



# Sexual consent = Respect

Sexual consent is:

F

**FREELY GIVEN**

... this means **without force or coercion**.

R

**REVERSIBLE**

... you can change your mind **at any time**.

I

**INFORMED**

... know what the **boundaries** are.

E

**ENTHUSIASTIC**

... consent is not just the **presence** of a yes or the **absence** of a no.

S

**SPECIFIC**

... to the **time** and to the **act**.

Preventing gender-based violence starts with a culture of respect – now and always.