

**NO MEANS NO!**  
**NEIN HEISST NEIN!**

Unfortunately it happens all too often that people are harassed and offended verbally, sized up, or touched – despite them possibly not wanting that. Only rarely do people ask for approval beforehand. If they do, a No won't always be accepted. This is part of sexist discrimination and violence that especially women\* are subject to every day. We consider this unacceptable. Let's change it!

### **Ask before you do something with or to another person!**

„No“ - means No!

„I don't know...“ - means No!

„Piss off!“ - means No!

Silence can mean No as well.

**Only „Yes“ means Yes!**

### **If you get the impression that others are harassed,**

intervene! ask the potentially harassed person if and how you can help.

If needed, ask others for support.

### **If you're asked for support,**

don't look for objective truth, as it does not exist in such cases. Whether or not a line has been crossed can only be assessed by the affected person.

Try to help and be there for that person.

### **Nobody must do something to you against your will!**

Your body is yours!

You should be the one deciding what happens to you, who may come close to you and who may not. Nobody has the right to do something to you against your will or to talk you into something that you do not want.

### **If you feel uncomfortable in a situation, trust your feelings!**

Express that you feel uncomfortable. Go on distance, if possible leave the situation and think about if you really want to happen, what's happening there.

### **When your personal line is crossed try to resist!**

For instance, call attention to your situation and ask others for help.

### **It's not your fault!**

No matter what, when, how long and with whom – regardless of whether you resist or not. If somebody else crosses your line – it's not your fault!

# **NO MEANS NO!**

# **ONLY YES MEANS YES!**

[www.evibes.org/en](http://www.evibes.org/en)

**e\*vibes**  
for an emancipatory practice

Antidiskriminierungs-Zentrum  
**Conni:**

Antidiskriminierungs-Zentrum  
**stura**

\*Everyday, all of us are subject to being defined as „man“ or „woman“ including their alleged natural features – even if we try to avoid it. Even though we recognize the construction of the categories „man“ and „woman“ and know that there are more than two genders, the notion of binary sexuality is a social reality that we're permanently confronted with. For that reason, we chose to asterisk the label Woman\*.