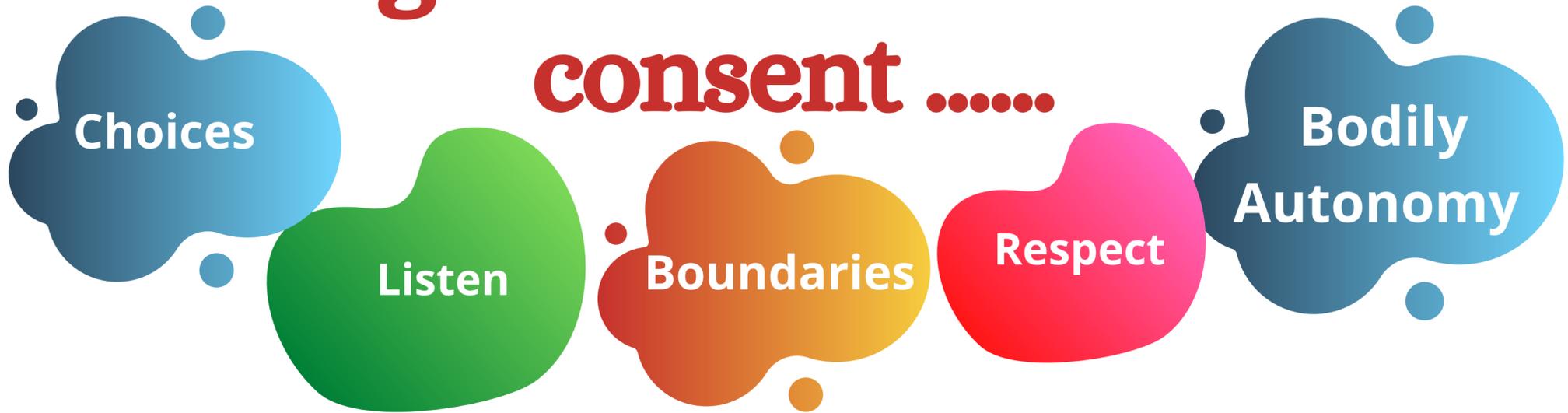


# Starting the conversation about consent .....



## When to Begin Teaching my Child about Consent?

Communication around consent begins from an early age. You may choose to do it consciously but from birth you are communicating subconsciously. You teach your child on a daily basis about consent through your interactions with them and others.

- Through **choice** - By asking what you would like to .."eat, do and play"
- Modeling healthy **boundaries** - By listening, respect and negotiating
- Look for opportunities in daily interactions where your child can practise consent.

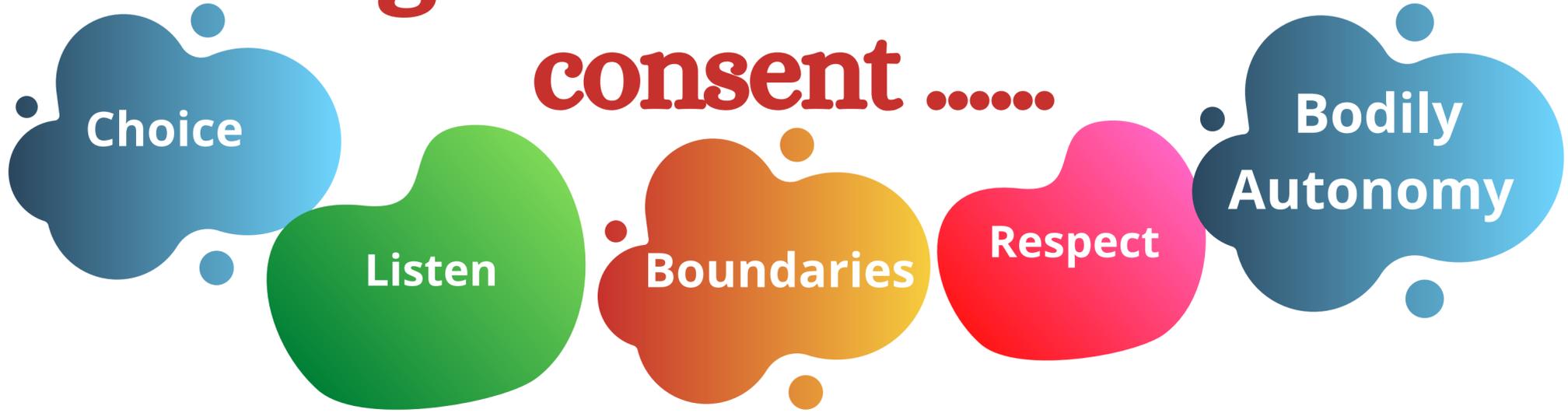
## Teach Bodily Autonomy

- Model consent to your child in how you touch, hug, kiss others
- Teach **bodily autonomy** - no one has the right to touch, hug or kiss them if they do not wish
- Teach the correct names for the body parts which helps to reduce future embarrassment about the body
- Teach your child that if something doesn't feel right to say stop e.g. when they have enough of tickles

## Supports for Teaching Consent

Busy Bodies Development Booklet available from [www.healthpromotion.ie](http://www.healthpromotion.ie)  
[www.sexualwellbeing.ie](http://www.sexualwellbeing.ie) (parenting section).

# Starting the conversation about consent .....



## My Body, My Choice

It's my body,  
It's my choice,  
Don't tickle, hug, or kiss me  
Without my consent

I may say 'no'  
I may say 'yes'  
If I say 'stop'  
It's my choice

I don't keep secrets  
I can't be bought  
No one touches my privates  
That's not consent.

It's my body,  
It's my choice  
If it doesn't feel right  
There is someone I will tell

By Máire O' Leary (Health Promotion Officer)