## **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.

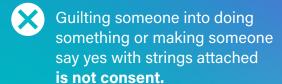
**Consent** is your freedom to choose your limits in what you are or are not comfortable with doing.



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.

oody language or sensations?	
2. How do you typically communicate "no" in your body	
language or words?	
3. How do you create a safe space for someone to give cons	ent?

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