

Boundaries and consent

Name: _____

Class: _____

1. Warm up

Something I like people to ask me before doing is...

When someone keeps pushing after I say no, I feel...

2. Respect, pressure, or not consent?

Ask. Listen. Respect. If it is not freely given, it is not real consent.

Respect

You have a real choice, and it is respected.

- Asks before acting
- Accepts no the first time
- Says "Thanks for telling me"
- Stops when you change your mind
- Asks before posting or sharing
- Moves on without guilt

Pressure

Someone pushes after your answer.

- Asks again and again
- "If you cared, you would"
- Sulks or punishes you
- "You said yes before"
- "Why is this a big deal?"
- Pushes for photos or location

Not consent

Your boundary was crossed without a free yes.

- Acts without asking
- Takes silence as a yes
- Shares private content
- Ignores a clear no
- Uses fear or threats
- Goes on after you said stop

Quick check: tick the zone for each line

Behavior	Respect	Pressure	Not consent
"Are you okay with this?"	☐	☐	☐
"Come on. Just this once."	☐	☐	☐
Posting a friend's private photo without asking	☐	☐	☐
"Got it. We can stop."	☐	☐	☐
"But you said yes earlier."	☐	☐	☐
Doing something because they "didn't say no"	☐	☐	☐

Scenario discussion

Answer these with your group for each card you receive.

Card number: _____ ☐ Respect ☐ Pressure ☐ Not consent

Why did you choose this zone?

How might each person feel?

What would respect sound like here?

Who could they ask for help?

Card number: _____ ☐ Respect ☐ Pressure ☐ Not consent

Why did you choose this zone?

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Card number: _____ ☐ Respect ☐ Pressure ☐ Not consent

Why did you choose this zone?

How might each person feel?

What would respect sound like here?

Who could they ask for help?

Say it, and respect it

Card number: _____

My boundary (short and clear, no long speech needed)

A respectful reply (what the other person could say)

When someone says no to me, I... (tick what you already do)

- ☐ I listen without arguing.
- ☐ I accept the answer the first time.
- ☐ I don't guilt-trip or sulk.
- ☐ I don't ask five more times.
- ☐ I ask before I post, tag or share someone.
- ☐ I stop when someone changes their mind.

If my 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.

Exit ticket

One boundary I want people to respect is...

One sign of pressure I will now notice is...

If my boundary was not respected, I would tell...

Need to talk? Your school counselor, the National Lifeline 1564 (24/7), or LARA: laraa@laraa.org.