



D.U.L.C.E.[®]: Our New Spanish-Language Tool for Talking About Consent

Safe+Sound Somerset staff have created a new Spanish-language tool that makes it easier to talk about consent.

Consent, or permission, is an agreement between two people. While a “Yes” or “No” may seem straight forward when it comes to two people agreeing on sexual activity, Safe+Sound Somerset receives many questions from community members trying to determine if a “Yes” is a *real* “Yes.”

Our staff have used the F.R.I.E.S. tool in education and outreach for several years as a foundation for conversations about consensual activity. F.R.I.E.S. outlines characteristics and conditions of true consent that need to be met every single time someone engages in sexual activity, making it easier for community members to tell the difference between consensual sex and sexual assault. Safe+Sound Somerset uses the following version of F.R.I.E.S, adapted from the original tool at www.plannedparenthood.org:

- **F**reely given – No undue pressure, threats, or manipulation
- **R**eversible – Able to change your mind at any time
- **I**nformed – There are no tricks, and everyone understands what they are agreeing to
- **E**veryone agrees – Everyone is of-age, sober, and awake and is on the same page
- **S**pecific – Consent is asked for and given for every action, every time

As staff spoke with Spanish-language community members, they found that it hard to adapt F.R.I.E.S. to Spanish in a way that was intuitive and easy-to-remember. Most of the existing tools in Spanish were direct translations of F.R.I.E.S., which meant that they were losing the effective acronym available to English-language speakers.

Safe+Sound Somerset uses **transcreation** in its approach to creating Spanish-language materials. We focus on creating new materials that portray similar meaning, tone, and emotion in another language to the originals, instead of translating pieces word for word and sentence for sentence with the risk of compromised meaning. We knew that instead of simply translating F.R.I.E.S. into another language, we needed to transcreate a new tool to facilitate conversations about consent within Spanish-speaking communities and increase access to care.

Dr. Ana Diaz Lopez, Safe+Sound Somerset Vice President of Programs, and Victor Peralta, Outreach and Community Engagement Manager, collaborated to create D.U.L.C.E., a new Spanish-language tool outlining the characteristics of consensual sexual activity as follows:

- **Dado** - Por todos, sin presión, culpa o fuerza
- **Unico** - Tu puedes elegir cambiar de opinión en cualquier momento y por cualquier motivo
- **Libre y accesible** - Se da sin trucos, cada uno sabe lo que esta sucediendo
- **Claro** - Confirmamos que todos están de acuerdo
- **Especifico** - Lo damos cada vez y lo pedimos, para cada situación

Dr. Diaz Lopez reflected on the collaborative transcreation of the D.U.L.C.E. tool, “When transcreating F.R.I.E.S. into Spanish it was important to go beyond language to capture not only the message but also the ‘feel’ of the tool. Successful transcreation evokes the same emotional responses and connections in the target language. We knew that to create the same culturally relevant emotional connection we had to recreate F.R.I.E.S. in a way that spoke to and reflected the values, culture, and experiences of our Spanish speaking community and partners”.

This collaborative transcreation process assured that D.U.L.C.E. would resonate with community members. As a result, the reception to this tool has been overwhelmingly positive. Safe+Sound Somerset partners, including EmPOWER Somerset and several school districts, have started using D.U.L.C.E. in their discussions about consent with Spanish-language speakers, reporting that it has helped to facilitate new and exciting conversations about consent.

Safe+Sound Somerset staff have also seen the positive impact of incorporating D.U.L.C.E. into our existing programs. Mr. Peralta has led several education and prevention programs in Spanish for both teens and adults and seen an increase in quantity and quality of engagement with Spanish-speaking community members since the introduction of D.U.L.C.E. Program participants find it easier to engage with the topic when they have a specific tool versus using simple translation. One parent shared after a workshop about teen dating violence that she was happy to have the information for herself and for her teen. This parent shared the D.U.L.C.E. flyer with her friends and family members because she had not seen the topic of consent covered so effectively before.

This culturally specific tool promotes health equity and increases access to care. When community members see the D.U.L.C.E. flyer at community events and fairs, they are more likely to engage with the Safe+Sound Somerset representative after recognizing the organization’s dedication to meeting the specific needs of Spanish-speaking community members. “The Spanish-speaking community members feel that our organization cares about them,” Mr. Peralta shares of the meaningful impact of the D.U.L.C.E. tool.

Safe+Sound Somerset is excited to see how D.U.L.C.E. has already begun to reshape conversations about consent, and we look forward to using this tool in even more settings throughout Somerset County and beyond.

To view our [D.U.L.C.E.](#)[®] and [F.R.I.E.S.](#) posters, please visit Safe+Sound Somerset's Learning Center at www.safe-sound.org.

Safe+Sound Somerset provides free and compassionate services to people impacted by domestic, dating, and sexual violence. If you need information or help, call or text our confidential 24/7 helpline at 866-685-1122.

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