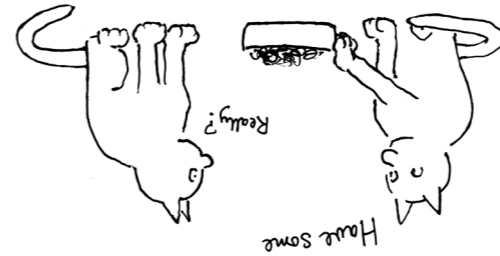




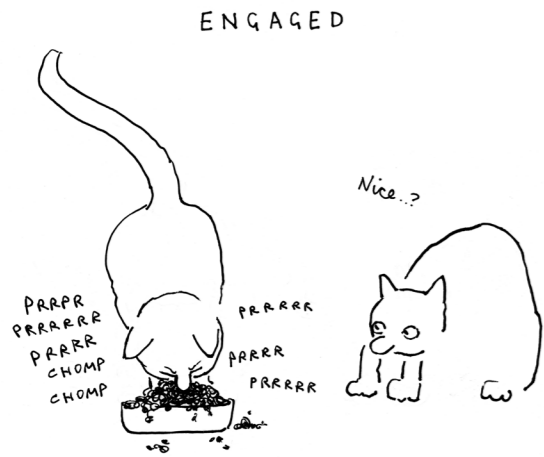
INFORMED



REVERSIBLE



FREELY GIVEN

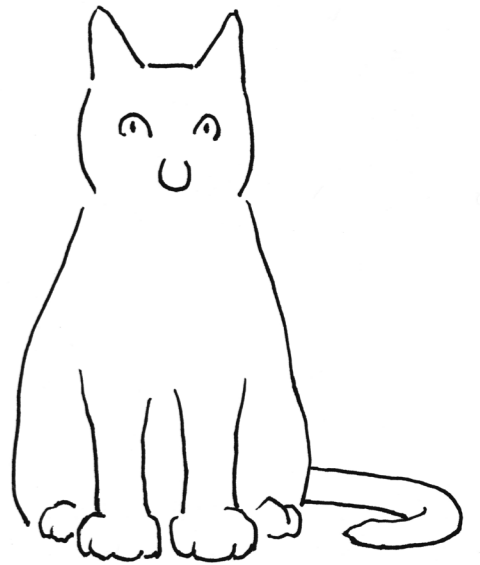


ENGAGED



SPECIFIC

CONSENT CAT



Explains FRIES

Consent can be transformative. But it's not always as simple yes or no. FRIES can help you understand if the consent you are giving or receiving is really consent.

To feel confident that consent is fully expressed, decide if all these things apply:

- Freely Given
- Reversible
- Informed
- Engaged
- Specific

But what might that look like in practice? Let Consent Cat be your guide...

FRIES is an acronym for consent, devised by Planned Parenthood - it stands for:

- Freely Given**
- Reversible**
- Informed**
- Engaged**
- Specific**

This zine was produced by Irregular Arts for the Consent Conversations project. For more consent resources, go to: www.consentculture.co.uk

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