SESSION PLAN

Youth Group: Ages 10 to 16

Topic: My Body, My Rules: Understanding Consent

Learning objective:
- Help girls understand what consent means
- Teach them it's okay to say no - and to expect their "no" to be respected
- Explore everyday scenarios (not just romantic/physical) where consent applies
- Build confidence to speak up, ask questions, and seek help

Materials Needed:
- Coloured cards or objects for "yes, no, maybe"
- Consent scenario cards
- Pens & optional stickers or affirmation cards

Icebreaker – "Yes, No, Maybe" (3 minutes)

Purpose: Introduce the idea of comfort zones and personal boundaries in a non-threatening way

Instructions: Read out a few fun or everyday situations. Girls respond by standing or raising a coloured card for:
- YES (green)
- NO (red)
- MAYBE (yellow)

Examples:
- "Would you want someone to read your diary?"
- "Do you like hugs from friends?"
- "Would you lend your phone to someone else?"
- "Is it okay to share someone's photo without asking them?"

Facilitator Notes:
Discuss how everyone's answers are different – and that's completely okay. That's the idea behind consent.

What Is Consent? (4 minutes)

Ask the group:
- "What do you think consent means?"

Define together:
"Consent means giving permission for something to happen - and it must be freely given, clear, and enthusiastic."

Important points to include:

- You can change your mind at any time
- No one should pressure, trick, or guilt you into saying yes
- Consent isn't just about touching - it's about space, belongings, privacy, and choices

Consent in Real Life - Scenarios (5 minutes)

Activity: "Is It OK?" Read out short scenarios. Girls vote or discuss in pairs/groups:

- "Your friend hugs you even though you said you don't like hugs."
- "Someone asks for your password and gets upset when you say no."
- "You say yes to sharing a photo, then change your mind later."
- "Someone borrows your lip balm without asking."

Discussion Points:

- Saying no is not rude – it's your right
- Good friends listen when you set a boundary
- You always have the right to feel safe and comfortable

Consent and Feelings (4 minutes)

Ask:

- "How do you feel when someone ignores your 'no'?"
- "How do you feel when someone asks you first before doing something?"

Talk about:

- Empowerment in having choices
- Guilt or pressure and why that's not okay
- Being brave enough to speak up – even to people you know well

Your Voice Matters - Speaking Up (3 minutes)

Activity: Practice Saying No Give each girl a phrase to practise saying with strength and confidence:

- "No, thank you."
- "I'm not okay with that."
- "Please don't do that again."
- "That's my choice to make."

Let them try saying it standing up, using body language and tone that feels confident and assertive.

Closing Affirmation: "My Body, My Rules" (1 minute)

Everyone repeats together:

🗣️ "I have the right to say no. I have the right to change my mind. I have the right to be respected. My body, my rules."

Give out a small takeaway card or sticker with the affirmation as a reminder.