

# Understanding CONSENT



## What is consent?

Consent is permission. No one can touch another person's body without permission. All partners must give consent for any sexual activity.

## Consent is Not Just About Sex

Consent is required before any sexual activity and in many non-sexual scenarios as well. You need consent for things like:

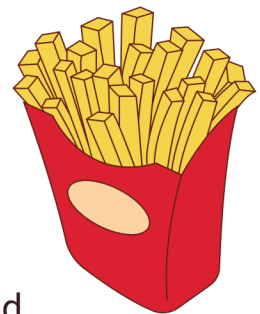
- Kissing
- Hugging
- Sharing food
- Touching any body part
- Exposing your genitals
- Taking or sharing sexual photos or videos



## Do you want FRIES with that?

A fun way to remember the different parts of consent is the acronym, **FRIES**.

- **Freely and Willingly:** It isn't consent if there is pressure, manipulation, or influence of drugs or alcohol.
- **Reversible:** You can change your mind about sex at any time and remove consent. Even if it is your long term partner, even if you already agreed, even if you've done it before, or even if you're in the middle of sex.
- **Informed:** You can only consent to something if you have the full story. For example, if someone says they'll use a condom and then they don't, there isn't full consent
- **Enthusiastic:** Sex is about doing things that you want to do, not things you have to do! Enthusiastic can mean the difference between an 'okay' or 'I guess' vs a 'absolutely' or 'hell yes!'
- **Specific:** You must be specific about what you're asking consent for. For example, saying yes to kissing does not mean someone has consented to penetrative sex. Agreeing to hang out at someone's apartment doesn't mean agreeing sex—even if it's 3:00 am.

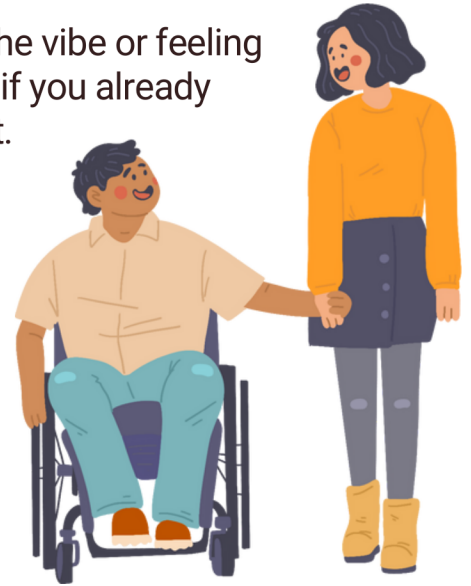


## How to Ask for Consent

Sometimes, consent is talked about like it's a box that needs to be checked, and is only talked about once. However, consent is easier to understand when we shift our minds to think of it as an active and ongoing conversation. Consent is not just yes or no, but involves questions such as "What position do you like?" or, "How does this feel?"

There are natural ways to ask for consent without changing the vibe or feeling oddly formal. It can be a lot easier to do this during a hookup if you already have some go-to ways to ask for consent in your back pocket.

- Are you comfortable with....?
- Do you like it when I...?
- Will you do.....to me?
- I like it when you.....
- It turns me on when we.....What do you think of that?
- Can we try.....?
- Do you want me to....?
- Can I....?
- Are you ready for this?
- How far do you want to go?



## Consent and Contraception

Part of consent of sex is agreeing on a plan to protect each from STIs and unintended pregnancy. You can't change this plan without your partner's consent. Removing a condom during sex (called "stealthing") is one way of violating consent.

## STIs and Consent

For full consent, both parties must be 100% honest about their STI status.

## A Lifetime of Consent

Whether they're 1 or 101, all people deserve bodily autonomy. Start talking about consent with young children and always keep it in mind. Consent is important at any age.



**Learn more at**  
**[worldsexualhealthday.org](http://worldsexualhealthday.org)**