Consent & Healthy Boundaries

Boundaries are your personal limits for what is acceptable in your relationships and interactions, in order to protect your physical, emotional, and mental well-being.

EXAMPLES OF HEALTHY BOUNDARIES



Not wanting to hug when greeting people.

Needing physical space if you are feeling frustrated.





Not being available on your phone after a certain time at night.

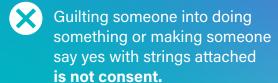
Consent is your freedom to choose your limits in what you are or are not comfortable with doing.

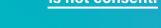


IT IS AN ENTHUSIASTIC

YES

THAT APPLIES IN PERSON AND DIGITALLY.











Q&A

Embodied Consent

is how your body tells you if it is or is not comfortable with something.

body language or sensations?
2. How do you typically communicate "no" in your body
anguage or words?
2. How do you arosto a cafe ances for compone to give consent
3. How do you create a safe space for someone to give consent

1 How would your body tell you? What are the signs from you

