



**PLANIT**  
TEACHERS

## Consent and Coercion in Relationships: Understanding Healthy Boundaries

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**Student Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Due Date:** \_\_\_\_\_

### Introduction

Welcome to this important lesson on consent and coercion in relationships. As a 14-year-old student, it's essential to understand the differences between healthy and unhealthy relationships. In this worksheet, you will learn about consent, coercion, and how to maintain healthy boundaries in your relationships.

## Understanding Consent

Consent is an agreement between two people to engage in a specific activity. It's essential to understand that consent must be freely given, reversible, and informed. Answer the following questions:

1. What is consent?

2. Why is consent important in relationships?

3. Can you think of a situation where consent is necessary?

## Recognizing Coercion

Coercion is the use of force, manipulation, or pressure to influence someone's behavior or decision. Identify the signs of coercion in the following scenarios:

1. A friend is pressuring you to do something you don't want to do.

2. Someone is threatening to harm you if you don't do what they want.

3. A partner is controlling your actions and decisions.

## Healthy Boundaries

Healthy boundaries are essential in any relationship. They help you maintain your autonomy, respect, and trust. Answer the following questions:

1. What are healthy boundaries?

2. Why are healthy boundaries important in relationships?

3. Can you think of a situation where healthy boundaries are necessary?

## Communication Skills

Effective communication is critical in maintaining healthy relationships. It involves active listening, assertiveness, and respect. Complete the following activity:

Role-play a scenario where you need to communicate your boundaries to a friend or partner. What would you say? How would you say it?

## Scenario Analysis

Read the following scenario and answer the questions:

"Sarah's boyfriend is pressuring her to do something she doesn't want to do. He says that if she loves him, she will do it. What should Sarah do?"

1. Is this a healthy or unhealthy relationship?

2. What are the signs of coercion in this scenario?

3. What should Sarah do to maintain her healthy boundaries?

## Reflective Journal

Write a reflective journal entry on what you learned about consent and coercion in relationships. How can you apply this knowledge to your own relationships?

## Poster Campaign

Design a poster campaign to promote healthy relationships and consent. Include key messages and statistics about the importance of consent and healthy boundaries.



## Quiz

Complete the following quiz to test your understanding of consent and coercion:

1. What is consent?

2. What are the signs of coercion?

3. Why are healthy boundaries important in relationships?

## Group Discussion

Discuss the following questions with your classmates:

1. What are some common myths about consent and coercion?

2. How can you prioritize your own safety and well-being in a relationship?

3. What are some resources available for someone who is experiencing coercion or abuse in a relationship?

## Conclusion

In conclusion, understanding consent and coercion in relationships is essential for maintaining healthy boundaries and respecting the autonomy of others. Remember that consent is an ongoing process, and it's essential to communicate effectively and respect each other's boundaries.