

Consent

The Core Sexual Ethics

What is consent?

Whether you're Talking about day to day life or sexual activities, consent is important.

Consent is permission to do something. In day to day life it may look like:

"Can I have one of your fries?"
or
"Is it okay if I borrow your phone?"

What counts as Consent?

Find yourself in a gray aria? Remember FRIES.

Consent is:

- Freely given
- Reversible
- Informed
- Enthusiastic
- Specific

If someone is being coerced, intoxicated, unconscious, or feels threatened, it is **NOT** consent.

Consent in sexual encounters:

No matter what kind of sex you're having, it's always important to have permission to do something to someone else's body. Even if you would feel good for someone else, it's always important to make sure they know what you're doing and are okay with it happening.

Retracting may sound like:

"Hold on"
"I want to stop"

Using the safe word

Retracting may look like:

Pulling away
Putting up a physical barrier
Moving someone or a part of their body away.

Asking for consent may sound like:

"Can I touch you ___?"
"Do you want me to do ___?"
"Will you do ___ to me?"
"Go for it!"
"I want you to ___"
"Yes"

Consent isn't always verbal

Not everyone maintains the ability to speak in certain situations, including sex. Asking for/ receiving consent may look like: 90/10: Initiator goes 90% of the way, recipient does the other 10%. Nodding Giving/ leaning into a light touch.

Consent can be retracted.

Even if you/ they have done this before.
Even if you/ they agreed to it earlier.
Even if you/ they've already started.
Even if you/ they initiated the activity.
Nobody should ever be shamed for withholding consent or changing their mind.