

FREELY GIVEN

Both partners have the freedom to say yes or no. Consent does not involve any type of pressure, force or manipulation

REVERSIBLE



Anyone can change their mind at anytime - even if you are in the middle of the affection

INFORMED

Both partners need to know exactly what they are consenting to every single time

ENTHUSIASTIC

HOORAY

Both partners should be excited and very much interested in what is happening. If they are not STOP immediately

SPECIFIC

Each individual affection requires consent each time. Even if you have done it before