

# Talking About Sex with Teens: The FRIES Method of Consent

The FRIES model explains true consent for kids of all ages.

**For any physical or sexual interaction to be consensual, it must be:**

## **F - Freely Given**

- Consent should never be forced, pressured, or coerced.
- Saying yes should come from comfort, not fear, guilt, or pressure.

**Teach kids: If someone feels pressured, it is not consent.**

## **R - Reversible (or Revocable)**

- Anyone can change their mind at any time.

**Teach kids: “No” always means no, even if things already started.**

## **I - Informed**

- Everyone involved should understand what is happening and any risks involved.
- This includes conversations about STD status and birth control.

**Teach kids: You can not truly consent if you do not know the full picture.**

## **E - Enthusiastic**

- Consent should be a clear, excited yes. Silence, hesitation, or “maybe” is not consent. If it does not feel enthusiastic, it should be treated as a no.

**Teach kids: A hesitant yes is not the same as a real yes.**

## **S - Specific**

- Consent for one activity does not mean permission for everything. Each new level of physical interaction requires its own agreement.

**Teach kids: Consent must be given each time and for each activity.**

These conversations do not have to be perfect, they just need to happen. Teaching consent is not about encouraging sex, it is about teaching safety, respect, and self-worth.

**To learn more, access podcasts with Emerson Health pediatric experts:  
[Emersonhealth.org/conversations](https://emersonhealth.org/conversations)**