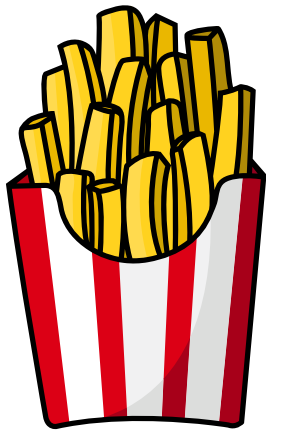




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CONSENT *WITH A SIDE OF*

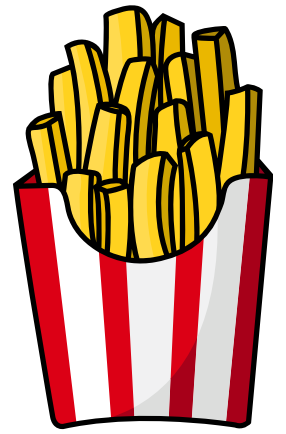
Freely Given.

Reversible.

Informed.

Engaged

Specific.



CONSENT WITH A SIDE OF

Freely Given. When there is no pressure (i.e. physical or emotional), when someone has the capacity to choose, and are able to say no if they want to.

Reversible. Consent is fluid process. Someone might not realise something doesn't feel ok until they are doing it! In this case, consent can be taken away.

Informed. Someone has to know what it is they are consenting to. If they are tricked or the situation changes, their consent is no longer valid.

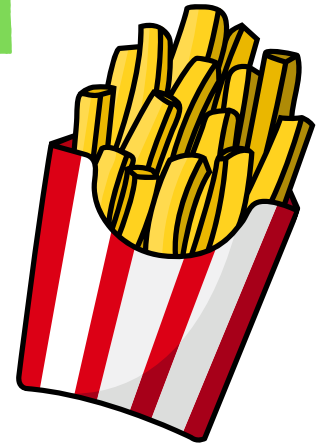
Engaged. Experiencing pleasure and making sure sex is a good time for everyone! Checking in before, during and after, and being able to ask for things / saying no to things.

Specific. Needs, wants and desires can change depending on mood, who you're with, hormones, etc, so even if you've done something before, it's always good to check in each specific time. See also: Saying yes to one thing (i.e. kissing) does not mean saying yes to another (i.e. oral).



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CONSENT WITH A SIDE OF



***F*reely Given.**

First up in the F. R. I. E. S analogy is Freely Given.

This means that in order to consent there is no pressure (physical or emotional), that someone has the capacity to make a choice, and that they are able to say no if they want to.



FREELY GIVEN IS... ***FREELY GIVEN IS NOT...***

...an absence of any form of pressure to have sex

Hey, do you want to have sex? No worries if you'd rather not!

"I'm not sure if I want to do anything now, maybe later?"

...any form of pressure to have sex

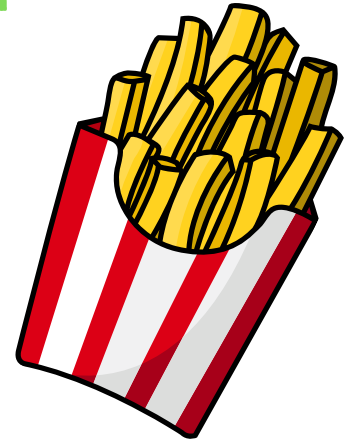
"We're in a relationship so we should be having sex"

if you loved me you would have sex with me



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**CONSENT WITH A
SIDE OF**



Reverversible.

The R in the FRIES analogy stands for Reversible

*Consent is fluid process. Someone might not realise something doesn't feel ok until they are doing it! In this case, consent can be taken away. This is also why communication is important **during** sex aswell as before and after*



REVERSIBLE IS...

....Being able to stop during a sexual activity

Seems like you're not enjoying this - shall we stop and do something different?

Sorry I thought I wanted this but actually it doesn't feel great

REVERSIBLE IS NOT...

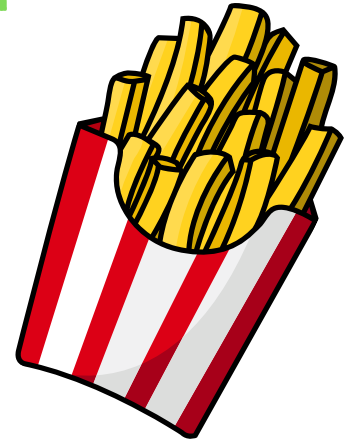
...Continuing sex even if you or your partner isn't enjoying it

*ignoring body language cues i.e. silence, tension, disengaged *

But you said you wanted to do this?!



CONSENT WITH A **SIDE OF** **I**nformed



The **I** in the **FRIES** analogy stands for **Informed**

*Someone has to know **what** it is they are consenting to, and any **consequences** of their consent. If they are tricked or the situation changes, their consent is no longer valid.*



INFORMED IS...

...fully knowing what you are consenting to

I have an STI, but I'm going to wear protection

"I'm only really after casual hook ups atm"

INFORMED IS NOT...

..being tricked into consent, or withholding info

"I spent all this money on you, so we should have sex"

untruthfully claiming to be on birth control



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***CONSENT WITH A
SIDE OF
E*** ngaged



The E in the FRIES analogy stands for Engaged

Experiencing pleasure and making sure sex is a good time for everyone! Checking in before, during and after, and being able to ask for things / saying no to things.



ENGAGED IS...

...making sure sex is a pleasurable experience

Does this feel good for you?

Can we do this thing instead of that? It feels better for me

ENGAGED IS NOT...

...not caring about your partner's experience

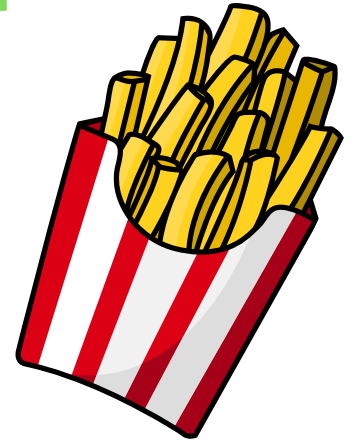
dismissing body language like silence or appearing tense

Ignoring someone after sex



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CONSENT WITH A **SIDE OF** **S**pecific



The S in the FRIES analogy stands for Specific

*Needs, wants and desires can change depending on mood, who you're with, hormones, etc. So even if you've done something before, it's always good to **check in each specific time**. See also: Saying yes to one thing (i.e. kissing) does not mean saying yes to another (i.e. oral).*



SPECIFIC IS...

...checking in with each sexual activity

I'd love to do __ with you

Are you in the mood for __ right now?

SPECIFIC IS NOT...

...assuming its ok because you did it before

Why did you kiss me if you didn't want to have sex??

But we did this last time?!