

# 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.



Guilt-tripping someone into doing something or making someone say yes with strings attached is not consent.



A sexual interaction without consent is a sexual offense.



# Q&A

## Embodied Consent

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

**1. How would your body tell you? What are the signs from you body language or sensations?**

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**2. How do you typically communicate “no” in your body language or words?**

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**3. How do you create a safe space for someone to give consent?**

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