




Consent and Boundaries

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



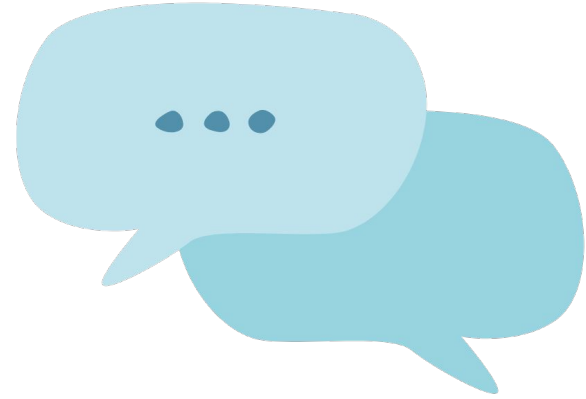
Activity

Discuss these questions with a partner

What does it mean to give consent?

What does consent sound like?

When do we need to ask for consent?



Record your answers in your document

Essential Question



How are consent and boundaries a part of a safe and happy relationship?

If you need resources or support for your sexual health...

- Talk to a parent/guardian or other trusted adult
- Call 2-1-1
- Visit 211sandiego.org

Learning Intentions

- I can describe consent and boundaries.
- I can identify “red flags” in a relationship.
- I can understand how to get out of relationships I don’t want to be in.

Teaching Agreement

It's important to know that...

1. I am a mandated reporter, which means I'm required to report suspected abuse or neglect.
2. We will be examining sexual health through research, evidence, and scientific facts.
3. We will be learning and using accurate scientific terms for systems, processes, and anatomy that comes directly from the California Health Standards for 7th and 8th grade.
4. We will not be discussing our personal values or opinions about any of the topics.
5. **We will ensure a safe environment that is inclusive for all students**
6. We will focus on questions that relate to the science we are learning and encourage you to talk to your parent/guardian at home about your values and opinions when it comes to making choices.

How are consent and boundaries part of a healthy relationship?

Know Your Terms



Consent Saying “Yes” to give permission for something to happen, or agreement to do something

Boundaries Clear guidelines that you establish to help clearly communicate the behavior you will accept from other people, and the behavior other people can expect from you.

The Role of Consent in Healthy Relationships



**Six simple ways to
understand consent**
(with a sandwich)

What
have you
learned
from this
video?



The Role of Consent in Healthy Relationships



Giving consent is your choice alone

It's OK to say NO

It's only consent if you say YES

It's OK to change your mind

There is NO consent if someone is asleep or unconscious, or silent

What do the Laws in California Say About Consent?

Consent is defined as an **agreement** between participants to engage in sexual activity of any kind.



You **cannot give consent** if you are:

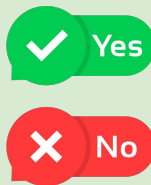
- Under the age of 18 to someone over 18
- Asleep or unconscious
- Under the influence of alcohol or drugs



Consent should be given **freely and willingly** by both people engaging in sexual activity. It is always okay to say no.



Consent is an **ongoing process of discussing boundaries** and what you're comfortable with. It is your body and you have the right to say "yes" or "no" to what happens.



Understanding consent is an **important part** of having **safe and healthy relationships**.



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.

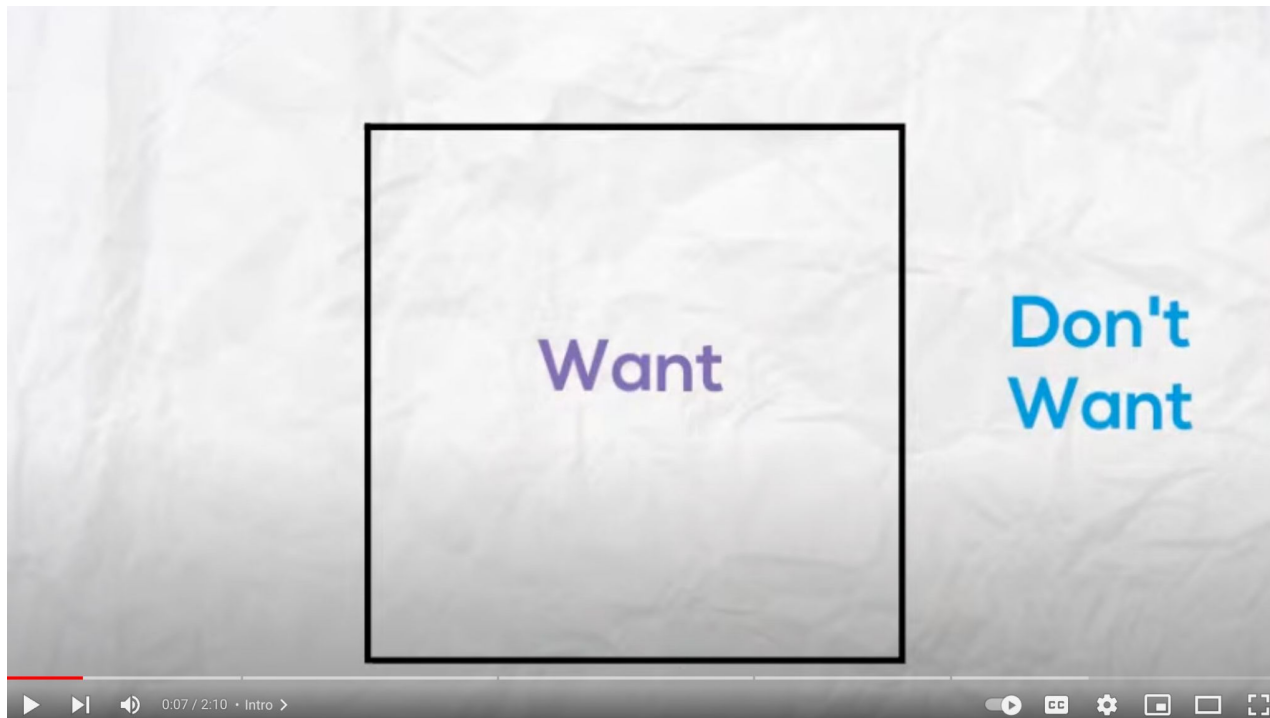
You can tell them you really like, or even love them, but you don’t want to have sex.

Communicate with your partner other options for intimacy.

It’s OK to change your mind and say “NO” or “STOP” at any time.



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?

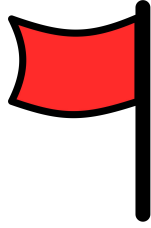
1. Know your wants, fears, and limits
2. Communicate your boundaries
3. Enforce your boundaries
4. Recognize that you can change boundaries at any time

Describe what you know about consent and boundaries.



Red Flags

A “Red Flag” is a warning that something is wrong.



List possible “Red Flags” in a relationship. Finish this sentence:

No one should ever...

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 	If you need resources or support for your sexual health... <ul style="list-style-type: none">• Talk to a parent/guardian or other trusted adult• Call 2-1-1• Visit 211sandiego.org

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

How to Get Out of a Non-Threatening Relationship

Decide how you are going to talk to the person. In person, on the phone, via chat... if you are doing this in person, make sure you are in a public place to be more safe. Have a parent/guardian, or other trusted adult accompany you to be even more safe.

Tell them you have something important you want to talk about.

Tell them what you feel is wrong. You don't have to give a reason why, but just that this is how you feel, like "This just isn't working out"

Tell them what you want... for example: " I don't want to be your partner anymore"

You can acknowledge that this might be hard for them to hear. They might be upset, surprised, or angry, but their emotions are not your responsibility. You can tell them "I understand this is hard for you, but this is what's best for me"

If they do, or say something that makes you feel scared or in danger, get help from a parent/guardian or other trusted adult.



How to Get Out of an Unhealthy Relationship

Know that you have the right to be safe. You have the right to be treated with respect. Knowing this is the first step.

Confide in someone you trust. Tell a parent/guardian, another trusted adult, health provider, or friend what you're going through so they can help. Many adults know how to help in this situation. An adult might be able to get you to safety faster than a friend can. If the relationship is dangerous, do not confront the person on your own.

Get help and support from experts. Going through abuse can leave you feeling confused, scared, or exhausted. Find a therapist to help you get your emotional strength back. They can help you sort through the many emotions you might be dealing with.

If you need resources or support for your sexual health...

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Exit Slip

How are consent and boundaries part of a safe and happy relationship?



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



Leicester City Council - [Consent Public Service](#)

[Healthy Relationships Initiative](#)

[How To Set Healthy Boundaries in Relationships](#)

[4 Red Flags In A Relationship – Forbes Health](#)

[5 Tips For Teens: How To Break Up With Someone You Love And Care For | BetterHelp](#)

[The Laws In Your State: California | RAINN](#)