



Sexual Consent—What Is It?

Consent is a voluntary and active agreement between people as related to intimate physical contact. In New York state the age of consent is 17. This means that anyone aged 16 and under cannot provide legal consent to sexual activity. Consent includes five criteria that can be easily remembered with the acronym FRIES. Consent includes all of the **FRIES** criteria every time persons engage in sexual activity.

Consent is...

- **F**reely Given (or voluntary). Consent must be given without coercion, bullying, threats, influence, incapacitation, or intimidation.
- **R**eversible. Consent can be denied at any time, with anyone, and for any reason.
- **I**nformed. This means that the persons giving consent are aware of what they are agreeing to and understand the consequences of what they are agreeing to.
- **E**nthusiastic or, in other words, consent is affirmative. A lack of 'no' does not mean 'yes'.
- **S**pecific—the who, what, when, where, why, and how.

Educating Youth About Sexual Consent

Children can start to learn about **consent** at a very young age. Parents can teach children to respect limits and boundaries of other people—even in non-affectionate situations. For example, imagine your child and their friend are playing and the friend expresses an unwillingness to play a suggested game. Parents can teach children to respect the decision and then work to identify a activity that both children can agree to. Parents can also teach children to give and receive permission prior to engaging in affectionate acts with a family member or friend. This will help the child learn, from very early in life, that it is okay to decline and that their decision will be respected. These early life lessons will help to lay a healthy foundation for understanding sexual consent.

For teens, it is important for parents to talk with males and females about what **consent IS** and what **consent IS NOT**. Parents need to educate their children on how to give consent and how to respond when consent is not given. There are a variety of **consent** related videos online that can help guide parent and youth conversations about sexual consent.

Click below for videos, activities, and resources for teaching youth about sexual consent.

<https://www.safesecurekids.org/teaching-consent>

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<http://www.teachconsent.org/>

Upcoming Events

| Date/Time | Topic | Link |
|--------------------------------------|---|---|
| Thursday, April 15 7:00pm-7:45pm | Mindfulness Stress Reduction Series | https://parentnetworkwny.org/event/mindfulness-stress-reduction-series-3/ |
| Saturday, April 17 8:45am-12:45pm | Putting the Pieces Together: A Biomedical Approach to ASD | https://autism-services-inc.org/resources/semi-annual-workshops/ |
| Tuesday, April 27 6:00pm-7:30pm | Bullying & Promoting Well-Being for Students with Disabilities | https://parentnetworkwny.org/event/bullying-promoting-well-being-for-students-with-disabilities/ |



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