

Safety and FRIES: Preventing Exploitation by Understanding Consent

Consent is always...

Freely given	A choice made without pressure, manipulation, or influence of power.
Reversible	Anyone can change their mind at any time, for any reason.
Informed	Everyone involved has all the information they need to make a decision.
Enthusiastic	Consent should come from a place of genuine excitement and willingness.
Specific	Saying yes to one thing does not mean saying yes to everything.



Boundaries

What are some messages you've heard (from family, media, religion, culture, or community) about:

- Consent?
- Fitting in and being successful?
- Love, dating, or marriage?

How do these messages impact how people set or respect boundaries?

(Think about gender, culture, expectations, or age dynamics.)

Why might it be harder for some people to say no or speak up about their boundaries?

(Consider things like race, immigration status, family pressure, or past experiences.)

Our Lives Online

What does consent look like in online spaces (like texting, DMs, or video chats)? How is it different from in person?

(Consider things like privacy, sending/accepting DMs, sharing photos, etc.)

Have you ever felt like your boundaries were crossed online? How did you respond—or how would you like to respond next time?

Reflections on Consent

Which part of FRIES do you think gets ignored or misunderstood the most? Why?

How might understanding FRIES help someone recognize grooming or coercion early?

How can you make sure all parts of FRIES are respected before giving or receiving consent? Do you think this looks different in romantic vs. non-romantic situations? Or when you're online vs. in person? Why or why not?