# **Relational Consent**

## Consent

### Agreement

(external expression – voice, actions, behaviors)

Agreement without Knowledge includes
Deception

Gaslighting

Honesty,
Respect,
Empathy,
Autonomy,
Boundaries,
Attentive

# **Knowledge**

(aware of risks, benefits, and consequences)

Knowledge without
Agreement includes 
Coercion,
Compliance,
Manipulation,
Gaslighting

#### **Violations**

Listening

Verbal, Emotional, or Psychological Assault

Areas of Violations May Include: Personal Space, Boundaries, Mental Health, Emotional Safety, Autonomy

NorthS\*ar

Relational Consultants

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