

# What are boundaries and consent?

**Do Now:** Answer the Do Now on page 12 of your booklet.

# What are boundaries and consent?

**Do Now:** Answer the following questions:

1. 'A connection between two or more things' is the definition of which term?

**Relationship**

2. What different types of relationships can you have?

**Acquaintances, friendships, family relationships, romantic relationships, yourself**

3. What is meant by self-worth?

**The internal value you place on yourself**

4. Give **one** characteristic of a healthy relationship.

**Kindness, generosity, care, honesty...**



# Connect

In this topic we have been learning about building positive and healthy relationships, most recently focusing on romantic relationships. This week you are going to continue this work as you consider the idea of **consent**. In any type of relationships consent is really important as it helps to keep everyone safe, comfortable and happy.

This is a really important concept that you must understand in order to engage in really healthy relationships both now and in the future.

## Safe Space

- It's okay to get things wrong.
- You don't have to contribute if you don't feel comfortable.
- There is a non-judgemental approach – we challenge the opinion not the person.
- Conversations stay in this classroom – unless adults deem there to be a safeguarding issue.

## Show Mutual Respect

- Follow our two ground rules.
- STAR and Track to show respect to the speaker.
- Adhere to the Brook Best Pledge.

## Challenge Yourself

- Enjoy the lessons, challenge your perceptions, and learn how to seek further knowledge, understanding and support.

Today we are learning the word  
'consent'.



The parents gave **consent** for their  
son to go on the school trip.

# Consent

## 1. Noun

Permission for something to happen or agreement to do something.

## 2. Verb

Give permission for something to happen.

# Examples

1. The teacher **consented** for the scholar to use the toilet during lesson time.
2. They **consented** for the group photo to be shared on Instagram.
3. She was upset because she didn't give **consent** for her friend to share the video on social media.

Can you use the word consent in a sentence?



# Personal space

**Personal space** means having enough space between you and someone else. If we respect someone's personal space it means we don't put ourselves too close to someone else or make them feel uncomfortable.

We should always **respect** each other's personal space – adults as well as children. This means that nobody should make you uncomfortable, not even family members or friends.

It's important to realise that what you define as your personal space might be different to somebody else. That's fine but it means that it's important to establish **boundaries**. This helps to provide physical and emotional safety by keeping out what feels uncomfortable or hurtful.

# Boundaries

**Task:** Discuss these questions with your partner.



1. Who is responsible for stopping? The person walking, or the person saying 'stop'?
2. Would everyone stop the person opposite at the same distance? Why?
3. How would it feel if the person hadn't stopped and therefore hadn't respected your boundaries?

# What are the signs of consent?

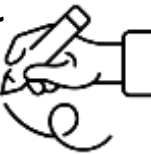
We know that consent is important, so now we need to understand how we can recognise the **signs of consent**.

**Task (page 12):** Decide whether the following statements indicate whether or not consent has been given.

<b>1.</b> "I want to do this."	<b>5.</b> Avoiding touch	<b>9.</b> Looking comfortable and relaxed	<b>13.</b> "I'm not sure."
<b>2.</b> "This is the wrong things to do."	<b>6.</b> Direct eye contact	<b>10.</b> Shaking head	<b>14.</b> "I feel good about this."
<b>3.</b> "This is the right thing to do."	<b>7.</b> Looking uncomfortable or tense	<b>11.</b> "I don't want to do this."	<b>15.</b> Avoiding eye contact
<b>4.</b> Nodding	<b>8.</b> "I thought I wanted to, but..."	<b>12.</b> Laughter and/or smiling	<b>16.</b> "I'm sure."

# What are the signs of consent?

**Task:** Decide whether the following statements indicate whether or not consent has been given.



**Consent has been given**

**Consent has not been given**

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2. "This is the wrong things to do."	6. Direct eye contact	10. Shaking head	14. "I feel good about this."
3. "This is the right thing to do."	7. Looking uncomfortable or tense	11. "I don't want to do this."	15. Avoiding eye contact
4. Nodding	8. "I thought I wanted to, but..."	12. Laughter and/or smiling	16. "I'm sure."

# What are the signs of consent?

**Task:** Consider the following questions.

1. Which of these signs of consent are verbal?
2. Which ones are visual or use body language?



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# Why are signs of consent important?

It's important that we recognise the signs of consent so that we can give them and understand when they are being given.

It's important that we pay attention to body language and visual signs as these can often be an indicator that someone is unhappy. If you are ever in doubt, seek **verbal consent**.

The emphasis is on seeking for consent not giving it so always make sure everyone is happy with whatever situation you are in!

**NHS website or your GP**

[www.nhs.uk](http://www.nhs.uk)

**Childline**

[www.childline.org.uk](http://www.childline.org.uk)

0800 1111

**You can also:**

- Speak to a member of staff at school – your Form Tutor, Head of Year or Assistant Head of Year. Any member of staff is here to help!
- Send an email to [safe@brook-tmet.uk](mailto:safe@brook-tmet.uk).
- Speak to an adult that you trust – this might be a sibling, a parent or grandparent. As long as this person is trustworthy then it's a good idea!

**Everyone will have the same boundaries  
so you never need to seek consent.**

**Write down your opening statement.**

I \_\_\_\_\_ with the statement to a \_\_\_\_\_ extent because \_\_\_\_\_

e.g., I *agree* with the statement to a *large* extent because

**Discuss your opinion with your partner.**

**Debate as a class.**

# Everyone will have the same boundaries so you never need to seek consent.

<b>Agree</b>	I agree to a large extent because I agree in part because I concur because
<b>Build on</b>	I'd like to add I want to build on this by In addition
<b>Challenge</b>	I'd like to challenge that because I contest that view because I'd like to put forward an opposing idea

- **Consent** – The permission or agreement for something to happen.

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