


# Consent and Boundaries

Understanding how consent and boundaries are an important part of healthy relationships

A decorative horizontal bar at the bottom of the slide, split into two colors: orange on the left and teal on the right.

## Activity

What does it mean to give consent?

What does consent sound like?

When do we need to ask for consent?





# Learning Intentions





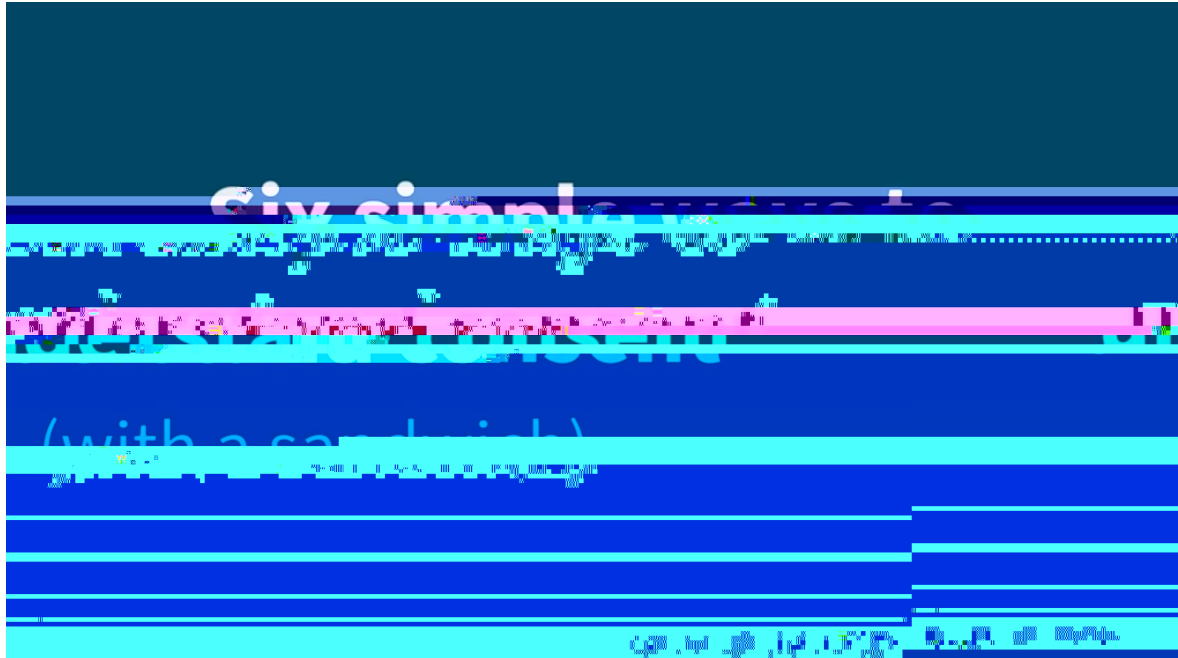


How are consent and boundaries part



# The Role of Consent in Healthy Relationships

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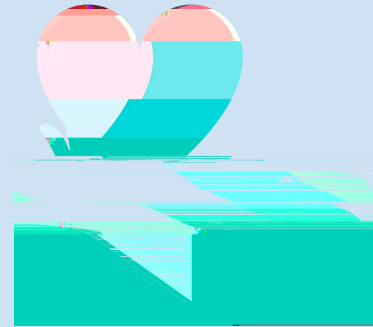
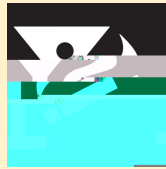
What have you learned from this video?





# What do the Laws in California Say About Consent?

Consent is defined as an



# Tips for Saying No to Sex

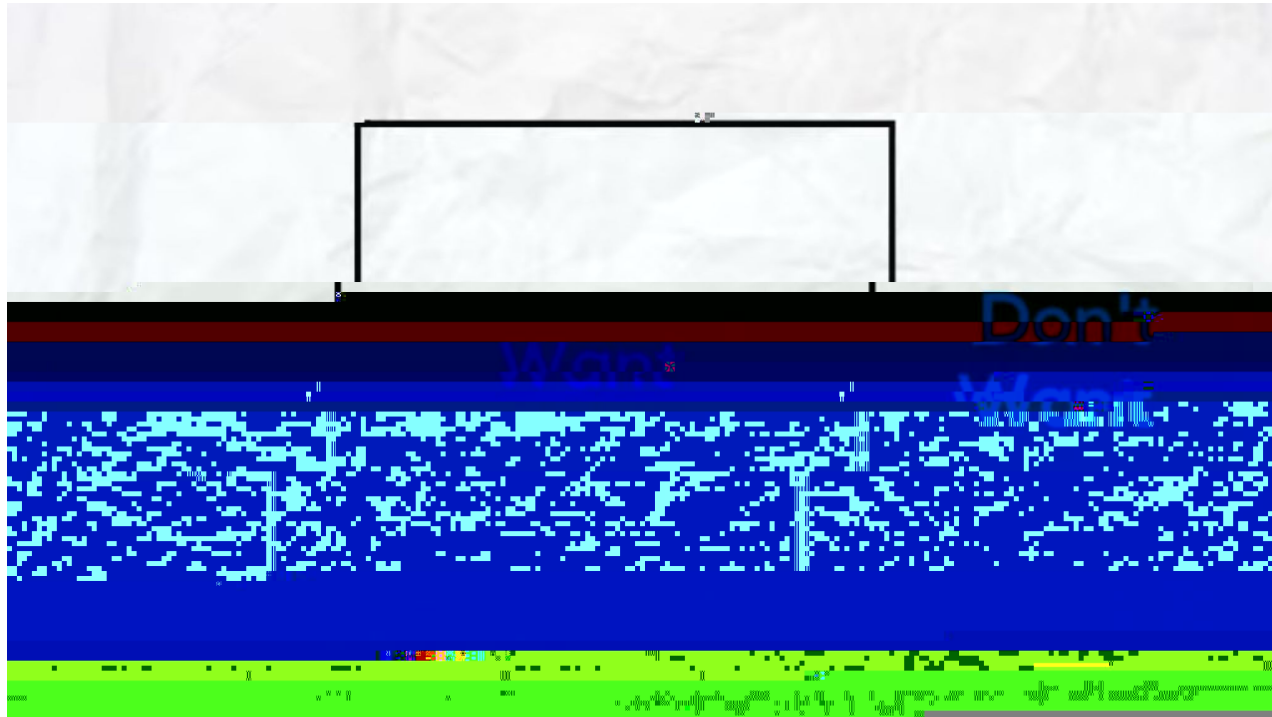
Think about what you want, and then be confident about it.

Say "NO" or "Stop" ... "NO" is a complete sentence. You don't have to say anything else.

Be clear and direct. Look them in the eyes and use a serious voice.



# What are Boundaries?



# Healthy Boundaries



## Why are Boundaries Important?

To be true to yourself  
Prevent others from taking  
advantage of or manipulating us  
Promote healthy relationships  
Allow you to speak up for yourself  
Empower us to strive for personal  
goals and establish empathy for  
others

## What steps can we Take to Set Healthy Boundaries?

1. Know your wants, fears, and limits
2. Communicate your boundaries
3. Enforce your boundaries
4. Recognize that you can change boundaries at any time

Describe what you know about consent and boundaries.



# Red Flags in Relationships **No One Should Ever:**

Touch any part of your body without your permission



Threaten you with violence or injury of any kind (physical, emotional, or sexual)



Pressure you to engage in risky or illegal activity



Try to control your thoughts and/or behavior



Pressure you to do anything you don't feel like doing



Convince you to go against your values or beliefs



Humiliate you or make you feel ashamed because of who you are



Ignore your requests for privacy or monitor your daily activity



Isolate you from your family and/or friends



Tell you to keep your relationship secret from your parents/guardians or other trusted adults



Physically injure or hurt you, including criticizing, making fun of you, or making you feel bad





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How do I get out of different types of relationships I don't want to be in?







# Exit Slip

# At Home Connection





# At Home

With a parent/guardian or other trusted adult:

Option 1: Share your Exit Slip about consent and boundaries

Option 2: Review what you've learned about consent and boundaries

# Sources

