

The consent continuum

Consent

Consent means that you have both freely given permission to the other person to engage in this specific activity together, you are free to change your mind if you wish, you have full awareness of the risks, benefits and potential consequences, and you feel good about doing this specific activity.

Compliance

Compliance means that you are only doing something because you feel like you 'should', in order not to disappoint them, or in order for someone else to like you.

Pressure

Pressure means that you are reluctantly only doing something out of a sense of duty, or because someone keeps asking you, bribing you, or making you feel guilty or ashamed if you don't do it.

Coercion

Coercion means doing something because someone is threatening you with physical harm, or even blackmailing you.

Force

Force means that someone is using violence, or physically overpowering you, in order to get you to do something.

