

What is Consent?

You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.

Consent is:

- Never assumed
- Verbally stated
- Freely given

Talk about the red flags of an unhealthy relationship.

Examples:

- Guilt trips
- Making partner change behavior
- Controlling behavior
- Intimidation
- Verbal threats
- Physical assault



Something to talk about:

- Discuss the difference between values the media emphasizes versus personal values.
- What qualities do you want to have in your relationship?
- Qualities of a healthy relationship include respect, kindness, open communication, honesty, loyalty, and patience.

Teach your teen about preventive tactics. Here are some examples:



Group dates



Verbalize your boundaries to your partner



Avoid drugs and alcohol



Use the QR reader on your phone to watch a video about teen dating violence.



Complete the **Healthy Relationships Handout** to continue learning about healthy relationships.