

Understanding and Navigating Consent

Healthy Consent Contains the Following Elements:

Consent is Confirming

This is the expression of an energetic 'Yes', not the absence of a 'No'.

Consent is Informed

There has been a discussion of any pertinent risks or boundaries that are present and the solutions agree upon to manage these.

Consent is Competent

There is no question of the unfettered ability, knowledge, judgment, or skill to give consent.

Consent is Specific

There is clarity around what the consent includes as well as what it excludes.

Consent is Unpressured

There should be no persuasion, manipulation, intimidation or coercive pressure present, either positively or negatively, spoken or unspoken.

Consent is Ongoing

Consent is allowed to change. Frequent check-in's give opportunity for a 'Yes' to change to a 'No'. As well as the possibility of a 'No' to a 'Yes'.

Consent requires respecting other's autonomy and honoring their desires. It requires humble curiosity about this person and valuing what they desire out of life.

Consent is Complete when the Following are Felt:

Sense of Safety

Both people can rest in the fact that their request and boundaries will be respected, and that the other will speak up if things change.

Sense of Empowering

Respecting someone's autonomy and having a conversation on how to honor it, allows them to feel like they can be authentic. This can create a deeper connection.

Sense of Value

When we honor others' consent, we make it obvious that we value them as equals and co-creators of something special.

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