

Let's Talk About Consent

4th Grade Consent Lesson

Questions This Lesson Will Answer

- What are boundaries?
- What is consent?
- What is bodily autonomy?
- How can I ask for consent?

Boundaries

- Boundaries are limits you set for yourself.
- It's about doing what you're comfortable with!
- It's also about respecting other people's boundaries.

Examples of Boundaries

- How close people can be to our bodies
- What body parts are OK to touch
- What activities we want to participate in
- What information to share
- The words and phrases we use

Why do you think boundaries are
important?

Why are boundaries so important?

- Boundaries show others how we want to be treated
- Respecting other people's boundaries show that we care
- We don't want to do things that make other people feel uncomfortable or unsafe
- Boundaries and consent go together

Get Ready

○ Have you heard of “consent”?

○ Have you heard of “bodily autonomy”?

○ What do you think they mean?

Consent for Kids Video



○What did you think of the video?

○Does consent seem like an easy thing to do?

Reflection

Bodily Autonomy

- Bodily autonomy means that you're in charge of your body
- No one else can tell you what to do with your body
- Consent is all about bodily autonomy!

Consent

- Consent means agreeing to do something.
- In relationships, we give consent and ask for consent every day!

How do you ask for consent?

- Ask
- Wait
- Watch and listen for the answer
- Respect the answer

Examples of How to Ask for Consent

- “Would you want to...?”
- “Is it okay if we...?”
- “Is this alright with you?”
- “Can I...?”

How to Tell if Someone is Consenting

Words

- “Yes!”
- “Let’s do it!”
- “Alright”
- “Sure!”
- “OK”

Body Language

- Nodding
- Giving a thumbs up
- Motioning toward an activity

How to Recognize a No

Words

- “Stop”
- “No thanks”
- “Not right now”
- “Please stop, I don’t like that.”
- “I feel uncomfortable.”
- “Maybe another time.”
- “I don’t know”

Body Language

- Shaking head
- Pulling away
- Stillness
- Emotional/facial cues
 - Embarrassment
 - Sadness
 - Anger
 - Fear

Activity

Why is consent so important?

Consent is Important

- Consent is one way we show respect for people
- Without consent, you risk hurting another person
- Consent is important when building healthy relationships

Trusted Adults

- A trusted adult is someone you can talk to about things that are important to you
- You might talk to a trusted adult about consent
- A trusted adult is someone who would help you solve a problem, get help, and work to make you safe
- Can you think of a trusted adult in your life? Maybe several?

Homework

- Talk
 - Talk at home about the scenarios we discussed in class
- Share
 - Share your thoughts and feelings
- Answer
 - Answer the questions for at least one scenario

- Slides created by [Harborview Abuse & Trauma Center for Seattle Public Schools](#)
- “Consent for Kids” video by Blue Seat Studios
- Presentation template by [Slidesgo](#)
- Icons by [Flaticon](#)
- Boundary content provided by Advocates for Youth

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Credits

THE END