

SEL · GRADES 3–5

# Boundaries and Consent

What's okay, what's not

## Two important words

1

### A boundary

A line YOU draw about what's okay for someone to do to you, say to you, or ask of you. Everyone has different boundaries — that's fine.

*Example: 'I don't like to be tickled' is a boundary.*

2

### Consent

Agreeing — clearly — to something. NOT staying quiet. NOT being unsure. A clear YES.

*Example: 'Can I borrow your pen?' 'Yes, sure.'*

## It's always okay to...

- Say 'no' to a hug — even from family.
- Stop a game when you're not enjoying it.
- Tell a friend you need quiet time.
- Change your mind about something — even if you said yes earlier.
- Say 'no' to a tickle — even if it's 'just a joke'.
- Refuse to share your snack.
- Say 'I don't want to talk about it'.
- Tell a trusted adult if someone won't respect your 'no'.

## Asking instead of assuming

Want to hug a friend? ASK first. Want to share a secret? ASK if they want to hear it. Want to play a game? CHECK they're up for it. Asking takes 2 seconds and shows respect. 'Is it okay if...' or 'Do you want to...' is all you need to say.

