SESSION PLAN

Youth Group: Ages 10 to 16

Topic: My Body, My Voice: Understanding Respect, Consent & Boundaries

Learning objective:

- Help young people understand what consent, respect, and boundaries mean
- Teach that everyone has the right to feel safe and comfortable
- Encourage confident communication about their needs and limits
- Reinforce the importance of respecting others' choices

Materials Needed:

- "Yes/No/Maybe" signs or cards
- Flipchart or whiteboard
- "Power of No" phrases on slips or a poster

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

Call out light-hearted, non-serious situations:

- "Hug from a friend?"
- "Sharing your snack?"
- "Having someone go through your phone?"

Young people respond with: Yes / No / Maybe

Then ask:

- "Did everyone answer the same?"
- "Why is it okay to have different answers?"

Message: Everyone's boundaries are different - and that's okay.

What Is Consent? (3 minutes)

Simple definition:
Consent means giving permission for something to happen - freely, clearly, and without pressure.

Key points:

- It must be clear and enthusiastic - "Yes" means yes
- It can be withdrawn - "No" means no, and "I'm not sure" means no too
- It applies to hugs, touch, messages, pictures, conversations - not just sex

Boundaries – Yours & Theirs (4 minutes)

Ask:
- "What are boundaries?"
- "How do you know when someone's crossing them?"

Examples of your boundaries:
- Not wanting to be touched
- Needing space or time alone
- Saying no to a joke that goes too far

Examples of respecting others' boundaries:
- Not pressuring someone to do something
- Listening when someone says "stop" or "no"
- Asking permission – "Can I…?"

Activity: Ask everyone to name one personal boundary they have.

The Power of No (5 minutes)

Discuss: Why do people sometimes say "yes" when they want to say "no"?
(E.g. peer pressure, fear, embarrassment, wanting to fit in.)

Teach responses:
- "No thanks, I'm not comfortable with that."
- "I don't want to."
- "I've changed my mind."
- "Please stop – I don't like that."

Practice confident tone and body language: eye contact, steady voice, standing tall.

Respect Goes Both Ways (5 minutes)

Key message:
Respect isn't just about being polite – it's about honouring someone's feelings, body, and choices.

Ask:
- "How can we show respect to friends, classmates, and people online?"
- "What do respectful relationships look like?"

Signs of respectful friendships:
- They listen to you
- They don't pressure or tease you
- They support your choices
- They treat you how they'd want to be treated

Optional Follow-Up:
- Create a Respect Pledge wall: "I respect myself and others by…"
- Print "My Boundaries" cards or wallet-size reminders
- Invite a youth worker or speaker for Q&A about relationships and safety