

# Consent is...

## Free and voluntary

Without pressure, coercion or harm. Making decisions because you want to.

## Informed and specific

Understanding what is happening and what is being agreed to. Every time for every thing.

## Coherent

Awake and with capacity to understand and consent.

## Mutual

A shared process and having an equal say.

## Reversible

Can be withdrawn at any point for any reason.

## Certain and clear

Confident, affirmative 'yes'. Paying attention to verbal and non verbal communication.



WOMEN'S HEALTH  
IN THE NORTH  
voice • choice • power



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