

Boundaries & Consent: A Guide for Families

Your teen took part in a lesson on boundaries and consent. Here is how to keep the conversation going at home.

What your teen learned

Your teen learned that a boundary is not rude, that consent must be freely given and can change, and that pressure, guilt and silence are not consent. The lesson covered hugs, plans, photos and messages with friends, family, classmates and partners, and one simple formula: **Ask. Listen. Respect.**

Conversation starters

- “What’s something you like people to ask before doing?”
- “How can you tell when someone is respecting a no, or just pushing?”
- “Do you ask before posting photos of friends? Do they ask you?”

Tips for parents and caregivers

- **Model it at home.** Ask before hugging, posting photos of your teen, or sharing their news. Teens learn consent by experiencing it.
- **Accept their no when you can.** A respectful “Okay, thanks for telling me” teaches more than any lecture.
- **Back their boundaries with relatives.** If a relative keeps teasing about weight or relationships, support your teen kindly.
- **Never blame.** If someone crossed your teen’s boundary, the fault is with that person. Stay calm and focus on their safety.

If a boundary is not respected

1 Say it again

Repeat your boundary clearly, if you want to. A short no is enough.

2 Step back

Leave the conversation or the situation. You don’t have to keep convincing anyone.

3 Save evidence

If it happens online, keep screenshots of messages and accounts.

4 Tell someone

Talk to a trusted adult or a safe person. You are not alone.

Where to get help

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National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance:
laraa@laraa.org

112

Internal Security Forces, if someone is in danger or threatening you

Take It Down (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.