

Teaching CONSENT



The Basics of Consent

Consent is all about setting boundaries, making decisions, asking for permission, and responding gracefully when someone says "no." These topics should be the main points of teaching consent.

Consent is Not Just About Sex

In simple terms, consent just means giving someone a choice about any kind of physical touch or actions and respecting their answer. This can also be framed as "asking for permission." Teaching young people about consent from a young age can help them understand setting boundaries and respecting boundaries with partners when they are older.

Kids who understand consent...

- Can confidently make decisions about their own bodies.
- Know how to talk to trusted adults.
- Value the importance of respecting and setting boundaries.
- Know that they have a voice and that it matters.



Consent Teaching Points

- No one can touch you without your permission.
- Saying no to someone is **NOT RUDE**.
- You always have to ask for permission and respect the answer.
- You can show your friends that you care about them by respecting their boundaries.
- Only you get to decide what happens to your body. It belongs to you!

Modeling Consent

- It's okay if you don't want a goodbye hug from grandma.
- Do you want a goodnight kiss, or can I give you a high five?
- Do you need a break from tag, or can I keep chasing you?
- Can I help you put on your socks?
- Do you want to play with dolls or dinosaurs?
- Can I put my arm around you?

One of the best ways to teach about consent, is to model these behaviors in your everyday life



Practice Makes Perfect

Here are examples of how to take a situation and turn it into a teachable moment.

Scenario 1: Your child comes home upset because their friend did not want to hug them goodbye after school.

Possible responses:

- "I am so proud of you for respecting your friend's boundaries."
- "I can tell you really care about your friend by the way you listened to their needs."
- "I understand why you are sad, sometimes it is hard when a friend says no."
- "What can we do to make you feel better and help your sad feelings?"



Scenario 2: A relative asks for a hug from your child, but your child refuses.

Possible responses:

- "You don't have to hug anyone that you don't want to."
- "Good job setting a boundary. I am so proud of you!"
- "It's your body and you get to say no to things you don't want to do."



**Learn more at
worldsexualhealthday.org**