



## HELPING YOUR CHILD UNDERSTAND CONSENT

Consent involves your child or teen knowing and respecting their own boundaries and those of others. Boundaries are the limits that a person sets that define when a behaviour (theirs or someone else's) is OK or not OK and makes them uneasy. Consent always has two sides. Children need to learn that consent must come from themselves and the other person. It's never too early to start learning this.

### 'OK' VERSES 'NOT OK' TOUCH

One way people form connections and attachments to each other is through touch – hugs, kisses, high fives, pats on the back. Touch is important because it can make us feel loved and cared about.

However, your child must understand the difference between an 'OK' touch and a 'Not OK' touch. Our children should be able to say they don't like any touch and be respected when they say that. Our children should also understand that they cannot assume the other person will consent to the touch.

Teach your child to respect 'no' signals. They must respect that message and stop right away.

Help your child feel able to say no, or stop, when they don't like the way someone is behaving.

Teach your child that no one should touch their body in ways that feel uncomfortable or unsafe.

Encourage your child to speak up if something doesn't feel right and tell an adult.

If this happens in school, your child should speak to the Safeguarding Team

## CONVERSATIONS STARTS AT HOME TO TALK ABOUT CONSENT

- What do you think about Prince Charming kissing Sleeping Beauty while she's asleep?
- In Frozen, Kristoff asks Anna whether it's OK for them to kiss. Why do you think Disney have changed their attitudes to consent since they made Sleeping Beauty?
- If someone doesn't speak, how can you tell they don't like your touch from the way they behave?
- What does coercion mean?
- What do you think about sharing people's images or information online without their consent?
- What do you think about Andrew Tate and his views?
- How would you say no to a friend, when you don't want to be unkind to them?

The Safeguarding Team at Haven High offer pupils, parents and their family resources, advice, signposting and referrals that promote children's safety, safeguarding and wellbeing.

Our aim is that all the children at Haven High have the best possible outcomes.

Please get in touch if you are worried about a child or would like more information.

Email [safe@havenhigh.net](mailto:safe@havenhigh.net) or call the Year Hub on 01205 311979