

LIFE WORKS!



MY BODY IS MINE



HOW TO GIVE AND
RECEIVE CONSENT



by Sloane Hughes

CONTENTS

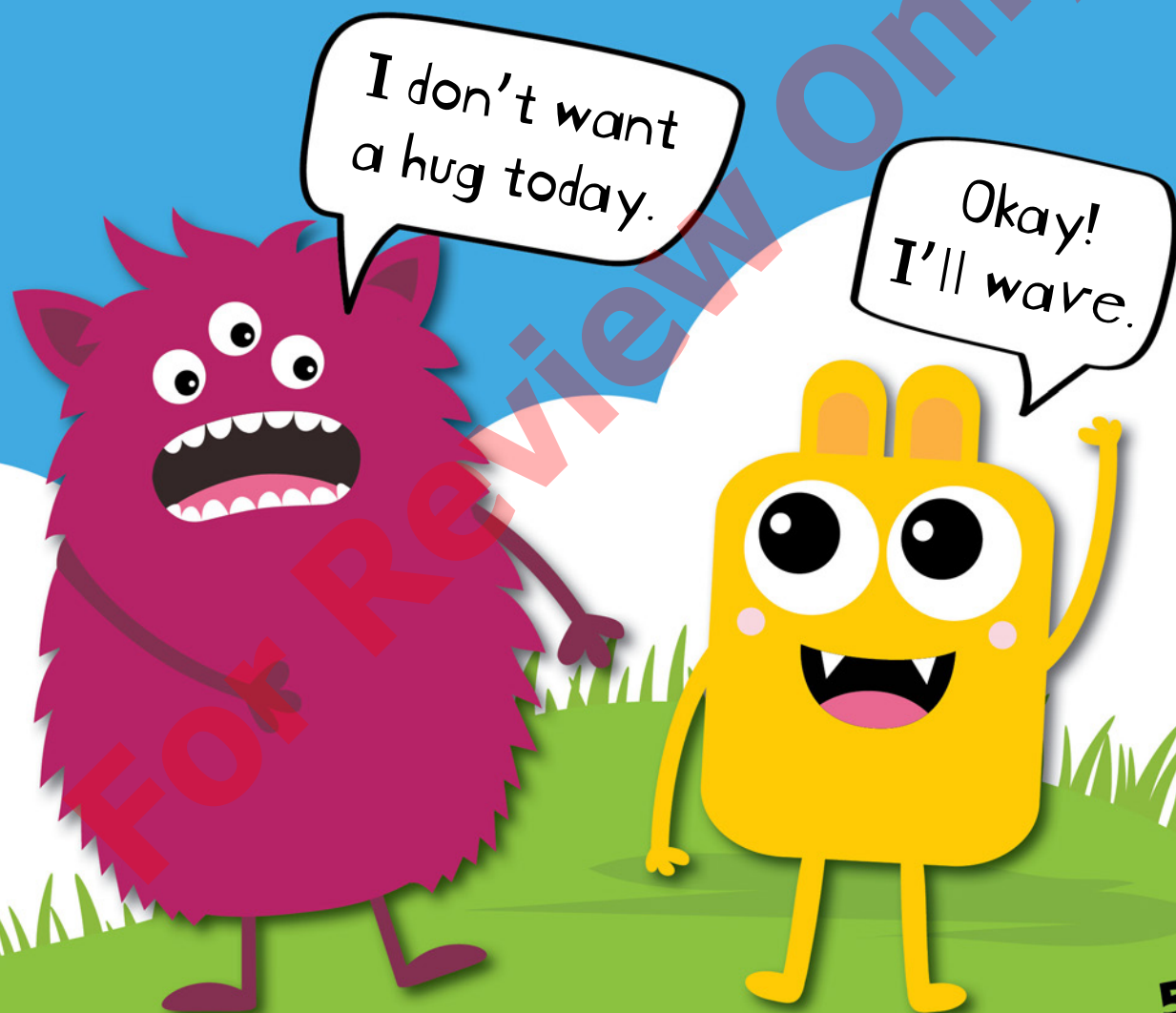
Everybody's Body	4
All about Boundaries	6
Differences Are Okay	8
Setting Boundaries	10
Clear Communication	12
Say Go!	14
Asking and Listening	16
Listen Up	18
What about Now?	20
We're in Charge	22
Glossary	24
Index	24

EVERYBODY'S BODY

We follow rules when playing games with friends and learning in the classroom. They keep us safe. Rules can make sure everyone has fun.



We can also make some of our own rules.
Each person gets to make choices about
what happens to their body.



ALL ABOUT BOUNDARIES

Giving **consent** means agreeing to what happens to you. It also means saying **no** to things that do not make you feel good or safe. We set **boundaries**.



Sometimes, our boundaries
are about **physical space**.



We may want only close friends to call us by a nickname.

What boundaries make you feel safe? What are some boundaries that people in your family or your friends have?



We can set boundaries about what to talk about.



DIFFERENCES ARE OKAY

We are all different and so are our boundaries. Something that's no problem for one person might be a big deal to someone else.



Thinking about other people's boundaries is important because we all matter. It shows **respect!**

Flowers make me feel yucky!

What about catching worms instead?

