

## WHAT IS CONSENT?

It means making sure that the other person agrees, feels comfortable saying yes or no, and respecting their answer.

To be valid, consent must be:



Consent can be withdrawn at any time. If there's hesitation or discomfort, there's no consent.



Free

Voluntary

Informed

Enthusiastic

Reversible



# CONSENT

Consent is not just about sexuality. It applies to all daily situations, whenever an action involves another person.

## Free

**The person has a choice, and there's no pressure, threats, or blackmail involved.**

Noah agrees to go to a party because he wants to, not because he was told it would be boring without him.

## Informed

**The person knows exactly what they're saying yes or no to.**

Before agreeing to carpool, Liam knows exactly who will be in the car, who will be driving, and where they're going.

## Reversible

**The person can change their mind at any time, even after saying yes.**

Mia agrees to go play basketball, but she can stop any time if she wants to.

## Voluntary

**The decision comes from the person themselves, not because of someone else's insistence or manipulation.**

Emma decided to participate in a group project because she wants to, not because "she has to" in order to be accepted into the group.

## Enthusiastic

**The person is happy and motivated to do what they're agreeing to do.**

When Nathan is asked to take part in an activity, he responds enthusiastically and looks forward to participating, instead of participating to "make someone happy."

