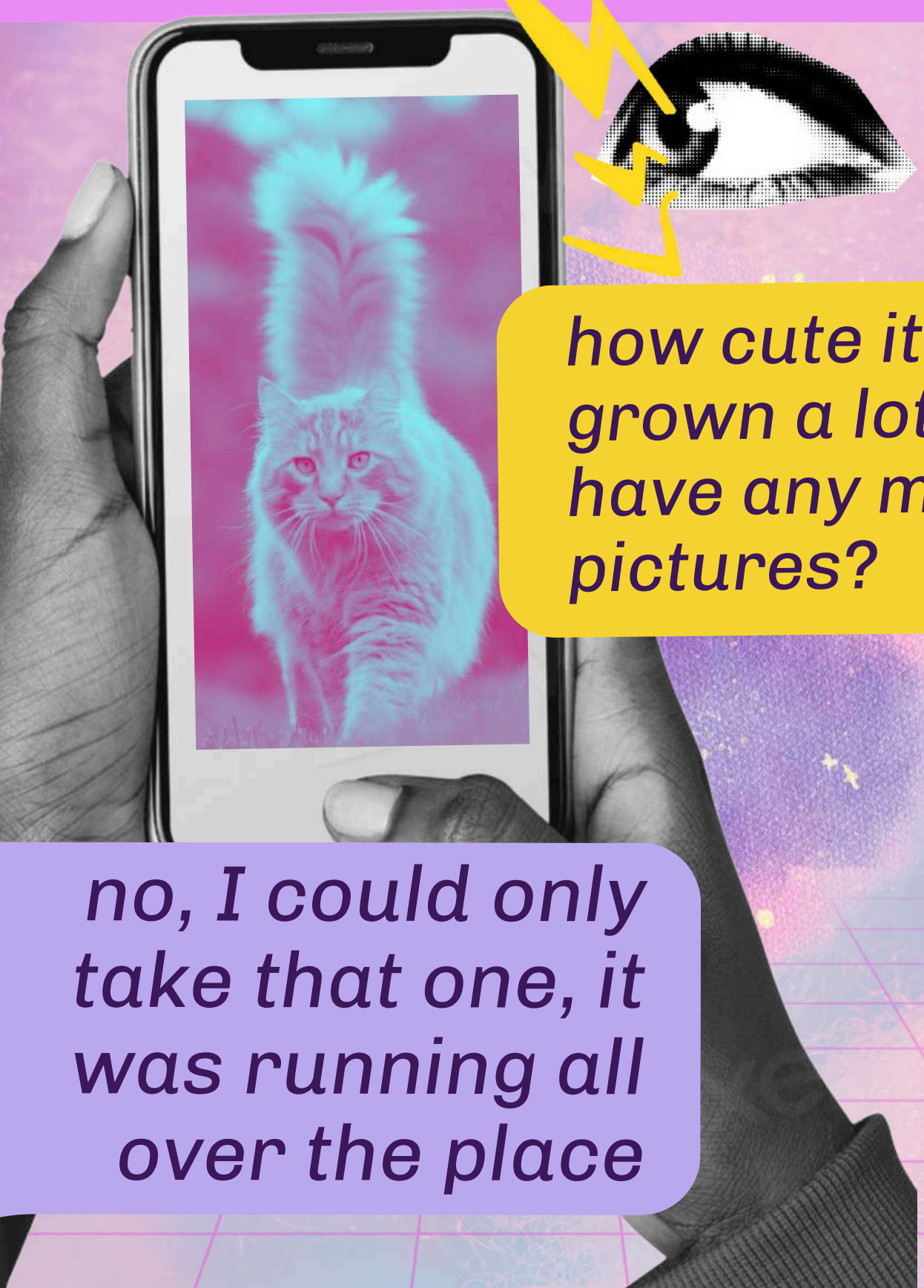
heeeeeey can I upload the picture we took yesterday?

hmmm I don't know, can I see it first?

ah yes it's nice, upload it but please don't tag me



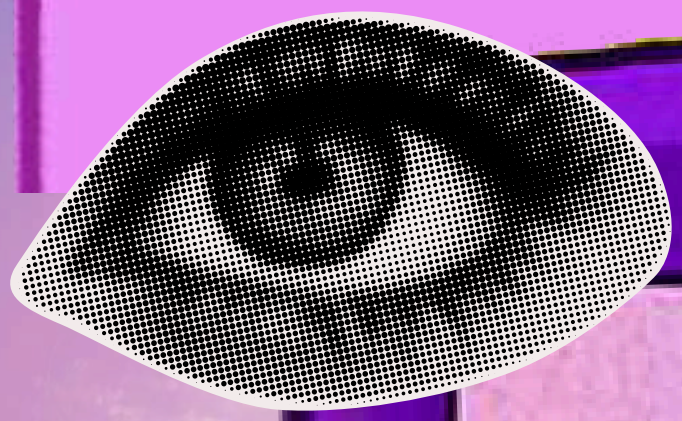
If they show me a picture, I don't go through the rest of the pictures in the gallery.



how cute it is, it's grown a lot! do you have any more pictures?

no, I could only take that one, it was running all over the place

I do not forward
photos or videos
without the consent of
the people involved.



guys, I just got a picture of the teacher

ufff better not send it this way

yeah better

My crushes and I have a code to know if it's a good time to sext.

ufff what a rush, but I'm about to go in for a doctor's appointment, I'll text you later

thanks, talk to you soon

🍑🥵??

yuhuuu I'll wait for you, good luck love

I practice saying “no”
even though sometimes
it's hard, and I receive
other people's “no” with
gratitude.

no!!

Hey..

do you feel like going to the movies with me today

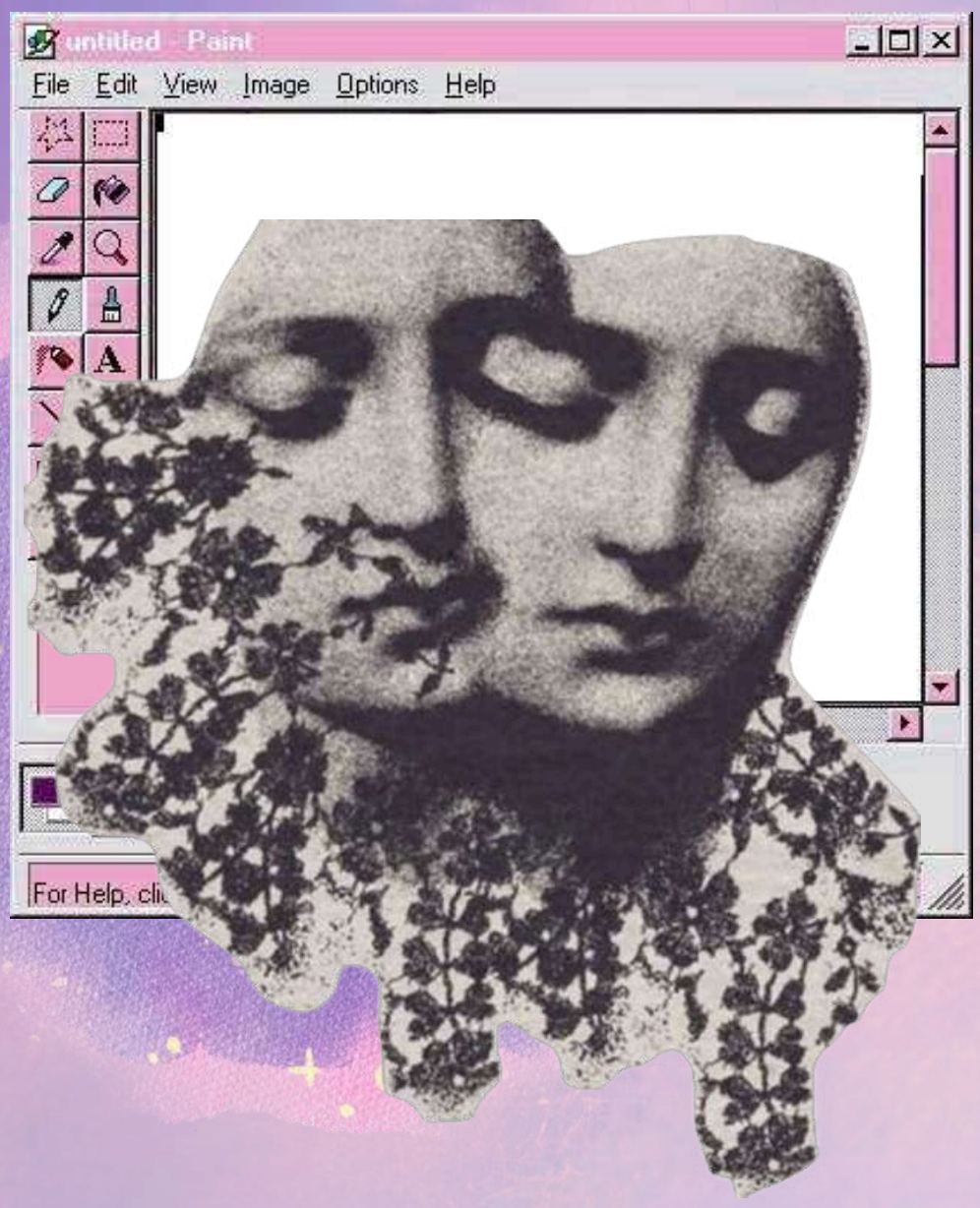
hellooo, not really, I'd prefer a chill plan with friends

ok, thanks for telling me, we could also organize a picnic with everyone

yeah, that would be great, I'll talk to my friends to see when we can do it

great, let's talk then!

Digital consent *allows us to better know ourselves and to* ***feel safe***

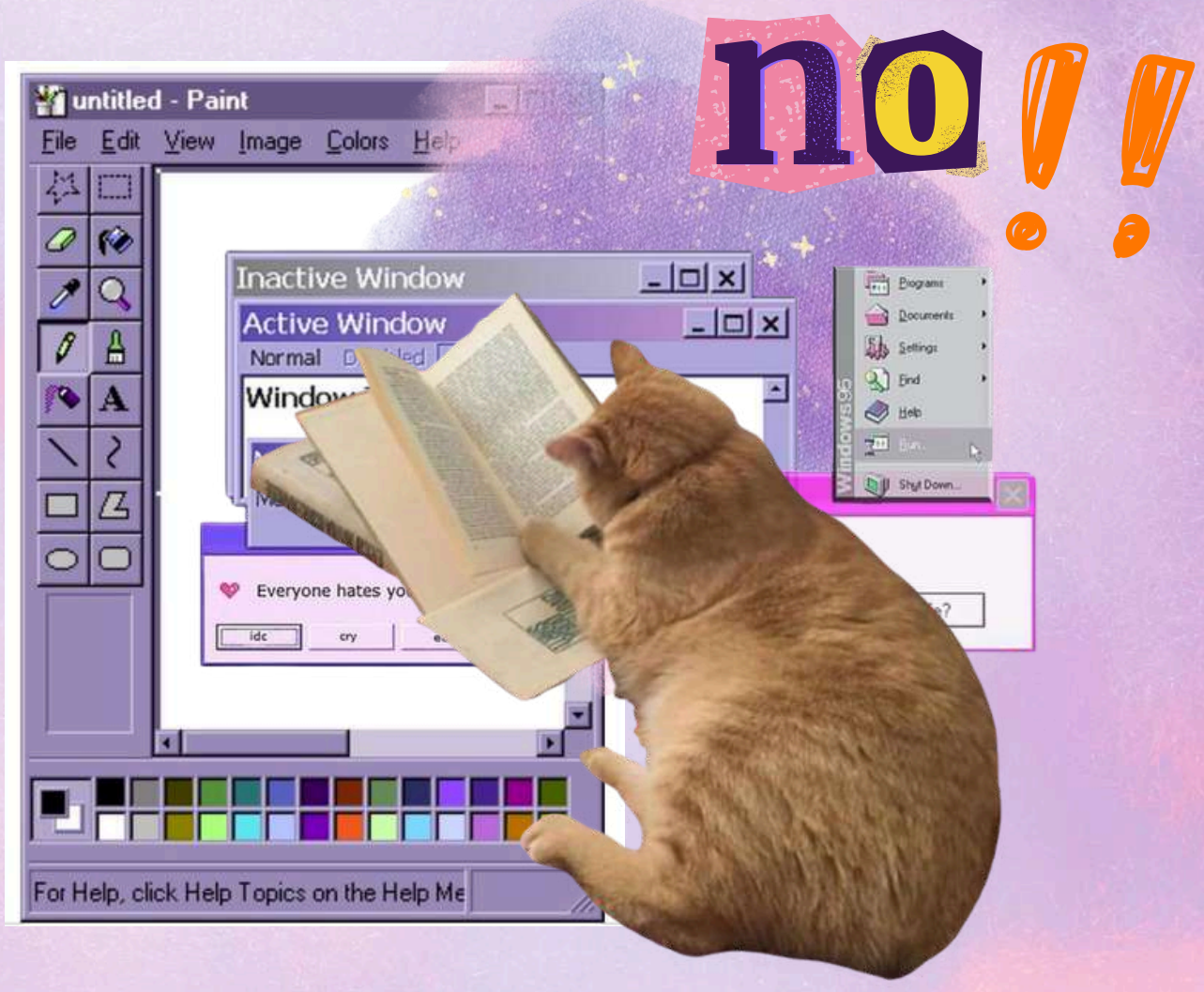


in order to interact, cultivate affection, care and connect with others.

Think about ***consent*** *in other areas of your life and* ***practice it.***

How to make it safe to say no to you?

In order to practice ***digital consent****, it is important to learn how to receive a “no” as an answer.*



It takes practice and it is not always easy but here are some ideas...

Contribute to an environment of ***respect*** *where there is room for communication and where the other person feels free to express* ***their preferences***

without ***fear of retaliation or negative consequences*** *such as not talking to them, telling them they've disappointed you, holding resentment, or making them feel guilty on purpose*

these are types of ***punishment*** *and* ***manipulation***

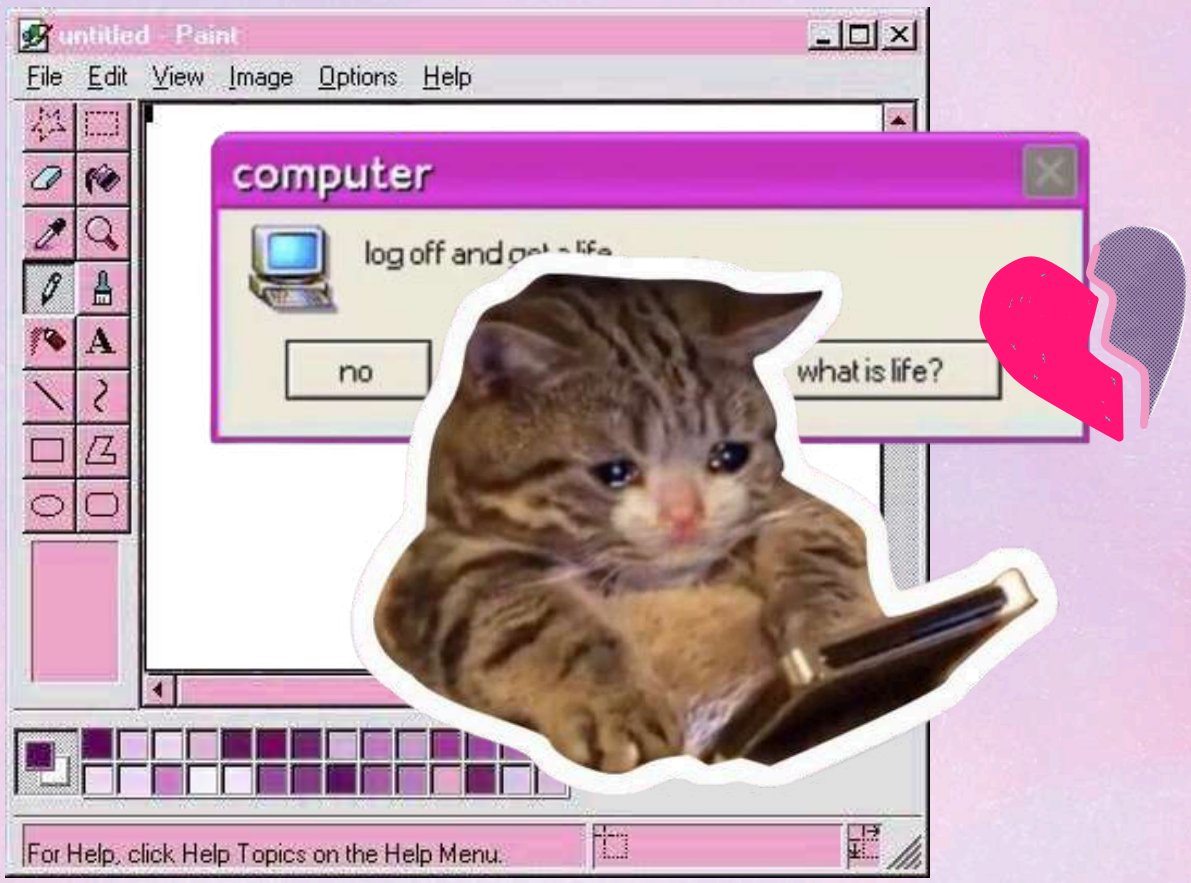
When you get a “no” ***respect*** *the other* ***person's decision*** *and* ***thank them*** *for their sincerity.*

That a person feels ***comfortable*** *to tell you “no” is super valuable, it even gives you clues that when they say “yes” it's because they* ***really want to.***

Avoid reacting negatively

*Dealing with rejection or a **“no”** can be* ***uncomfortable and painful***

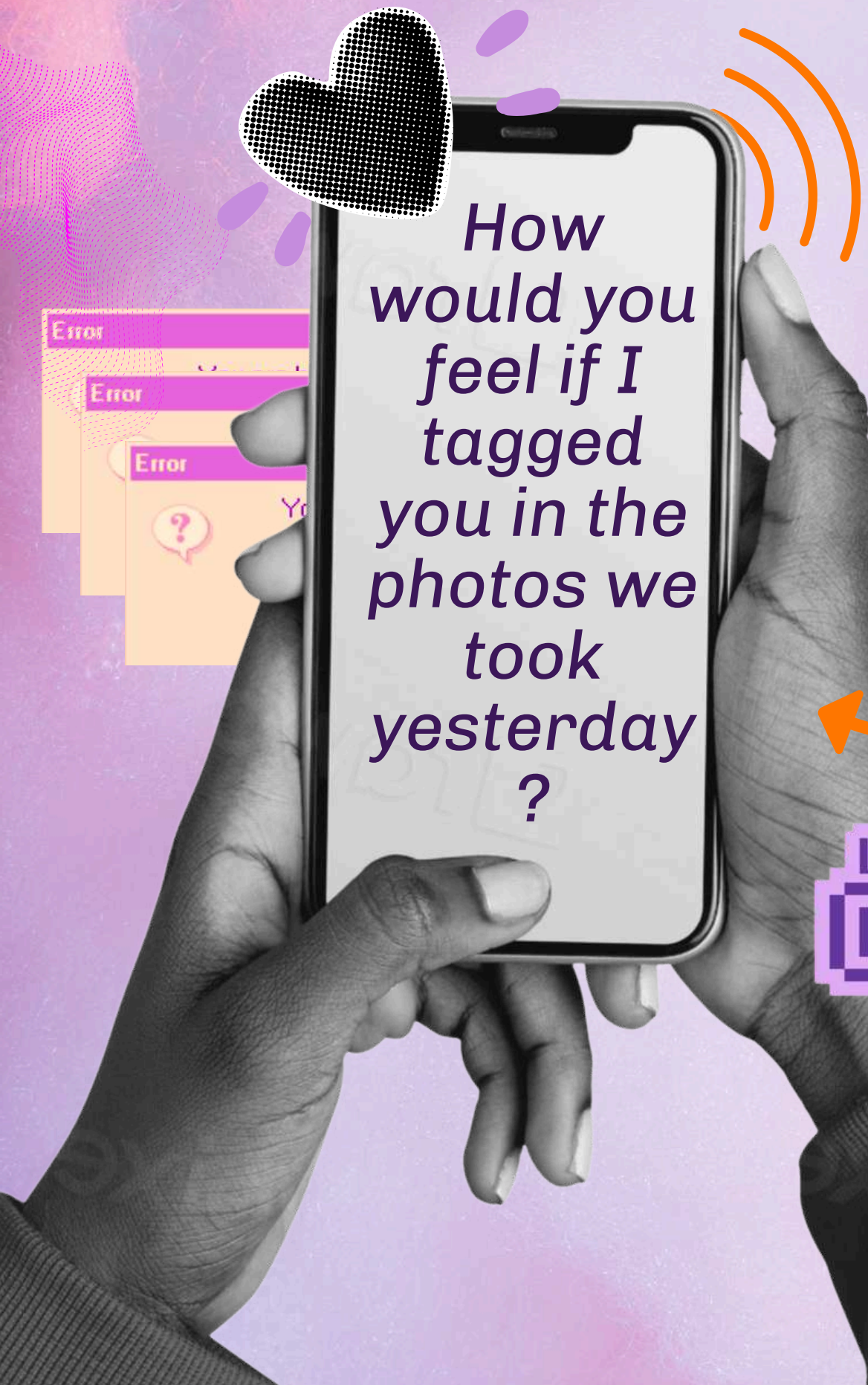
look for ***strategies*** *to* ***regulate your mood***



lean on other people to ***manage these emotions.***

Saying “no” can be tricky

*if possible, ask more **open-ended questions** that leave room for dialogue and empathy.*



For example, *instead of asking Can I tag you in the photos we took yesterday?* ***try***

¡Remember!

If you are experiencing digital gender violence, you are not alone!

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Contact us through Signal, Telegram, Whatsapp or email:

reportaviolencia@navegandolibres.org