

Let's Talk about consent

5th Grade Lesson

Questions this lesson will answer:

- What is consent?
- What are boundaries?
- What is bodily autonomy?
- How can someone ask for consent?
- How can someone tell if another person is consenting?
- Why is consent so important?

Boundaries

- Boundaries are limits you set for yourself
- It's about doing things you feel comfortable with!
- It's also about respecting other people's boundaries
 - **Examples:**
 - 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

Where are some examples of boundaries someone might have?

Asking about boundaries

- “Can I touch your hair?”
- “Can I hug you?”
- “Is it OK if I share this info with a friend?”

Bodily Autonomy

- Bodily means “of the body” and autonomy means “being in charge of yourself”
- Bodily autonomy means that you are in charge of your body.
- No one else is entitled to tell you what to do with your body.
 - That includes your friends, strangers, or adults you know.
- Consent is all about bodily autonomy!

What about hugs?

- Some people love to hug
- Some people don't like hugs
- Is it OK for someone who loves hugs to run up and hug someone else?

Nope!

They need consent

Consent

- Consent is giving someone permission to do something.
- Consent is important in friendships, relationships, and in everyday life!

When should you ask for consent?

- **Before** you do anything physical with another person
 - Like hugging or kissing
- **Before** borrowing something
- **Before** posting a photo or any information about someone online

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 OK if we...?”
- “Is it 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 to do the activity

How you would respond with
your body?

Discussion

- Is it easier to understand someone's words or their body language?
- Why?

How to recognize a No

Words

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

Body Language

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

Discussion questions

- What does silence mean? Is it a yes, or no?
- What if you're unsure what the other person want to do?
 - Maybe they're saying "sure" but seem really hesitant

Why is consent so important?

Consent is important because

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

Activity

Romantic relationships

- Consent also applies to romantic relationships
- It's important to practice consent with romantic partners, just as people do with friends and family.

Get ready

- We're about to watch a video called "First Kiss and Showing Affection"
- While watching the video, think about how Kevin asks for consent. Was it with words or body language?

Video

https://www.youtube.com/watch?v=VDaFzW-fNLc&feature=youtu.be&ab_channel=AMAZEOrg



Reflection

- What did you think of the video?
- How did Kevin ask for consent?
- Does consent seem like an easy thing to do?

trusted adult

- 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?

Resources

Local

- Harborview Abuse & Trauma Center
 - 206-744-1600
 - www.uwhatc.org
 - Offices in Seattle, Bellevue, Shoreline

National

- Love is Respect Teen Dating Violence Hotline
 - Call: 866-331-9474
 - Text: loveis to 22522
 - Chat: www.loveisrespect.org
- Trevor Project Hotline
 - Call: 866-488-7386 (24 hours a day)
 - Text: Trevor to 202-304-1200
 - Chat: www.thetrevorproject.org

Credits

- Slides created by [Harborview Abuse & Trauma Center](#) for [Seattle Public Schools](#)
- “First Kiss and Showing Affection” video by AMAZE
- Boundary content provided by Advocates for Youth

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