

Student _____

Parent/caregiver _____

Ask An Adult Activity

Boundaries, Bodily Autonomy & Consent

During class we talked about definitions and scenarios related to **boundaries**, **bodily autonomy** and **consent**. This activity is designed to give you an opportunity to ask an adult in your life about their own experiences learning about these topics.

Step 1

Share this activity with a parent, caregiver or other trusted adult. It can be done in person or over FaceTime or the phone.

Step 2

Ask your adult to answer the questions below. You don't have to write anything down, you can just listen.

1. How would you define **boundaries**, **bodily autonomy** and **consent**?
2. What were you taught by your parents, caregivers, teachers, or other adults about **boundaries**, **bodily autonomy** and **consent**?
3. What is something you wish a parent, or other trusted adult, told you when you were my age about **boundaries**, **bodily autonomy** and/or **consent**?
4. What is something you want me, as your child, to know about **boundaries**, **bodily autonomy** and/or **consent**?