



BROWN

BWell Health Promotion

# CREATING A CULTURE OF CONSENT

Fall 2025



[go.brown.edu/COC](https://go.brown.edu/COC)

## ELEMENTS OF CONSENT: "FRIES"

Adapted from Planned Parenthood's "Consent Fries"

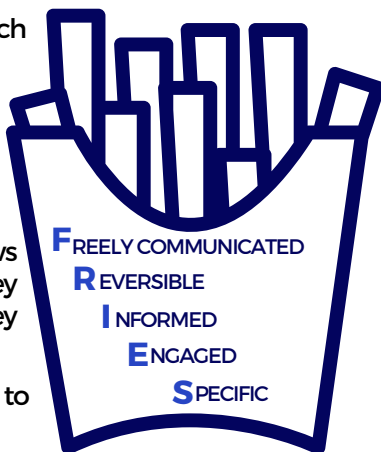
**FREELY COMMUNICATED:** Each person is equally free to act without coercion, or pressure.

**REVERSIBLE:** Each person is free to change their mind at any time.

**INFORMED:** Each person knows all of the aspects of what they are agreeing to do before they consent to it.

**ENGAGED:** Each person needs to be fully conscious, aware, and participating. This requires that each person's awareness is not incapacitated by substances - drugs, alcohol or prescription medications.

**SPECIFIC:** Each person communicates clearly about what they are asking for or what they would like and then does only what has been communicated about and consented to. [tinyurl.com/BrownFRIES](https://tinyurl.com/BrownFRIES)



Video Overview



## WAYS TO COMMUNICATE ABOUT CONSENT DURING SEXUAL ACTIVITY

I really like when you touch me here.

I'm on the pill, but I also like to use condoms. Do you have one?

You seem quiet. Do you want to stop?

Are there things you know you don't want to do? For me, I don't like ...

I liked when you were on top the other night. Are you up for that again?

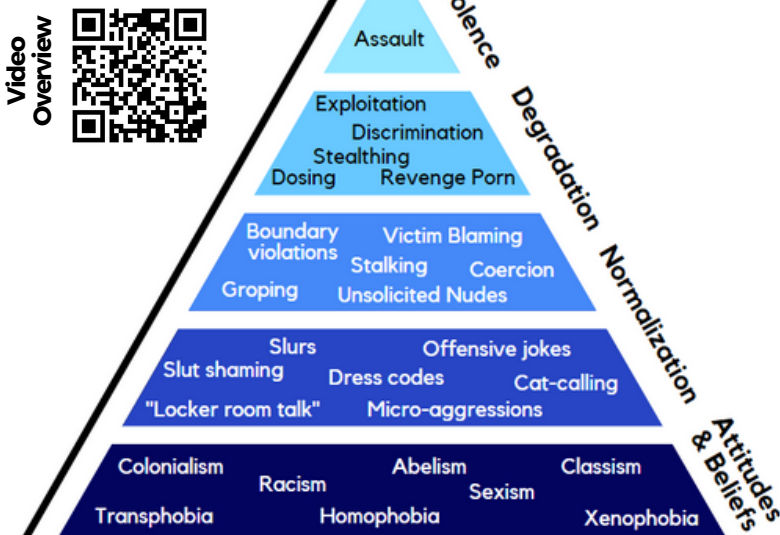
Are you comfortable?

What turns you on?

## THE PYRAMID OF HARM

Adapted from 11th Principle: Consent!

[tinyurl.com/BrownPofH](https://tinyurl.com/BrownPofH)



THESE ARE NOT ISOLATED INCIDENTS. THIS IS SYSTEMATIC. THE ATTITUDES AND ACTIONS ON THE BOTTOM TIERS REINFORCE, ENABLE AND EXCUSE THOSE HIGHER UP.

This pyramid does not rank harm. Instead it moves from more prevalent behaviors and attitudes up to less prevalent forms of harm.

## SEE SOMETHING CONCERNING? USE THE 5 D'S TO INTERVENE.

### DISTRACT:

Take an indirect approach. Draw attention to something else. Example: "Hey! Aren't you in my ECON class?"

### DIRECT \* :

Confront the situation. Be firm, clear, and concise. Example: "They're clearly uncomfortable. Please leave them alone."

### DELEGATE:

Seek help from another person. Example: "I saw someone harassing \_\_\_\_\_. You're their friend right? Can you help?"

### DOCUMENT \* :

Document the incident. Keep a safe distance, record date and time, who is present, film or screenshot incident and/or landmarks. \*\*

### DELAY \* :

Check in with the person being harmed later. Use the support skills on the other side of this sheet.

\* If it's safe to do so. \*\* Always ask the person who was harmed what they want to do with any documentation. Never share it without their consent.

## SUPPORTING SURVIVORS

- **Validate how they feel.** People react to trauma in many different ways. Listen to them and mirror the language they use.
- **No judgement, no blame.** Allow them to heal in their own way. Let them know what happened to them is not their fault.
- **Provide resources.** You can draw from the resources presented below or access the survivor resource guide at [go.brown.edu/resourceguide](http://go.brown.edu/resourceguide).
- **Don't tell them what they should do.** A survivor has already had their power and agency taken away. Telling them what to do continues this disempowerment.
- **Avoid asking for details.** This may indicate to a survivor that you don't believe them, or could be upsetting or triggering for them.
- **Consider safety.** Avoid confronting an offender. This could put you in danger and could lead to repercussions for the survivor.
- **Believe in their ability to heal.** Healing is possible, it's happening for survivors every day. Keep that in mind for yourself and as you support others.
- **Take care of yourself.** It's normal to feel angry, sad or powerless, but it's important not to process your own emotions about the experience with the survivor. The resources on this handout are for friends and family members as well as survivors.

Visit the Survivor Resource Guide to learn more about the support resources and reporting options for students who have experienced sexual or gender-based harm.

[go.brown.edu/resourceguide](http://go.brown.edu/resourceguide) (Login with Brown Credentials)



### WHAT IF I NEED HELP AFTER EXPERIENCING HARM?

Any Brown student is able to access confidential support through our BWell SHARE Advocates. Our advocates offer on-campus support pertaining to experiences of sexual and/or gender-based harassment, domestic/dating violence, sexual assault, relational abuse, and stalking.

Students can seek help for recent experiences as well as those from the past. SHARE Advocates also provide support to friends who are trying to help a peer who is struggling. For an appointment with a SHARE Advocate, call (401) 863-2794

**FOR IMMEDIATE HELP, CALL THE  
SEXUAL ASSAULT RESPONSE LINE:  
(401) 863-6000**

If you or a friend need urgent help, call the Sexual Assault Response Line (available 24/7). A sexual assault crisis counselor will guide you through your options for seeking medical attention, reporting the incident, and safety planning.

### RESOURCES

#### CONFIDENTIAL ON-CAMPUS RESOURCES:

<b>BWell SHARE Advocates</b>	<b>(401) 863-2794</b>
<b>Student Health Services</b>	<b>(401) 863-3953</b>
<b>CAPS (Counseling)</b>	<b>(401) 863-3476</b>
<b>Chaplains Office</b>	<b>(401) 863-2344</b>

#### NON-CONFIDENTIAL ON-CAMPUS RESOURCES:

<b>Title IX and Gender Equity Office</b>	<b>(401) 863-2026</b>
<b>Student Support Deans</b>	<b>(401) 863-3145</b>
<b>Department of Public Safety</b>	
<b>Emergency</b>	<b>(401) 863-4111</b>
<b>Non-Emergency</b>	<b>(401) 863-3322</b>

#### OFF-CAMPUS RESOURCES:

<b>Day One* 24/7 Hotline</b>	<b>(800) 494-8100</b>
<b>RAINN** 24/7 Live Chat Hotline</b>	<b>www.rainn.org</b>
<b>Crisis Text Line**</b>	<b>Text HOME to 741741</b>

\* RI sexual abuse and violence organization

\*\* National organizations