



Student _____
Parent/caregiver _____

Take Home Activity #2

What Consent + Bodily Autonomy Mean to Me

In class we talked about bodily autonomy; every person has ownership over their body and no one should touch your body without your permission, or pressure you to do anything that makes you feel unsafe or uncomfortable. We also talked about the term consent - saying yes to something; permission for something to happen. Please do this activity with a parent/caregiver or another trusted adult. Remember, there are no wrong answers.

**DJ arrives at a family get together.
A relative they've only met twice says
"You've gotten so big! Come give me a hug!"
DJ feels really uncomfortable.**

Circle the response that would feel right for you if you were in DJ's situation (or write your own response), and please explain your thoughts on the line below.

I don't really like hugs, but it's nice to see you!

OK.

How about a high five instead.

Thoughts: _____

What is something you would want DJ's parent(s)/adult(s) to say if they were there? Circle your choice or write something new. Please explain your thoughts on the line below.

DJ, you can just say "hi" instead.

DJ, go give them a hug.

Our kids choose when they give hugs, and DJ's not a big hugger.

Thoughts: _____

List two trusted adults you can go to for support if you're ever in a situation that makes you uncomfortable.

1. _____ 2. _____