



Student _____

Parent/caregiver _____

Ask An Adult Activity #1

Consent + Bodily Autonomy

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

Step 1

Share this activity with a parent/caregiver or another trusted adult. It can be done in person or over the phone, FaceTime, Zoom or even text - any type of communication that is most comfortable for you both.

Step 2

Ask your adult the questions below. You can skip a question if it makes you or your adult uncomfortable. No need to take notes.

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