

Consent in Relationships



Consent is part of everyday life.

It is part of every relationship we have with people in our lives.

It is important that your child understands that they can say 'no' to things they do not want to do.

It is also important that your child understands that they can say 'yes' to things they do want to do.

Teaching your child about consent will help them have healthy relationships.

Everyone needs to learn about consent.

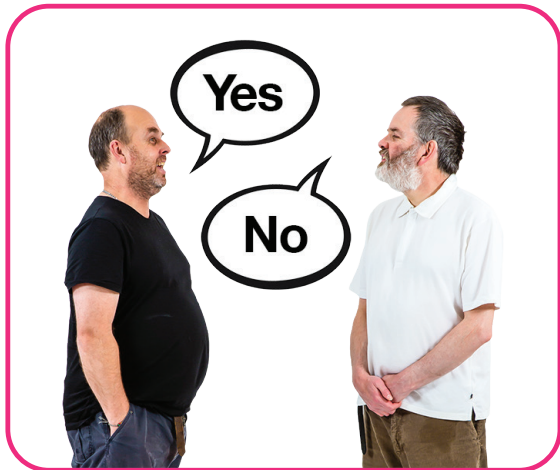


What is on this page?

This page is about consent and relationships.

It has information about:

- consent
- things to help you teach your child about consent in relationships



What is consent?

Consent is when both people say 'yes'.

One person will ask for permission to do something.

The other person thinks about what they want to do.

They can say 'yes' or 'no'.

It is their choice.



They can also change their mind later on.

Everyone needs to know about consent. Consent is part of everyday life.

There are lots of different types of consent. Consent includes things like:

- asking to borrow a friend's bike
- asking to give someone a hug

It is important to know if someone consents to an activity.

If they do not consent you must stop the activity.

It can be hard to know if someone gives their consent.



You might find it hard to let someone know you are not happy.

It is important that you let them know how you feel.

Healthy relationships include consent.

It is important to practise asking for and giving consent with your child.

This will help keep them safe.



Things for you to try

Practise the different ways your child can ask for consent

Talk with your child about the different ways they can ask for consent.

- “I want to go to the movies.

Do you want to join me?”



- “Are you happy if we hold hands?”
- “I thought it would be good if we played this game.

What do you think?”

- “Can I give you a hug?”

It is important to keep asking for consent during an activity.

Talk with your child about the ways they can check if the other person still consents.

- “Can we keep holding hands?”
- “Do you want to stop playing this game?”
- “Are you happy to keep hugging?”

Write these down somewhere to remind your child of the questions.

You could turn it into a poster.



Practise using non-verbal communication

There are different ways of communicating.

People can let you know how they feel through their body language.

If someone is crying they might be sad.

If someone is smiling they might be happy.

Talk about body language with your child.

Body language can let you know whether someone is comfortable and happy.

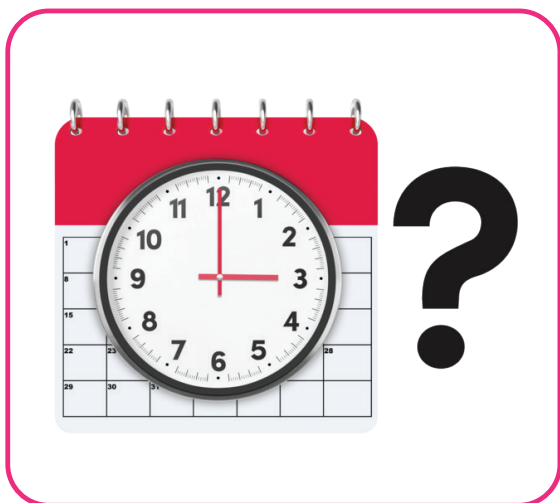


Signs that a person is comfortable include:

- coming closer to you
- smiling and wanting to be part of the activity
- looking relaxed
- laughing
- answering your questions

Signs that a person might be uncomfortable include:

- pushing you away
- holding their arms tightly around their body
- uncomfortable facial expressions
- turning away from you or hiding their face
- not answering your questions



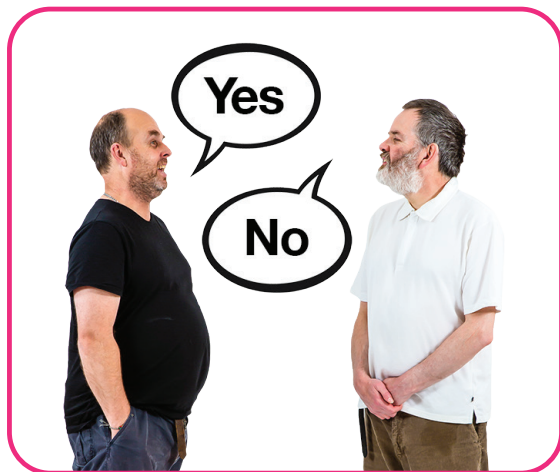
Make time for your child to practise

It is good for your child to practise giving consent.

It is important they understand how say 'yes' or 'no'.

Your child can practise giving consent before you:

- give them a hug or kiss
- enter their private space, like their bedroom
- help them with personal care, for example showering, toileting, getting dressed



Your child can practise asking for consent before they:

- touch other people.

For example, giving hugs to other people, including you

- touch other people's belongings.

For example, their phone, computer, toys

- play games with friends

Your child can practise saying 'yes' or 'no' with friends, family members and teachers.


Let your child know when they do well.

Let them know if they make a mistake.

This will help your child learn.

My safe people

Who are your safe people?
Draw them in the circles below.



This is: _____
Their phone number is: _____

This is: _____
Their phone number is: _____

This is: _____
Their phone number is: _____

Help your child learn where to go
for help

Complete the worksheet with
your child.

Help them identify 3 safe people.

Put the worksheet on their wall.

Talk about your child's 3 safe people
often.

Resources you can use

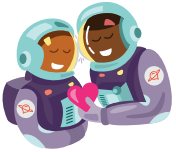
Safe people worksheet

Planet Puberty

<https://www.planetpuberty.org.au/wp-content/uploads/2021/03/My-safe-people-F-1.pdf>

My safe people

Who are your safe people?
Draw them in the circles below.



This is: _____
Their phone number is: _____

This is: _____
Their phone number is: _____

This is: _____
Their phone number is: _____



Social Skills Picture Book: Teaching play, emotion and communication to children with autism

Jed Baker



Social Skills Picture Book for High School and Beyond

Jed Baker



What to read next?

- [Consent and sex](#)
- [Consent during personal care](#)
- [Supporting decision making](#)

For more information go to the Planet Puberty website

www.planetpuberty.org.au