A component of human sexuality which is like driving a car is the concept of sexual consent. Once a person understands it seems very straightforward but it can be difficult to know what it is when learning and thus application is difficult.

I provide a variety of established models of consent which break the parts down for students. My current favourite is the FRIES model from Planned Parenthood.

FRIES is an acronym which refers the components of affirmative consent. F for Freely given, R for Revokable, I for Informed, E for Enthusiastic and S for Specific. I use case studies that isolate these to explain them further and then bring them together to apply them.