

Name:

Date:

Per:

Consent and Boundaries

Discuss Consent

Answer these questions with a partner. Use the space below

1. What does it mean to

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Know Your Terms

Consent Saying "Yes" to give _____ for something to happen, or _____ to do something

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

Tips for Saying NO to Sex Here are some ways to say no to someone who wants to have sex when you don't want to.

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.



Red Flags in Relationships

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

No one should ever...

How to Get Out of a Non-Threatening Relationship

<p>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.</p>	<p>Tell them you have something important you want to talk about.</p>	<p>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"</p>
<p>Tell them what you want... " I don't want to be your partner anymore"</p>	<p>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. Tell them "I understand this is hard for you, but this is what's best for me"</p>	<p>If they do, or say something that makes you feel scared or in danger, get help from a trusted adult.</p>

How to Get Out of a 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, 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.

