

CONVERSATION GUIDE: PRE-TEENS & TEENS

At any age, it's important to help kids understand their personal boundaries & those of others. Once they hit their teen years, conversations around consent can help give your pre-teens & teens the skills & tools to understand what consent is, how to ask for it, & how to give or decline to give it.

Here are some ideas to help your teen work through consent scenarios:



Talk about pressure: Let them know it's never okay for someone to pressure them into any kind of sexual activity. Likewise, it is never okay to pressure someone else.

Example: Your teen says "no", but the person ignores them & continues to pressure. Talk them through language to use & things to do in that situation.

Talk about Verbal & Non-Verbal Consent: People communicate non-verbally through body language, but non-verbal communication can lead to misunderstanding - let them know it's better to ask upfront.

Example: Discuss with your teen some ways they can check in with their partner. "Are we moving too fast?" "Are you okay with this?" Remind them to be aware of non-verbal signs.

Talk about being under the influence : As teens get older, they may attend parties where drugs & alcohol are being used. Make sure they know legal consent is sober consent. Someone who is intoxicated cannot give consent.

Example: "I know sometimes teens hook up when drinking & everyone seems okay with the situation, but actually someone under the influence cannot give consent. Being drunk is not an excuse that will get you off the hook.

Talk about how changing their mind is okay: Let your teen know they can always say no, even if they originally said yes. They have a right to change their mind & so does their partner.

Example: "talk about some ways you can communicate with each other if your teen doesn't feel safe. Is there a code they can text or say on a call? Remind your teen you're always there to support them.



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