

355: Ask First

10 Point Checklist

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Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Consent is important during sexual activity. I have the right to say "YES" or "NO" without guilt. True consent is given voluntarily.
- Ask first before engaging in sexual intimacy. Communication, honesty and respect make sexual relationships better. Asking for and obtaining consent shows respect for myself and my partner.
- Ask my partner for sexual feedback. Be comfortable talking with my partner about our do's and don't's during sexual intimacy.
- Respect a "NO" answer in sexual activity. Learn to respect my partner's boundaries.
- Have boundaries so that no one can take advantage of me. Don't allow others to manipulate or coerce me into sexual activity.
- Intervene when someone is using alcohol or other drugs to facilitate sexual activity. Don't just be a bystander. A person under alcohol or drug influence can't consciously give consent to sexual activities.
- Empathize and support sexual violence victims. Instead of showing anger, show the victims that I'm focused on helping them overcome the trauma that they've experienced.
- Teach children the importance of consent. When a child knows about getting and giving consent, they're more likely to have healthy, respectful, safe and enjoyable sexual experiences when they're ready for them.
- Teach about respect and consent to provoke action. It's not enough to spread awareness; there should be action to eradicate sexual violence.
- Visit The Center For Respect's [website](#) to learn more about respect, consent, and romance. Also, check out Peak Impact Speaking's [website](#) to learn more about creating an impact on stage.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/ask-first-with-mike-domitrz/>