



**PLANIT**  
TEACHERS

## Consent and Coercion in Relationships: Understanding Healthy Boundaries

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

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

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

**Essential Understanding:**

- Definition of consent and coercion
- Importance of healthy boundaries in relationships
- Recognizing signs of coercion
- Practicing assertive communication

**Complete these concept checks:**

1. Define and give an example of:

- Consent
- Coercion
- Healthy boundary
- Assertive communication

2. Explain the difference between consent and coercion in a relationship.

## Activity 1: Defining Consent and Coercion

### Scenario Analysis:

1. Read the following scenarios and identify whether they involve consent or coercion:

- Sarah and Alex are dating. Alex wants to hold hands, but Sarah is not sure. Alex respects Sarah's decision and waits for her to feel comfortable.
- Jake wants Emily to go to the movies with him, but Emily wants to study. Jake tells Emily that if she doesn't go, he won't talk to her anymore.

2. Write a short reflection on why understanding consent and coercion is important in any relationship.

## Activity 2: Healthy Relationships

### Characteristics of Healthy Relationships:

1. List 5 characteristics of a healthy relationship (e.g., respect, trust, communication).

2. Read the following case study and identify how the characteristics you listed are present:

"Emily and Mike have been dating for a year. They communicate openly and honestly with each other, respecting each other's boundaries and decisions. They trust each other and show appreciation for each other's feelings and needs."

3. Express your understanding of a healthy relationship through a poem, drawing, or short story.

### Activity 3: Consent in Different Situations

#### Situational Analysis:

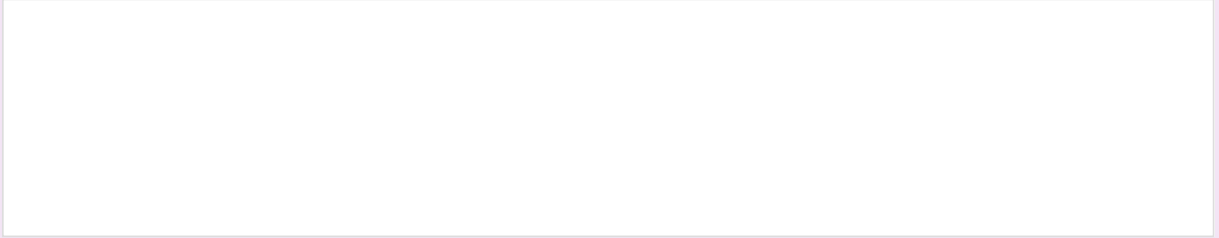
1. Consider different situations where consent is crucial (e.g., physical touch, sharing personal information, sexual activity). Write about why consent is important in each situation.

2. Prepare points to discuss in a group setting about how consent can be communicated and respected in various contexts.

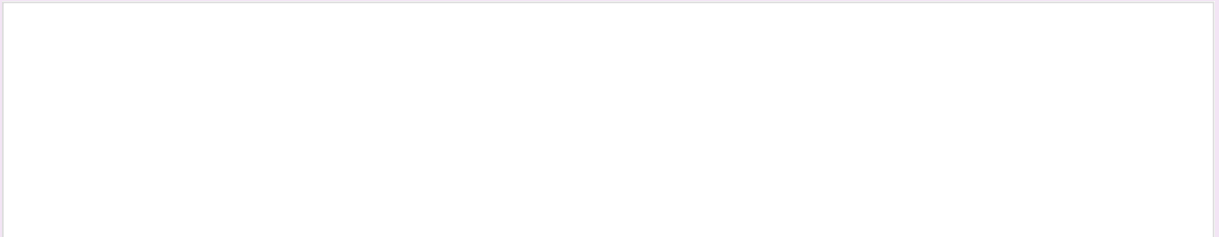
## Extension Activity 1: Research Project

### Topic Selection:

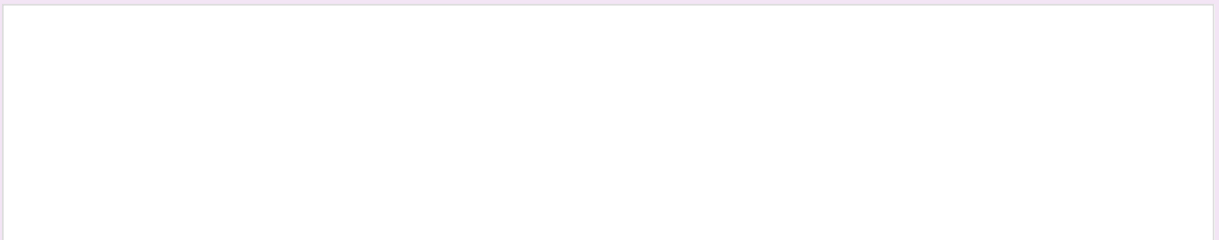
1. Choose a topic related to consent and coercion (e.g., the impact of social media on relationship dynamics, legal aspects of consent).

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2. Conduct research and create a short presentation or essay on your chosen topic.

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3. Share your findings with the class and discuss as a group.

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**Scenario Creation:**

1. Develop 3 scenarios that depict different aspects of consent and coercion in relationships.

2. Exchange scenarios with a classmate and discuss whether each scenario represents consent or coercion and why.

## Conclusion

In conclusion, understanding consent and coercion in relationships is crucial for building and maintaining healthy relationships. By completing these activities, you have demonstrated your knowledge and critical thinking skills on this topic.

## Additional Resources

For further learning and support, consider the following resources:

- [List of books, websites, or support hotlines related to healthy relationships and consent]

## Parent/Guardian Notes

### **Supporting Your Child:**

- Encourage open dialogue with your child about the importance of consent and healthy relationships.
- Review the assignment with your child and discuss any questions or concerns they may have.
- Help your child manage their time effectively to complete the assignment within the given timeframe.
- If your child needs additional resources or support, consider consulting with their teacher or a healthcare professional.