

Your Body, Your Boundaries

A printable practice worksheet for teens and families

RECOGNIZE • REASON • RESPOND

Use fictional situations to practice. Skip any question. You do not need to describe personal experiences or put your name on this sheet. Keep completed pages somewhere safe.

1. RECOGNIZE: Respect or pressure?

Mark each example **R** for respect or **P** for pressure.

- ☐ A. You decline a hug. The other person accepts your answer.
- ☐ B. A dating partner says you must share passwords to prove trust.
- ☐ C. You change your mind about physical contact. The person stops.
- ☐ D. Someone keeps asking for an intimate picture after you say no.

What clue helped you decide?

2. REASON: A choice must be free

Consent means clear, voluntary agreement without pressure or fear. It is specific, ongoing, and can be withdrawn. Silence, freezing, or a past yes does not mean yes now. Someone asleep, unconscious, or too impaired cannot consent.

Respecting consent also means accepting someone else's no. Choosing to wait is valid. Age and circumstances affect legal consent; agreement alone does not establish that an activity is lawful.

Alex is told, "If you cared, you would send the picture."

What makes this pressure rather than a free choice?

Practice Your Voice

You can ask for help even when you are unsure what happened.

3. RESPOND: Choose words that fit

If it feels safe to speak, try:

“I’m not ready.” “Please stop asking.”

“I changed my mind. Stop.” “I don’t share intimate pictures.”

One boundary phrase I could use:

A respectful response when another person sets a boundary:

4. Make a support plan

Think of a trusted parent, caregiver, counselor, teacher, or healthcare professional. If someone at home is causing harm, choose another safe adult.

First trusted adult / safe way to reach them:

Another adult I can try if the first person cannot help:

A safe way to leave or get a ride if I need one:

Start the conversation: “Something happened, and I need help.”

At a healthcare visit: “Can I speak with you privately?” Ask what can stay private and when information must be shared for safety.

You are not to blame if you froze, felt afraid, or could not say no. Practicing these skills does not make you responsible for someone else’s harmful behavior. If speaking up feels unsafe, focus on getting support. For immediate danger, call 911.

Reflect, Review & Get Support

5. Digital pressure: What comes next?

A person threatens to share a teen's intimate image unless the teen sends money or more images.

Write two helpful next steps:

Suggested steps: Tell a trusted adult promptly. Do not pay or send more images. Preserve threatening messages and account details; report and block the account. Seek law enforcement help. Do not forward intimate images as proof. Even if an image was already sent, help is available.

Review the practice answers

1. A = Respect; B = Pressure; C = Respect; D = Pressure.
2. Alex is being made to feel guilty for a boundary. Care does not require sharing an intimate image.
3. A respectful reply might be, "Okay. I will stop."

For parents, caregivers & educators

Ask: "What would respect look like here?" Listen calmly and thank teens for asking questions. Discuss family values and choosing to wait while making clear that support is always available. Use fictional examples; do not require personal disclosures or collect completed support plans.

If a teen reports harm, prioritize safety and appropriate professional help. Avoid blame or promises of absolute secrecy. Professionals should explain applicable privacy and reporting limits.

Learn more

Read the full lesson and explore printable Teen Health Resources at:
BlueprintClinicalEducation.com/patient-wellness

Sources checked October 16, 2026

RAINN. Consent 101: Respect, Boundaries, and Building Trust. Updated May 31, 2026. [Read resource.](#)

FBI. Financially Motivated Sextortion. [Read resource.](#)

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