



FRIES Bracelets

- Recommended Ages: 10+
- Materials Needed: assortment of beads, alphabet beads, string/wire, scissors

Objectives

- Engage in a conversation about consent
- Understand the key aspects of consent through FRIES
- Use creativity to explore topics around consent

Summary

This activity was designed for parents or caregivers to do with children. However, it can be used by any one and the instructions can be modified. We do encourage that the activity be done with more than one person so that both people are able to have a conversation about consent.

FRIES is an acronym that is used to describe the different aspects of consent. During this activity, participants will create FRIES bracelets. Throughout, there are also tips for how to carry out conversations on consent and FRIES.

Step by Step Photos

Steps

Instruction



Step 1

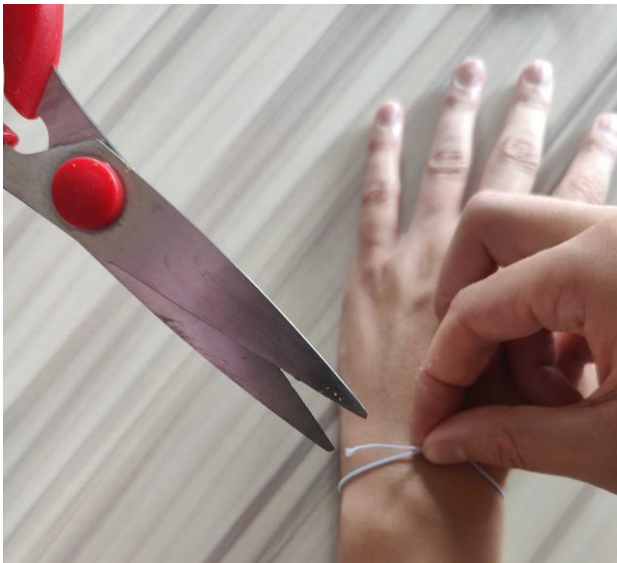
Lay out all the materials.

Before beginning, it is important to let the child or other person know that this activity will be focused on consent.

Conversation starters:

- What is consent?
- Why is consent important?
- How can we practice consent in our everyday lives? (*Example: Ask them if they would like a high five?*)

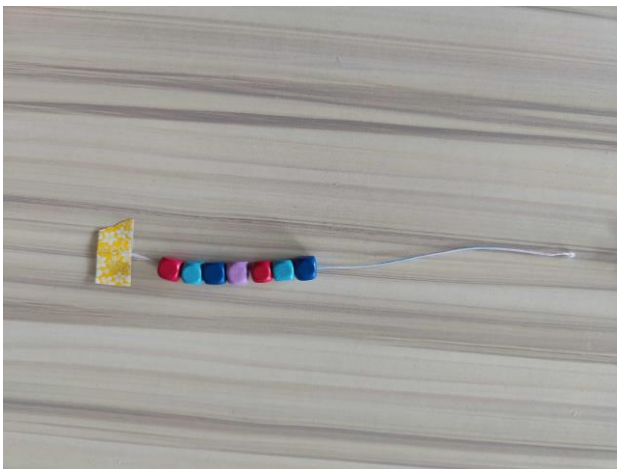
Fact: Consent is when someone gives their permission to participate in an activity. It is an 'enthusiastic yes' and doesn't need to be only for a sexual activity. Consent is important because it shows we respect the other person and their boundaries. We use consent all the time in our everyday lives.



Step 2

Wrap the string around the child's wrist and add an extra two inches for the bracelet length. Cut the string.

Tape one half of the string to a solid surface.



Step 3

Let the child choose the beads they would like to add except the alphabet beads.

Add beads to the string. Stop once the beads have reached the halfway mark on the string.



Step 4

Add the 'F' bead to the bracelet.

Conversation Starters:

- **Explain:** 'F' stands for 'Freely Given'. 'Freely Given' means someone agrees to do something by their own free will. Not through the use of threats or force.
- **Ask:** What kinds of threats or force could someone use to make someone do something they don't want to do?

Fact: Most sexual violence uses very little physical force. More often coercion takes place where a person may use threats, bribes, guilt tripping, or blackmail to make someone do something they do not want to do.

Step 5

Add the 'R' bead to the bracelet.

Conversation Starters:

- **Explain:** 'R' stands for 'Reversible'. 'Reversible' means that if someone says 'yes' to something, they can always take that consent back later on.
- **Ask:** What are some examples of why someone might change their mind after they have said 'yes'?
- **Ask:** Why is it important that we respect when someone changes their mind?

Fact: People can reverse their consent even during an activity.

Step 6

Add the 'I' bead to the bracelet.

Conversation Starters:

- **Explain:** 'I' stands for 'Informed'. 'Informed' means that the person knows all the risks and benefits of what they are agreeing to.
- **Ask:** Why do you think it is important for someone to know all the details of what they are agreeing to?



Step 7

Add the 'E' bead to the bracelet.

Conversation Starters:

- **Explain:** 'E' stands for 'Enthusiastic'. This means both people are excited to do the activity.
- **Ask:** How can we tell if someone is excited about an activity? How might they show it through their body language?
- **Ask:** How can we tell if someone is not excited about an activity through their body language?



Step 8

Add the 'S' bead to the bracelet.

Conversation Starters:

- **Explain:** 'S' stands for specific. 'Specific' means saying 'yes' to one thing is not saying 'yes' to other activities. (E.g. If you have consented to a hug, you have not consented to a kiss)



Step 9

Add the rest of the beads to the other half of the bracelet.

Remove the tape from the top of the bracelet.



Step 10

Tie a knot with the two ends of the bracelet.

End the activity with a discussion of what you learned about consent.

Conversation Starters:

- What did you learn throughout this activity?
- What does FRIES stand for?
- Why is it important to learn about FRIES and use it?

Parent Notes

Using consent in our everyday lives and with sexual activities, shows that we respect the boundaries of the people around us. It is important that we always check in with the other person if we are unsure of someone's consent.

Below are some additional resources on consent:

- <https://www.plannedparenthooddirect.org/article/what-consent>
- <https://teachingsexualhealth.ca/parents/information-by-topic/understanding-consent/>
- <https://www.youtube.com/watch?v=fGoWLWS4-kU>

Reflection

How did this activity impact you? What were some of the things you learned?

If you did this activity again, what would you change or do differently?

What are your next steps to build on or act on what you learned through this activity?