

## F.R.I.E.S.: A Guide to Enthusiastic Consent

With Mels Felton and Whitney Doyle

APRIL Conference 2022

### Who we are: Mels Felton

Mels Felton (pronouns they/them) is a disability advocate based out of Spokane, Washington. Graduating cum laude from Eastern Washington University in 2018, they began their work in the Independent Living Movement two days after graduation. In the four years since then, Mels has worked with multiple disability organization, fighting for equity, inclusion, and disability justice. As a disabled person, Mels spends their time advocating for community inclusion for all disabled people, believing firmly that there should be "nothing about us without us." Outside of fighting for disability justice and the abolition of institutions, Mels is gardening with their spouse, training their service dog, or cuddling with their cats.

### Who we are: Whitney Doyle

Whitney Doyle (pronouns she/her) is the Executive Director for the Florida Alliance for Assistive Services and Technology (FAAST). Her drive for transparency and equality has led to expanded outreach of FAAST services in every county in Florida. Whitney began her career with a Bachelors of Applied Science in Orthotics and Prosthetics from St. Petersburg College and became a Certified Prosthetist in 2015. Seeking a transition away from patient care, Whitney began working on projects that aligned with her passion for equitable access. Whitney serves on the Board of Directors for the Association of Programs for Rural Independent Living, the Commission on Rehabilitation Counselor Certification, and the Florida Independent Living Council. She is also a longtime volunteer with the Florida Youth Leadership Forum and has a Master's Degree in Nonprofit Management from the University of Central Florida. Whitney is a proud eighth generation Floridian and lives in Tallahassee with her husband, Tyler.

### Agenda

- Why are we talking about this?
- Getting Comfortable
- What is consent?
- What does and doesn't consent look like?
- Overview of F.R.I.E.S.
- Questions

### Why are we talking about this?

- Individuals with disabilities have a higher likelihood of
  - Being removed from sex education courses
  - Experiencing sexual assault
  - Not receiving comprehensive sex education that is disability informed

- Sex is an Independent Living Skill

## What is consent?

- Consent is when permission is given to for something to happen
- When in relation to sex, consent is permission given to participate in sexual activities
- Summed up, consent is about effective communication between all partners

## Consent doesn't look like:

- Forced
- Unsure
- Disengaged
- Clothing Choice
- Assuming
- Scared

## F.R.I.E.S. Stands for:

- Freely Given
- Reversible
- Informed
- Enthusiastic
- Specific

Freely Given

Reversible

Informed

Enthusiastic

Specific

Questions?