



Body Boundaries, Consent and Respect



- You are very special.
- Your body belongs to you and you are the boss of it.
- Everyone in the world has a body boundary.
- Your body boundary is the invisible space around your body.





- The space around your body is invisible, but it does not mean that it isn't there.
- Example



- What should happen?
- Example



- What does respect mean?
- Respect means you understand another person's wishes and you care about them and their wishes.
- Respect is a very important word.



- What does consent mean?
- Consent means you have said “Yes” and you agree to something.
- If you said Yes to someone holding your hand, you can ask them to stop at any time.
- Just because you have said “Yes” it doesn’t mean they can hold your hand as long as they want to.



- Every person is different.
- Some people like a hug one day but not the next.
- You still need to ask each time if it's OK.
- Consent.



Any questions?