CONSENT is FRIES

Freely given - Because it is ASKED FOR FIRST: without pressure, manipulation, force, or intoxication. And a “no” is okay.

Reversible - We can change our minds at any time, even if we’ve done something before.

Informed - Being honest and open about what you are asking consent for.

Enthusiastic - If someone isn’t really into something, it is not consent.

Specific - Saying yes to one thing doesn’t mean saying yes to any other things.

It is also CLEAR and made while CONSCIOUS!

Non-consent = bullying / harassment / violence / abuse

HARASSMENT is:

... any NON-CONSENSUAL SEXUAL ATTENTION THAT MAKES A PERSON FEEL UNSAFE, UNCOMFORTABLE, OR THREATENED*,

... PHYSICAL (unwanted touch), VERBAL (teasing, catcalling), NON-VERBAL (gestures, photos, stalking), TECHNOLOGICAL, ...

... and it is ILLEGAL.

RESPECT: PEOPLE, CONSENT, & BOUNDARIES.

* Our intentions do not matter nearly as much as our actual impact on others**.

** How do you want to affect others?
Any attempt to manipulate partner's thoughts and feelings
- Ignoring or 'silent' treatment
- Victim blaming
- Setting unattainable standards
- Brainwashing
- Mind games
- Jealousy

Any attempt to cause bodily harm to partner
- Hitting
- Punching
- Hair pulling
- Grabbing
- Pushing
- Shoving
- Tripping
- Kicking
- Choking

Any attempt to use authority to control partner
- Going out with friends but not allowing partner
- Making all of the decisions
- Dictating rules: "I run this" or "I'm in charge"

Any attempt to destroy or alter personal belongings
- Breaking or throwing objects
- Vandalism
- Ruining pictures, gifts, clothes or letters

Any attempt to use looks, actions, tones or expressions to scare partner
- Invading personal space
- Constant contact (calls, texts, internet)
- Possessiveness
- Threats
- Stalking

Any attempted to limit partner's free will
- Restriction of: clothing, friends, activities, family time or events
- Resulting in: isolation, depression, change in lifestyle

Any attempt to limit partner's freedom
- Restriction of: clothing, friends, activities, family time or events
- Resulting in: isolation, depression, change in lifestyle

Power and Control Wheel

Emotional Abuse
- Verbal Abuse
- Physical Abuse
- Sexual Abuse
- Abuse of Authority
- Restriction of Freedom

Power and Control

Intimidation

Destruction of Personal Property

Sexual Abuse

Abuse of Authority

Physical Abuse

Verbal Abuse

Emotional Abuse

Shared Responsibility
- making decisions together
- splitting or alternating the costs on dates
- doing things for each other
- going places you both enjoy
- giving as much as you receive

Respect
- paying attention to your partner - even when your friends are around
- valuing your partner's opinion even if it differs from yours
- listening to what your partner has to say

Physical Affection
- holding hands
- hugging
- kissing
- sitting or standing with your arm on your partner's shoulder
- respecting each other's right to say no
- asking before acting

Intimacy
- respecting your partner's boundaries
- respecting each other's privacy
- not pressuring your partner
- being faithful

Open Communication
- being able to express your feelings or opinions
- knowing it's okay to disagree
- saying what you mean and meaning what you say

Honesty & Responsibility
- not making excuses for your partner's or for your own actions
- admitting when you are wrong
- keeping your word
- not cancelling plans

Trust & Support
- being supportive
- wanting the best for your partner
- knowing your partner likes you
- offering encouragement when necessary
- being okay with your partner having different friends

Teens Experiencing Abusive Relationships (TEAR)
www.teensagainstabuse.org

Equality Wheel