

# CREATING CONSENT CULTURE WITH KIDS



1. Why does it matter?
2. What does it look like?
3. How do we ask, listen, respect, and more?





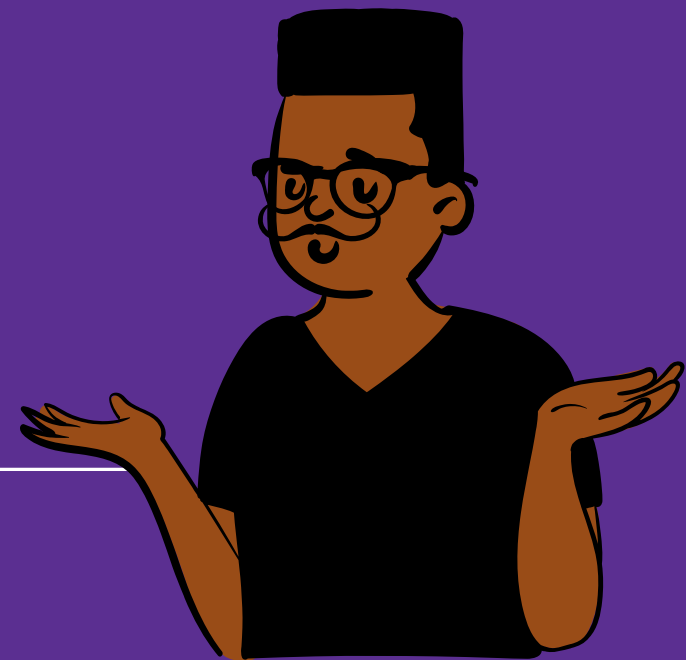
**Consent  
is not limited to sexual  
activity nor does it need to  
be limited to adult  
conversations.**

Consent starts at home and children need to learn about consent long before it has anything to do with sex. Regardless of age, consent is asking, listening, learning.



# WHY DOES IT MATTER?

directly from @consentparenting



1. #creatingconsentculture means starting conversations with our kids, family members, friends and figures of authority in our child's life about what consent is and why it's important to respect everyone's body, mental, emotional, and even spiritual rights—no matter their age.



# WHY DOES IT MATTER?

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2. When you create a culture of consent, you are actively challenging the status quo of #rapeculture and begin to dismantle it everywhere you go.

3. Consent is at the heart of autonomy, which is essential for #bodysafety and helping kids understand the concept of having agency over life-which will transfer into their adult lives and how they see themselves as having and upholding their rights



# WHY DOES IT MATTER?

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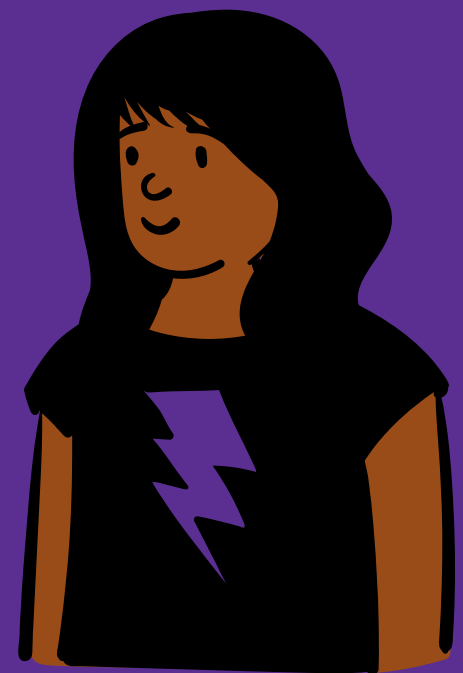
4. When we create #consentculture, we are giving potential predators a clear warning signal that our families are hands-off and that we're proactive and alert parents.

5. When we are vocal about our #consenteducation, we can do it in a kind and diplomatic way so that the people who DO love and care for our kids can become allies.



# WHAT DOES IT LOOK LIKE?

(@hopeproject42, @ourmamavillage)



ASK for their permission before entering their personal space. (Example: "Can I give you a hug?" rather than touching people immediately.)

LISTEN to the answer they give you. "Hmmm," "Uhm, I guess," "I don't know," or silence are not permission. (Example: If a child asks you stop playing with them, respect this.)

RESPECT the answer that they give you. Even when you do not like the answer, or you think the child needs you, give them the opportunity to change their mind. When possible, try to provide alternatives. "It's cold outside and I hear you don't want to wear a jacket. Let's bring it with us so that when you feel cold, you can decide when to wear it."



# WHAT DOES IT LOOK LIKE?

(@hopeproject42, @ourmamavillage)



TEACH them to ask permission in the same ways. Modelling and starting these conversations early on will allow children to learn that they have bodily autonomy. Teach your child to ask, listen, and respect their siblings, friends, peers, and other adults.

SAFETY first. Teaching consent is all about teaching children safety. There will be times when asking for permission will not always come first. Safety is always top priority. When actions have to come before words or when safety has to come before a conversation, it's important to acknowledge the child's feelings and still give them an explanation.



# IN #CREATINGCONSENT CULTURE,

it is important to remember:



“NO” is not a bad word.

We want children to be able to communicate their boundaries and be respected.

Children have a right to be upset and resist if their boundaries are violated.

Create safe environments where children can comfortably say “no.”

Role play (such as asking for hugs or touch at home) with toys can help practice saying and hearing “no.”

Giving children CHOICE teaches them that they get to make their own decisions.

Example: “How would you like to say goodbye to grandma? You can give her a kiss, a hug or a wave.”





# THE 5 C'S

When feeling challenged, remember the following 5 Cs:



Give up the need for CONTROL. It can seem silly to wear a funny hat or a costume to school but it is harmless and reinforces children's decision-making and autonomy.

CURIOSITY. When faced with a conflict, approach the child with curiosity and imagine the situation from their perspective and what feelings they may be feeling. Don't focus on fixing the feeling, focus on understanding and connecting, which leads us to...

CONNECT. Your relationship with your child is the foundation for #creatingconsentculture. Engage yourself in your child's world with curiosity and connection. Acknowledge, allow and hold space for all feelings. If you're having difficulty making space for your child's feelings...



# THE 5 C'S

When feeling challenged, remember the following 5 Cs:



**CALL YOURSELF IN.** If you are experiencing feelings (anger, confusion) that are preventing you from connecting with your child, take a pause, reflect, and remember that children are not responsible for other adults' reactions (including yours) to their boundaries and decisions. Be curious about your own feelings, the way you would be with your child's.

**COLLABORATE.** Balanced communication is key. You are modelling an approach void of "power over" but rather, "power with" your child. Explore options together, based on your child's preferences.

Material taken from/inspired/written by: @hopeproject42 @ourmamavillage  
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