



LESSON C • STRONGEST VOICE • CARD SET

FRIES CARDS — SET OF 5

An everyday consent check: if one ingredient is missing, the yes isn't real. Cut the cards apart.

F

FREELY GIVEN

No pressure, no guilt, no tricks.

MISSING WHEN...

"If you were really my friend, you'd tell me."

R

REVERSIBLE

You can change your mind any time.

MISSING WHEN...

You shared your location, changed your mind — and they say it's too late.

I

INFORMED

You know what you're agreeing to.

MISSING WHEN...

Someone says "just sign up" without telling you what it is.

E

ENTHUSIASTIC

You actually want to — an excited yes, not a quiet maybe.

MISSING WHEN...

A friend posts your photo after you said "maybe."

S

SPECIFIC

Yes to one thing is not yes to everything.

MISSING WHEN...

You said yes to one group chat — they add you to five.

FRIES

EVERYDAY CONSENT CHECK

Use for: secrets, photos, sharing personal info, late invites.

One ingredient missing = the yes isn't real.

● HEARING A NO IS A SKILL TOO

A green-light reply to a no or a changed mind: **"Okay — thanks for telling me."** Guilt for changing your mind is a red flag.