



Consent

While the 'Puberty Power Up' course focuses on puberty and anatomy learning for children, the PLUS topics or add ons offer extra learning experiences across a number of topics. Some families find they need more information in other areas of learning; perhaps because their child is asking more questions about friendships, body safety, keeping happy online, gender identity or sexuality. We offer these extra topics for those parents/caregivers who wish to scale up their child's learning at home.

'Consent' describes the basics of consent— that consent is freely agreeing to do something, or giving permission, without feeling pressured or forced. It's important in every situation and it's not just related to sex. Consent is also about setting boundaries that make us feel safe in our friendships, our relationships with family, with people we have just met, partners, everyone!

Related Puberty Plus topics we recommend:

- Pornography – it's not for children
- Crushes and sexual feelings
- Friendships

Terms we work with

Consent: Consent is freely agreeing to do something without feeling pressured or forced. Consent is important in every situation and it's not just related to sex.

Affirmative consent: Affirmative consent places the responsibility on each individual person participating in a sexual act to take steps to ensure that the other person(s) involved are consenting to sexual activity rather than relying on a person to give their consent.

Boundaries: A boundary is a limit or expectation or condition which a person can make and others have to listen to and respect. For example, saying to a friend that you don't like it when they play a trick on you is a boundary, or when they ignore you if you say you don't want to do something, that means they aren't respecting your boundaries.