



Our Whole Lives

LIFESPAN SEXUALITY EDUCATION

**Under Your Wing:
Our Whole Lives Sexuality Education Video Series
for Parents and Caregivers of Young People Ages 9-12**

Consent and Peer Pressure

Key Messages for Parents and Caregivers:

- Consent is permission to do something or receive something. It is sometimes given with words and sometimes with actions.
- People need to understand and practice consent around touch and sexual behavior.
- Children need to learn to identify the signals of consent and refusal and respect when someone does not want to do something.
- There are many forms of communication that children navigate - verbal, nonverbal, sign, and written.
- Children need to learn to identify and communicate their feelings and decisions, especially about sexuality.
- Peer pressure is social pressure from one's peer group to take a certain action, and handling peer pressure can be challenging at any age.
- Children benefit from having trustworthy people in their life who they can talk to and seek help in difficult situations.

Specific Resources on Consent and Peer Pressure for Parents and Caregivers:

- Love is Respect
loveisrespect.org
- Connecticut Alliance to End Sexual Violence – 8 Ways to Teach Kids about Consent and Healthy Boundaries
<https://endsexualviolencect.org/8-ways-to-teach-kids-about-consent-and-healthy-boundaries/>
- Amaze Consent
<https://amaze.org/video/consent/>
- National Sexual Violence Resource Center – Healthy Communications with Kids
https://www.nsvrc.org/sites/default/files/2018-01/healthycommunicationwkids_508.pdf

*For more general resources for parents/caregivers on sexuality, see the Resource List on the Under Your Wing Introduction page.