Preschool

- Using helpful phrases:
  - “No means no”
  - “This is ___’s body and this is your body. Please only put your hands on your own body.”
- Practice respectful refusals
- Setting boundaries
  - Tickling, hugs, kisses, etc.

Activities:
- Singing songs related to consent
- Practicing sharing and respectful ways of getting what you want
- Coloring yes and no cards
- Learning alternatives for hugs (fist bumps, hand shakes, bows, waves, etc.)

High School

- Learning times when you can’t consent: drugs, age & power limitations
- How to accept no as an answer
- How to say no powerfully, how to deflect pressure
- Talking about sexual assault and domestic violence, providing resources
- Consequences of not obtaining consent
- Bodies are not here for your pleasure only, there are people in those bodies
- Learning ways to break the cycle
- The different types of sexual violence

Activities:
- Coming up with alternative activities other than sex
- Interacting with outside groups that focus on consent: RACES
- Debate on a given sexual scenario and if it’s consensual
- How to confront your friends when they are being disrespectful
**Elementary (K-3rd)**
- Continue to incorporate things taught in preschool
- Learning trust in adults
- Learning to interpret emotions and reactions
- Learning how to react to the word no
- Learning to respectfully say no
- Setting everyday boundaries: personal space

**Activities:**
- Emotion cards
- "Meet the (principal, counselor, etc) day"
- Identify body parts
- How to identify good platonic relationships through a scenario game
  - “This person shares their toys and says only nice things. Are they a good or bad friend?”

**Elementary (4th & 5th)**
- Learn about the body and changes that come with puberty
- How to interpret your gut and trusting it
- Knowing by a person’s manner if they are uncomfortable
- How to react when told no
- Internet safety

**Activities:**
- Practicing defense tactics
- Role playing: how not to be a bystander
- Practicing communication
- Body positive activities: writing good things about yourself
- Creating a physical copy of personal boundaries for reference

**Middle School**
- General genderfluid comprehensive sex ed
- Learning about all types of relationships and how to maintain healthy relationships
- Applying early consent to sexual activities
- Defining consent
- The risks and benefits of sexual activities
- Discovering and welcoming different gender and sexual identity
- Discussion on media portrayal of consent: porn, movies, songs

**Activities:**
- Introducing the continuum of physical interactions and drawing the line of respect
- Role playing: peer pressure situations
- Brainstorming refusal skills for given scenarios.
- How to use birth control
- Demonstrations on how to use all types of birth control
- Internet safety activity: deleting cookies, privacy settings, safe interactions with strangers