

# 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.

