

# CONSENT IS

## MUTUAL

You both agree, every single time.

## SPECIFIC

Saying yes to one thing doesn't mean yes to everything.

## FREELY GIVEN

A choice made without pressure or guilt.

## INFORMED

You understand what's about to happen.

## ONGOING

You need it before and during the activity, as well as next time.

## REVERSIBLE

You can stop and change your mind at any time.

## ENTHUSIASTIC

You're excited and WANT to do the sexual activity.

## CERTAIN & CLEAR

It's a YES, not a 'maybe' or 'I think so' or 'I guess so'.