

**F**– **Freely given.** Doing something sexual with someone is a decision that should be made without pressure, force, manipulation, or while drunk or high.

**R** - **Revocable.** Anyone can change their mind about what they want to do, at any time. Even if you've done it before or are in the middle of having sex.

**I** - **Informed.** Be honest. For example, if someone says they'll use a condom and then they don't, that's not consent.

**E** - **Enthusiastic.** If someone isn't excited, or really into it, that's not consent.

**S** - **Specific.** Saying yes to one thing (like going to the bedroom to make out) doesn't mean they've said yes to others (like oral sex).

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## F.R.I.E.S.

### HOW TO PRACTICE GOOD CONSENT

Consent is an important tool in navigating all kinds of interactions, but is especially significant when negotiating sexual relationships. You must always obtain affirmative consent from your partner(s) before going forward with any kind of touch or sexual activity. Here are some useful tips on understanding what good consent looks like. Remember! Sex without consent is sexual assault.

[WWW.AVALONCENTRE.CA](http://WWW.AVALONCENTRE.CA)

Main office 902.422.4240 || SANE 24 Hour Line 902.425.0122  
1526 Dresden Row, Halifax, NS B3J 3K3



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