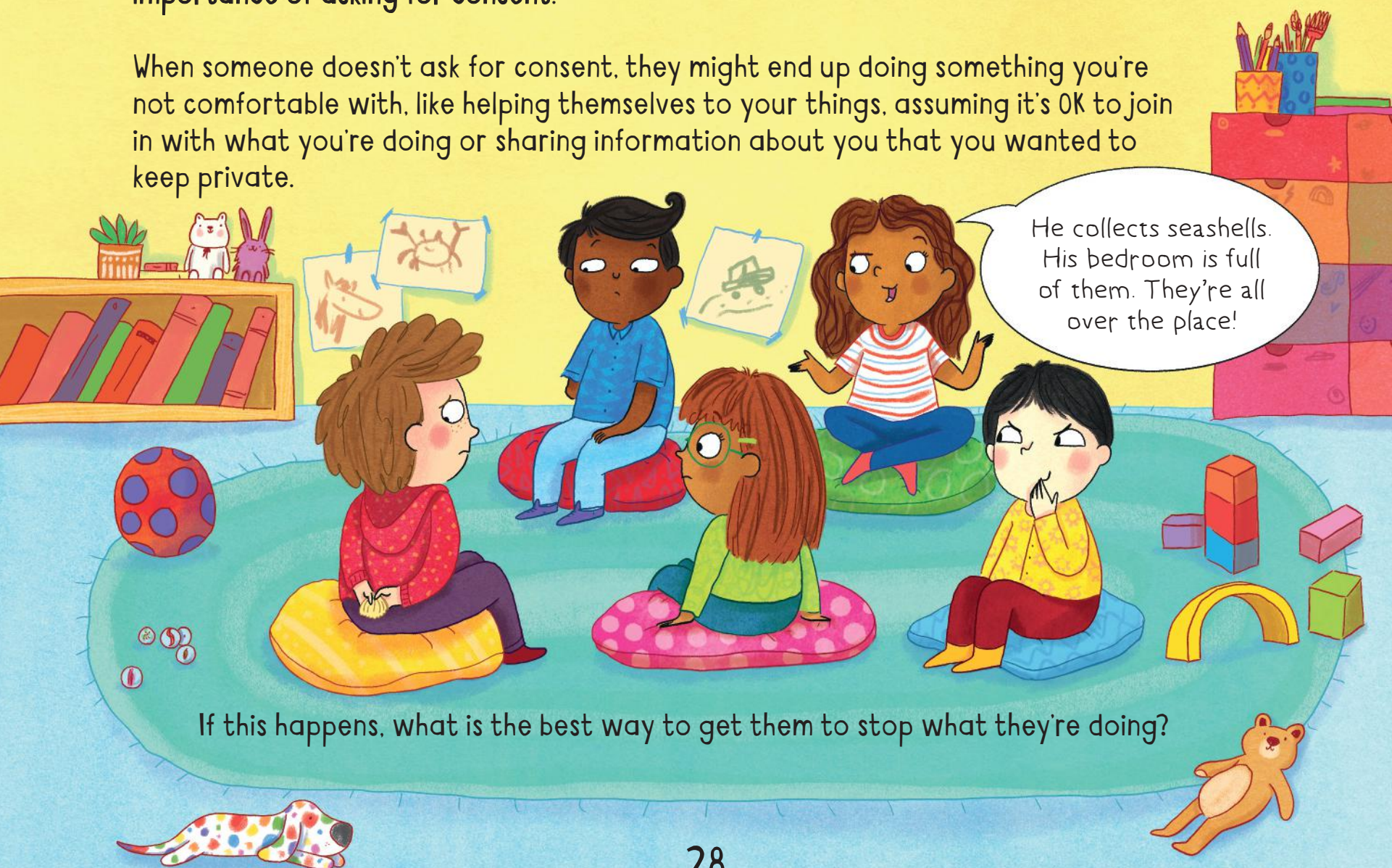


# What should you do when someone **doesn't** ask for consent?

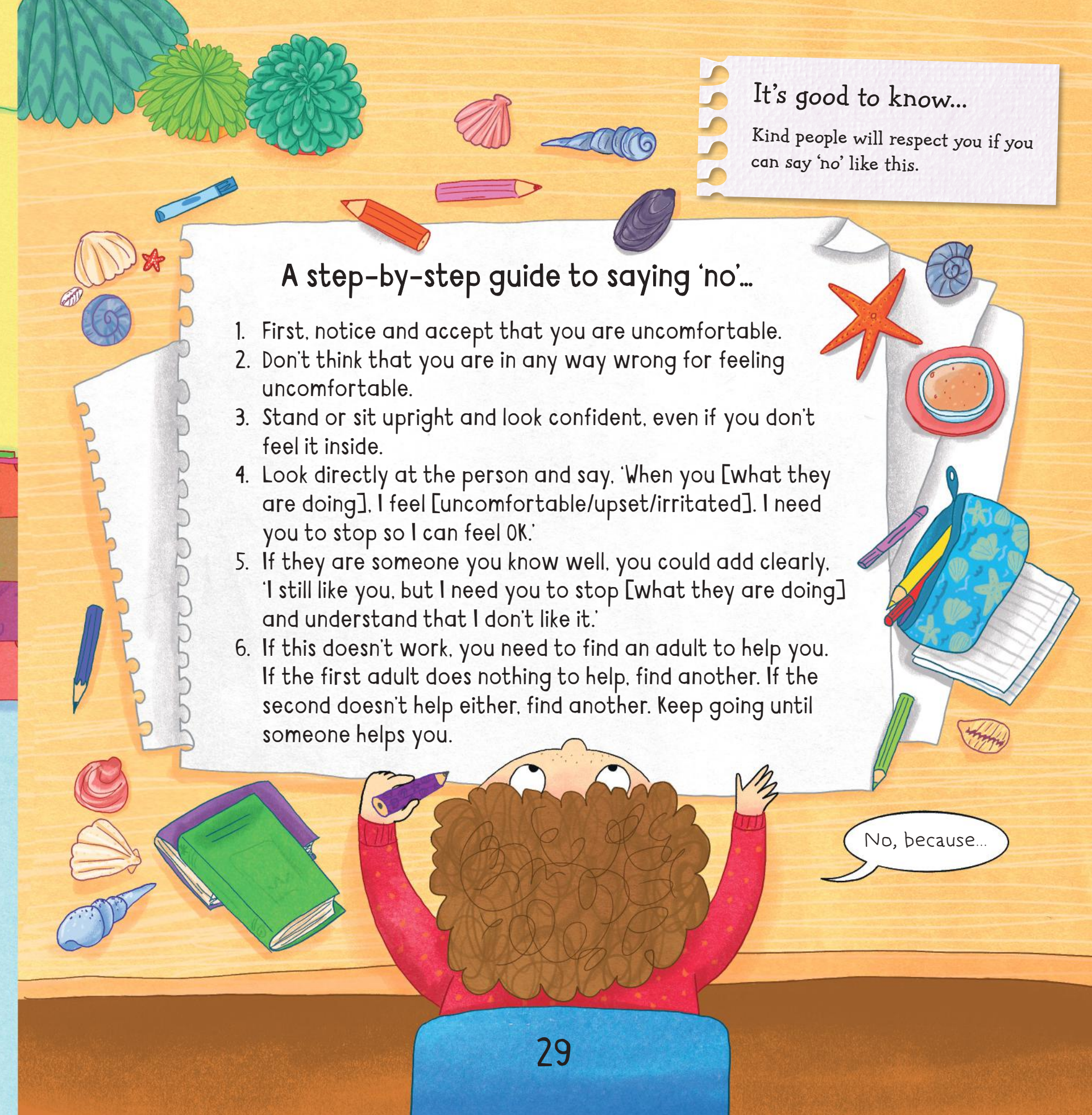
Sometimes, people might not ask for consent. This might be because they're excited or in a rush, assume you're OK with what they're doing or haven't been taught the importance of asking for consent.

When someone doesn't ask for consent, they might end up doing something you're not comfortable with, like helping themselves to your things, assuming it's OK to join in with what you're doing or sharing information about you that you wanted to keep private.



If this happens, what is the best way to get them to stop what they're doing?





It's good to know...

Kind people will respect you if you can say 'no' like this.

## A step-by-step guide to saying 'no'...

1. First, notice and accept that you are uncomfortable.
2. Don't think that you are in any way wrong for feeling uncomfortable.
3. Stand or sit upright and look confident, even if you don't feel it inside.
4. Look directly at the person and say, 'When you [what they are doing], I feel [uncomfortable/upset/irritated]. I need you to stop so I can feel OK.'
5. If they are someone you know well, you could add clearly, 'I still like you, but I need you to stop [what they are doing] and understand that I don't like it.'
6. If this doesn't work, you need to find an adult to help you. If the first adult does nothing to help, find another. If the second doesn't help either, find another. Keep going until someone helps you.

No, because...

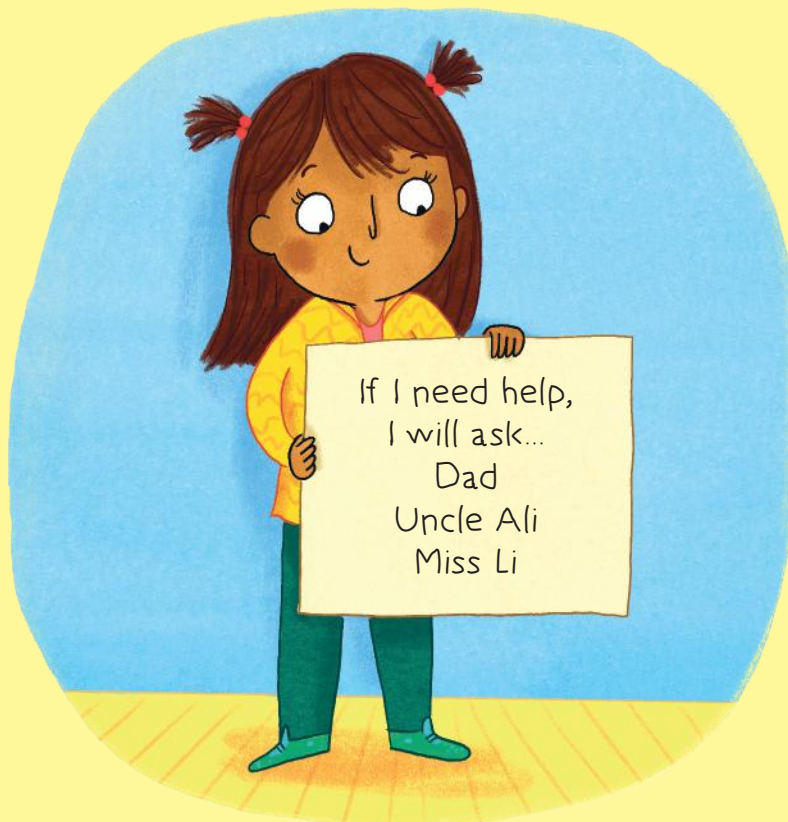


# When might you need help?

Sometimes, even when you've made it clear that you don't want to do something, it carries on.

Sometimes, people might insist you keep something secret because they know that what they're doing to you is wrong.

When this happens, you need to find help.




If I need help,  
I will ask...  
Dad  
Uncle Ali  
Miss Li



To get the right help, you need to find an adult you trust and tell them what is happening. You need to keep telling adults you trust until someone makes whatever is happening stop. This is really important.





Do you mind if I tell the class you had chickenpox last week?

Everyone feels looked after and comfortable when we all do these three things:

- ask and check for consent
- feel comfortable saying 'no'
- respect others' right to say 'no'.

Can I borrow your green felt-tip pen, please?

Would it be OK if I gave you a hug?





## Notes for grown-ups

Teaching our children about giving and asking for consent empowers them and teaches them self-respect and respect for others. This book outlines what your child needs to know, but here are some further points for consideration:

- You can start role-modelling consent to young children by asking, for example, if they want a hug or if it's OK for you to come into their bedroom.
- As your child gets older, you can start using the term 'boundaries' to describe the imaginary line between what we're comfortable and uncomfortable with. Understanding this helps children protect their own boundaries and be respectful of others.
- Allow children to say 'no'. Most young children are compliant a lot of the time, so there's usually a reason they're saying 'no'. This reason is often anger, overwhelm, anxiety or not wanting to stop doing something they're enjoying. As a parent, carer or teacher, it's important to investigate what's going on for the child when they say 'no', rather than dismissing it as defiance. It can help to speculate what the child might be feeling and show some empathy.
- We often expect children to share their personal possessions in a way that we would not always be comfortable with as adults. While sharing is a kind thing to do, it's good to accept that children won't always be comfortable sharing things, and this boundary can be respected.
- It's always a good idea to respect children's privacy in the same way that we'd like our own privacy to be respected.

