



Consent requires RESPECT

Reversibility

- People are allowed to change their mind, and consent can be withdrawn at any time, without question.
- In practice: Even once something has begun, people can always choose to stop.

Empowerment

- People should be supported to make decisions without pressure, coercion, lies, manipulation, or force.
- In practice: It is important to manage power dynamics and create a safe space for the other person to make decisions freely.

Specificity

- Consent is specific to the situation, the act, the time, and the person.
- In practice: Never assume that prior consent equals future consent.

Permission (verbal)

- Consent requires verbally asking for permission, and for permission to be granted.
- In practice: Don't make assumptions. It is essential to ask whether someone wants to do something, is comfortable, or would like to stop. Remember, 'No.' is a complete sentence and should always be respected.

Embodiment (physical)

- For consent to be valid a person's body language and other non-verbal cues should be positive and consistent with their verbal cues.
- In practice: It's important to pay attention to body language, facial expressions, and other cues to recognise signs of discomfort, fear, or worry.

Capacity

- Consent requires that all parties are aware, informed, and able to make decisions for themselves.
- In practice: Capacity to consent can be influenced by things like alcohol and drugs, being unwell, not speaking the same language, and experiencing certain disabilities. The law also outlines age requirements for capacity to consent. In all cases where someone's ability to be aware and/or informed is significantly impaired, consent is not possible.

Total certainty

- Are you 100% sure the other person has consented? If not, check in.
- In practice: It can be normal to feel confused, awkward, or not totally sure if another person has consented – but this means you need to speak up. Communicating and asking questions is essential to ensure everyone is on the same page and no one gets hurt.