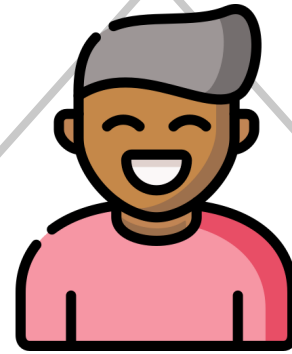


Consent and Boundaries

What are boundaries?

Boundaries are the rules we set to help us define what we are comfortable with and how we expect to be treated. They allow us to communicate our needs and invite others to do the same.



When someone shares a boundary, show you care by thanking them and repeating what they said in your own words.

How can I set boundaries?

- 1) **Identify** what you are and are not comfortable with.
- 2) **Communicate** these boundaries in a clear and respectful way.
- 3) **Revisit** and **revise** these boundaries as time goes on and things change.

Boundaries and Consent

Boundaries are important in any relationship, not just romantic ones. Setting boundaries helps build trust, respect, and understanding.

Boundaries and consent are connected.

Be aware of power dynamics. Think and talk about differences in age, experience level, and/or job title (to name a few). Power dynamics can influence giving or getting consent.



- Consent is a must!
- Consent can only be given when the person is conscious (awake).
- Consent should be used before any new activity.
- Tune into a person's body language and non-verbal cues.
- Giving consent once does not mean you give consent every time.
- When in doubt, just ask!

Consent and Boundaries

Examples of consent & boundary setting:

- "Can I give you a hug?"
- "What do you like?"
- "Does this feel good?"
- "Are you comfortable discussing this?"
- "Yes! I like it when you ___."
- "No, I'm no longer interested in ___." → Consent has been taken back.
- "I'm not sure, maybe that's ok." → A response like this would need to be talked through more before acting.

5 Pillars of Consent



Informed: All parties know what they are agreeing to.

Voluntary: Consent is given free of coercion.

Enthusiastic: An excited "yes!" — consent is not just the absence of a "no."

Mutual & Ongoing: All parties agree to what's happening and check in at the start of each new activity.

Revocable: Consent can be stopped at any time. Giving consent once, does not mean it is always there.

