

# Consent & Healthy Boundaries

**Boundaries** are your limits to what you are or are not comfortable with to keep you feeling safe, respected, and happy.

## FOR EXAMPLE:



Letting your siblings know that you can't play with them until you're done your homework.

Telling your friends that it's not okay for them to take your belongings without asking first.



**Consent** is your freedom to agree or disagree to something without pressure or feeling uncomfortable.

IT IS AN ENTHUSIASTIC

# YES

THAT YOU CAN  
CHANGE AT ANY TIME

What things do we need to give consent for?



Giving someone a hug



Sharing a photo of someone



Playing with someone's belongings



# Let's Explore!



**1. Can you draw what consent means to you?**

**2. What are your boundaries in person and online?**

- ☒ Not sharing someone's photos without permission
- ☒ Not sharing personal information (like your age, location, or gender)

**Your Answer:**

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**3. What are some things you can say to someone who is not respecting your consent and boundaries?**

- ☒ I'm not comfortable with doing that
- ☒ My parents monitor me online so I can't
- ☒ Maybe later

**Your Answer:**

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