

# THIS IS WHO WE ARE.

## MANTRA 02 • FOUNDATION

# NO MEANS NO

« Consent is the foundation of respect and all social dynamics. It is essential to proper conduct and safety. »



Living better together at night.

**That's how  
we do it here.**

## THE 4 KEY ACTIONS

→ Ask before you touch

→ Respect refusal without negotiating

→ Silence is not a yes

→ Intoxication cancels consent

### HOW TO APPLY IT

Ask before initiating contact, even casual. Respect a refusal immediately — without negotiating or insisting.

### WHY APPLY IT

Every person's dignity: no contact should be endured. A space where limits are recognized and respected by all.

### WHEN TO APPLY IT

Before any physical contact. When you're not sure. If someone near you seems uncomfortable or withdrawn.

## WHAT THIS MEANS IN PRACTICE

- Always ask before initiating physical contact
- Never insist, negotiate or guilt-trip after a no
- Speak up if you witness a violation
- Immediately respect a refusal, verbal or non-verbal
- Recognize that intoxication invalidates any consent

### ⚖️ LEGAL FRAMEWORK

Organizers have a legal duty of care towards participants (Civil Code of Québec, art. 1457). Each participant is responsible for their own actions.

