



CONSENT AND RESPECTING BOUNDARIES

Monday 18th March 2024



What does consent mean?

To give
permission

Saying yes
to something

To be
allowed to
do something



What does consent sound like?

Yes!

Of course!

I'll allow that.

You may.

Okay that's fine.

Reading body language is important too.





When do we need to ask for consent?

To borrow something

To go somewhere

To check we're allowed to do something

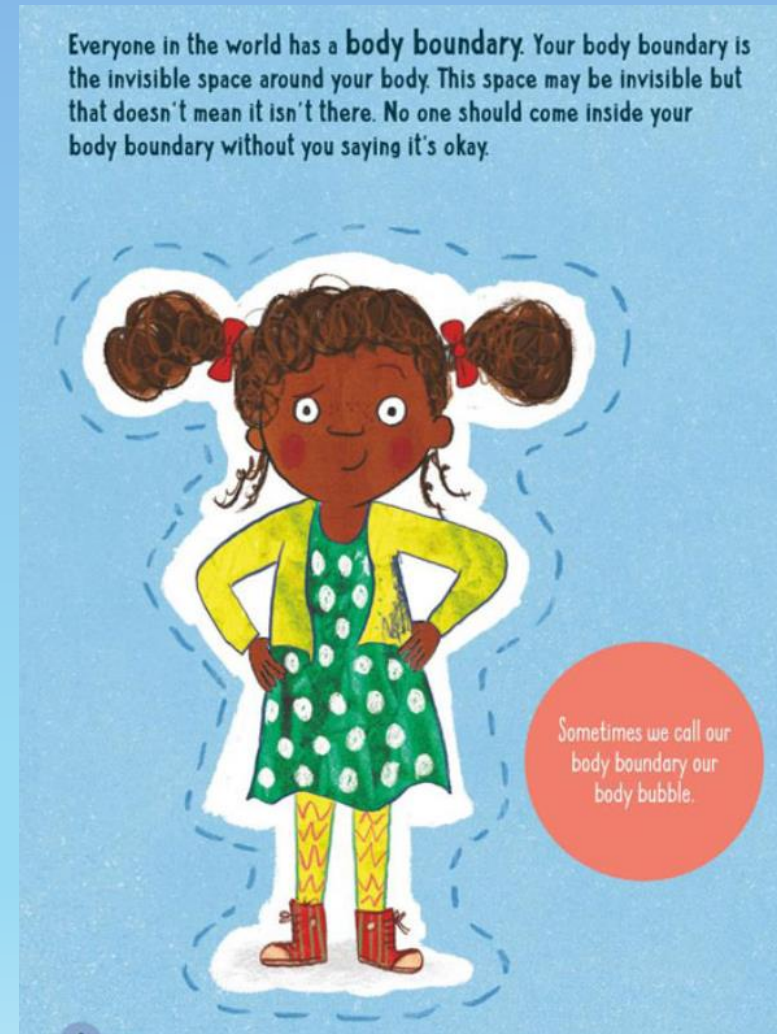
To hug someone

To touch someone

Everyone has a body boundary

Your body belongs to you and you are the boss of it.

No-one should come inside your body boundary unless you give consent and say it's okay.



YOU CAN SAY NO.

What if...?

No thank you

I don't want to thanks

Nah I'm good right now

Maybe another time

A friend tells you they like your hair and ask to touch it.



You are waiting in line, and your friend hugs you from behind.



You are wearing a new shirt with shiny sequins. Lots of friends begin reaching out to touch your shirt.



You are playing with a close family friend. They put their hands on your chest and belly.



Remember...



The Boundaries Song

Song by Bee Herbstman



The Boundaries Song - "That's a Boundary." - YouTube

[https://www.youtube.com > watch](https://www.youtube.com/watch)



Good people and friends respect your boundaries.

And you should respect yours too.