



A program of



Program Overview for Parents

The Halls for II 11th & 12th Grade- Consent & Personal Boundaries

Overview:

Consent and personal boundaries are important and serious topics that can be hard to talk about, especially among young people. In our program, we use developmentally appropriate language to discuss the 10 signs of healthy and unhealthy relationships that help children foster positive relationships and friendships. We cover "F.R.I.E.S.", which is an acronym to help teens understand consent. We discuss how to set boundaries, proper ways to react when personal boundaries are crossed, and how to respect other people's personal boundaries. Lastly, we talk about common beliefs surrounding sexual assault and how teens can contribute to preventing it. Through interactive activities, students can practice applying the information. We know this can be a difficult conversation to discuss, so our **24-hour helpline at 301-662-8800** is available for parents and students.

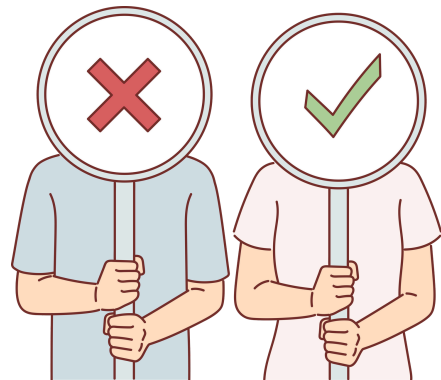
Ten Signs of a Healthy and Unhealthy Relationship

Healthy Signs

- Comfortable Pace
- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Fun
- Healthy Conflict
- Taking Responsibility

Unhealthy Signs

- Intensity
- Possessiveness
- Betrayal
- Isolation
- Manipulation
- Sabotage
- Guilt
- Volatility
- Belittling
- Deflecting Responsibility



What is Consent?

Consent is about giving and receiving permission freely and willingly in any type of interaction, whether it's physical, emotional, or sexual. It's a mutual agreement where both parties clearly communicate their boundaries, desires, and intentions. For older teenagers like 11th and 12th graders, it's crucial to understand that consent must be enthusiastic, meaning it's not just the absence of a 'no,' but an active and enthusiastic 'yes.' They should also know that consent can be withdrawn at any time, even after initially agreeing to something.

It's a red flag if someone tries to find a way around a "no." Asking a person for permission multiple times until someone says yes is coercion, not consent. Coercion can also entail subtly wearing someone down or guilt-tripping them until they say yes. If someone tries to find a loophole in your boundary, that's manipulation.

F.R.I.E.S.

"**F.R.I.E.S.**" can help facilitate conversations about consent that are age-appropriate and emphasize respect, communication, and personal agency. It teaches youth to recognize and respect boundaries, both their own and others', and empowers them to navigate relationships in a healthy and respectful manner.

F

Freely Given

Explain that children should never feel pressured or forced into any activity, whether physical or emotional. It's crucial for them to understand that they have the right to make their own decisions.

R

Reversible

Help them understand that consent is not permanent and can change based on how they feel. They should feel empowered to speak up if they feel uncomfortable at any point.

I

Informed

Discuss how important it is to fully understand what they are agreeing to. This can involve discussing the potential consequences of their actions.

E

Enthusiastic

It's important to be enthusiastic about what they're doing and that both parties are excited and clearly agree to participate in an activity. They should look for positive verbal and non-verbal cues that show the other person is comfortable and enthusiastic.

S

Specific

They should clearly communicate their boundaries and intentions, and they should also listen carefully to the other person's boundaries and intentions.

By learning to practice consent in a clear and respectful manner, young people can navigate relationships responsibly, understand their rights and responsibilities, and contribute positively to creating a culture of respect and consent.

Setting Boundaries

Boundaries are the guidelines we set for ourselves and communicate to others about what is acceptable and respectful in our interactions, relationships, and personal space. They help us establish limits, protect our physical and emotional well-being, and maintain healthy relationships.

- Examples:
 - Physical boundaries (like personal space and physical touch)
 - Emotional boundaries (like sharing feelings and emotions)
 - Digital boundaries (like privacy and online interactions)

By setting boundaries in this way, children can develop a strong sense of self-respect, assertiveness, and healthy relationship skills that will serve them well into adulthood. It fosters an environment where teenagers feel empowered to navigate their social interactions confidently and respectfully.

Talking Points

Discussing these sensitive topics can be difficult, so here are some tips and talking points to make this easier for you and your child. By having these conversations, it can help to strengthen the parent-child relationship and motivate them to come to you for future encounters.

- **Encouraging open communication with your child-** it's important to keep an open mind when your child wants to share their experiences with you. Avoid being judgmental and creating an environment where your child feels comfortable to express themselves freely.
- **Be prepared-** your child might have been through hard experiences and it may be hard to hear. You can utilize our hotline number at 301-662-8800 or you can scan the QR code below for references and resources.
- **Do your research-** it's important that as the parent you are educated on these topics in case your child may have any questions. To better your understanding of these topics, scan the QR code below for references, resources, and tutorials on how to block other users on social media.
- **Offer reassurance and support-** making sure your child feels secure is essential, so be sure to let them know you're there for them and that coming to you was the right decision.
- **Use a soft tone of voice-** when addressing your child, try to maintain a gentle tone. Sounding accusatory can give the impression that they are in trouble, which may cause them to be defensive and shut down. By adopting a softer tone, you'll create a welcoming environment that encourages openness and honesty. Some examples of this would be, "I am so sorry this happened to you and thank you for sharing this with me" or "Thank you for coming to me, let's figure this out together."

Here are some talking points to have with your child to help the conversation:

- "Can you tell me what you think 'consent' means?"
- "Can you share a time when you felt respected by a friend or classmate?"
- "What are some ways to show respect for other people's personal space?"
- "Have you ever felt uncomfortable or unsure about something someone wanted you to do?"
- "What do you know about asking for permission before doing something with someone else?"
- "How do you know when someone wants you to stop doing something?"
- "What would you do if someone at school was touching your things without asking?"
- "Who are the people you trust the most, and why?"
- "Do you feel that you can talk to me about anything that makes you uncomfortable?"

Where to Find Us!

- **24-Hour Helpline- 301-662-8800**
- youth@heartlyhouse.org
- Heartlyhouse.org

Scan Below for References and Resources

Grab your cellular device, click your camera app and press and hold the QR code to scan.



A program of

