



## What's consent?

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you, too. It's also important to be honest with your partner about what you want and don't want.

Consenting and asking for consent are all about setting your personal boundaries and respecting those of your partner—and checking in if things aren't clear. Both people must agree to sex—every single time—for it to be consensual.

Without consent, sexual activity (including oral sex, genital touching, and vaginal or anal penetration) is sexual assault or rape.

## Knowledge check

Match the component of FRIES with the correct description:

\_\_\_ **F**reely Given

1. 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.

\_\_\_ **R**eversible

2. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

\_\_\_ **I**nformed

3. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

\_\_\_ **E**nthusiastic

4. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.

\_\_\_ **S**pecific

5. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.