

# CONSENT & EMPATHY MATTER!

**Consent is an important word that means to agree or give permission.** Consent is necessary when we want to share or borrow something, or to be physical with other people - such as a hug, kiss, tickle, horseplay, or to take a picture of them.



**Everyone has the right to say 'no.'** Sometimes, a person might not be able to say 'no', they may shake their head, put up a hand, or be quiet. It is important to listen and stop when someone says 'no' with their words or actions.

**It is not consent if a person is tricked, pressured, or threatened to say 'yes.'** Consent has to be given freely, by a person's own choice.



**Private Part Rule:** the only time it is okay for another person to look at a child's private parts is if they are hurt or need medical attention. At a doctor's visit, another adult like a parent, should be there to make sure your body is being respected.

## EMPATHY

**Empathy is a powerful word that means to understand and value how others feel.** When we recognize that everyone experiences a variety of emotions just like we do, we would never want to do anything that would hurt, upset, or disrespect them. All people want and deserve to be treated with kindness. Exercising consent with others is a necessary part to having positive, healthy relationships.