

# CONSENT IS...

- ✚ a clear and enthusiastic “yes”;
- ✚ an active, voluntary,
- ✚ and verbal agreement;
- ✚ a process, which must
- ✚ be asked for every step
- ✚ of the way.

## CONSENT CAN ALWAYS BE WITHDRAWN

### WHAT IS “FREE AND INFORMED” CONSENT?

**Someone is able to give their free and informed consent if they:**

- ✚ Know what they are consenting to;
- ✚ Are able to choose whether or not to do something;
- ✚ Know what their feelings are about the particular situation;
- ✚ Are able to communicate their choice without coercion  
(either a 'yes' or 'no' is acceptable...not refusing is not the same as consent);
- ✚ Are able to understand if something is harmful;
- ✚ Are able to prevent being harmed, physically or emotionally, by another.

Consent should always come before contact with another person's body, whether sexual or not.

**No one should touch another without their consent.**