



feedists for fat liberation

Consent Example

Consent is all about boundaries. Some people may find it awkward or believe it may ruin the mood to lay down boundaries before or during a scene, but doing so will help make things safer and easier in the long run. Consent doesn't have to be a clinical thing that ruins the mood, but is an easy tool that you can use conversationally either before or during a scene.

For example:

Giving Consent

- “If you wanted to grab my belly a little forcefully while you were feeding me, that would be okay.”
- “You can be a bit rougher with me when I feed you, I don't mind.”

Asking For Consent

- “Can I straddle you?”
- “Is it okay if I keep feeding you, or do you need to take a break?”

Denying Consent

- “Sorry, I'd rather you not call me [x,y,z].”
- “Actually, I think I would prefer to not be touched there.”

Before starting a scene or stuffing session, it may be helpful to ask yourself these questions:

- What are your boundaries for a stuffing scene?
- Would you like to be pushed to eat more or would you like your appetite respected?
- What are your boundaries for gaining?
- Do you have an upper limit of how much you'd like to gain?
- How flexible is that limit?
- Would you like support from a feeder to help you stay within those limits?
- How do you wish to negotiate these boundaries?