



# TOPIC 2: SAFE AND HEALTHY BOUNDARIES

## READ KEY VOCABULARY TOGETHER

- **Boundary** — a “line” that others cannot cross unless I say it’s okay.
- **Consent** — giving permission or saying yes to an activity.

## ★ ACTIVITIES

### 1. Boundaries Social Story and Discussion

Read the **Boundaries Social Story** found on page 13 of the Workbook together as a family to introduce the topic. Then discuss the following additional information about safe and healthy boundaries:

- There are physical and emotional boundaries.
- Boundaries are different for everyone and can change over time.
- My body belongs to me. Your body belongs to you.

### 2. Three Steps for Consent

Use the **Three Steps for Consent** worksheet, found on page 14 of the Workbook. Read the definition of consent and look over the Three Steps for Consent. Then review and practice saying the three key steps in practicing consent.

Review the meaning of consent: giving permission or saying yes to an activity.

Steps to seeking consent:

- Ask for consent.
- Listen to the person’s answer.
- Respect the person’s answer.

Watch the video that shows consent in action: Consent: Ask, Listen, Respect: <https://youtube.be/hGO6fAB7IRs>

Read sample scenarios at the bottom of the page.

Practice asking for consent for different types of touch.



## WORKBOOK

Boundaries  
Social Story ..... Page 13

Three Steps for Consent  
Worksheet ..... Page 14

# Lead Up Workbook Discussion Guide

**Lingsheng Yao**



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