

anova

WORKSHOPS

ABC'S OF CONSENT

We all know that understanding consent is an important life skill, but teaching it to young children can sometimes be difficult. This session discusses not only the importance of modelling consent and bodily autonomy to infants and children, but also how to navigate boundaries and ensure safety.

This workshop breaks down the building blocks of Anatomy, Boundaries, and Communication as the foundation upon which children come to know themselves and live in harmony with others. By understanding their anatomy, they can learn to protect their body and seek help when something is wrong. By having their own boundaries affirmed, they learn to respect the boundaries of others. And by seeing their communication cues recognized and respected, they learn to recognize and respect the communication of others.

Participants will leave with a deeper understanding of early childhood consent education, as well as the tools for putting theory into practice. The associated guide to this training can be found [here](#).

LEARNING OUTCOMES

- Increased knowledge of how to teach anatomy, boundaries, and consent in developmentally appropriate ways
- Understanding the importance of starting conversations young and repeating them often
- Practical skills for putting this information to use for both parents and educators

Modules:

Anatomy

- Private parts
- Body parts
- Body safety

Boundaries

- Set by caregivers
- Set by kids
- Hard and soft boundaries

Communication

- Modelling consent
- Handling rejection
- Saying what you mean

Typical length: 1 hour

*Customizable & adaptable to your group
Flexible scheduling including evenings & weekends*

REGISTRATION & INQUIRIES

Contact Anova Public Education
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