

WHAT IS CONSENT?

Consent is a clear, voluntary, informed, and ongoing agreement to participate in an activity. Consent can be withdrawn at any time.



F Freely given
R Reversible
I Informed
E Enthusiastic
S Specific

Consent must be **freely given**: Consent is a choice made without pressure, guilt, threats, or manipulation.

Example:

"Do you want to dance with me?"

"No thanks."

"That's cool!"



Consent must be **reversible**: Anyone can change their mind at any time, even if they said yes before.

Example:

"Do you want to come to my house after school?"

"Will anyone else be there?"



WHAT IS CONSENT?

Consent must be **enthusiastic**: Consent should be a real, excited yes, not silence, uncertainty, or pressure.

Example:

"Is it okay if I sit here?"

"Yes! Go ahead."



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"Is it okay if I sit here?"

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Consent must be **specific**: Saying yes to one thing does not mean saying yes to something else.

