



♥ My Crush



F

Freely Given

Consent is a choice that you make without pressure or manipulation.

L

Limited and Specific

Saying yes to one thing (like going to the bedroom) does not mean that you agreed to have sex.

I

Informed

You can only consent to something you understand e.g. if you agree to use contraception and then they don't - this isn't full consent.

R

Revokable

You can withdraw your consent at any time. Anyone can change their mind!

T

Time Bound

When it comes to non-physical sexual contact like sharing images or sexting, you can withdraw consent at a later date - e.g. if a relationship ends you can withdraw your consent for a person to keep your images.