Consent is as easy as FRIES

Freely Given
Nobody is coerced, forced, pressured, or manipulated into consenting.

Reversible
Consent can be taken back at any time, and the reversal must be respected.

Informed
Everyone has all the information and understands what they are consenting to.

Enthusiastic
There is a mutual desire to consent.

Specific
Consent is given for the specific circumstance and not assumed in the future.