

Introduction

This worksheet is designed to help you understand the importance of consent and healthy boundaries in relationships. You will learn about the differences between consent and coercion, and how to recognize signs of unhealthy relationships.

What is Consent?

Consent is the voluntary and informed agreement to engage in a specific activity or behavior.

1. What is consent?
2. Why is consent important in relationships?
3. Can you think of a time when you gave or received consent?

What is Coercion?

Coercion is the use of pressure, manipulation, or force to influence someone's behavior or decision.

1. What is coercion?
2. How can coercion be used in relationships?
3. Can you think of a time when you experienced or witnessed coercion?

Recognizing Signs of Unhealthy Relationships

Signs of unhealthy relationships include manipulation, control, emotional abuse, or isolation.

1. What are some signs of an unhealthy relationship?
2. How can you recognize if someone is being coerced or manipulated?
3. What can you do if you or someone you know is in an unhealthy relationship?

Healthy Communication

Healthy communication includes active listening, assertiveness, and respect.

1. What is healthy communication?
2. How can you communicate effectively in a relationship?
3. Can you think of a time when you used healthy communication in a relationship?

Scenario Analysis

A friend is being pressured into doing something they don't want to do.

1. What is happening in this scenario?
2. How can your friend communicate their boundaries?
3. What can you do to support your friend?

Role-Play Activity

Work in pairs to act out a scenario where one person is trying to convince the other to do something they don't want to do.

1. What did you learn from this activity?
2. How can you apply what you learned to real-life situations?

Creating a Safe and Respectful Environment

Creating a safe and respectful environment is crucial for promoting healthy relationships and preventing coercion.

1. What can you do to create a safe and respectful environment in your relationships?
2. How can you promote healthy relationships in your community?
3. What resources are available to support healthy relationships?

Reflection

Reflect on what you have learned from this worksheet.

1. What did you learn from this worksheet?
2. How can you apply what you learned to your own relationships?
3. What challenges do you think you may face in promoting healthy relationships, and how can you overcome them?

Conclusion

Remember that healthy relationships are built on mutual respect, trust, and open communication. Always prioritize your own safety and well-being, and seek help when needed.

