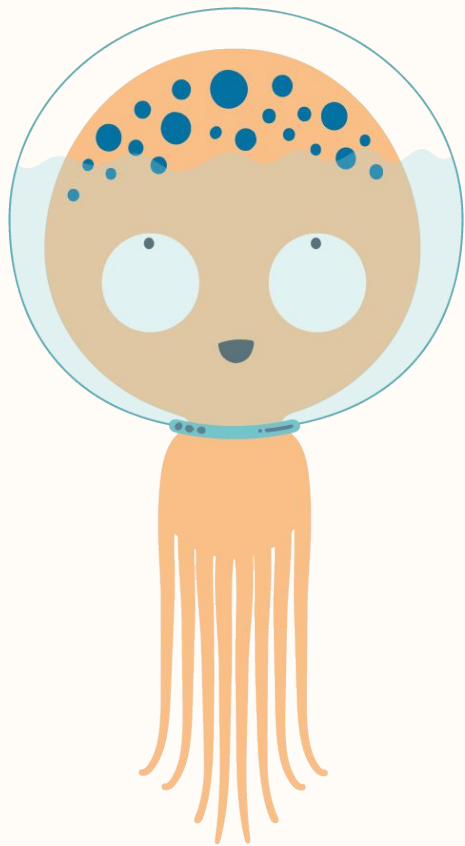


Breathe
Think
Act





You can also use the traffic light poster to help you understand consent.

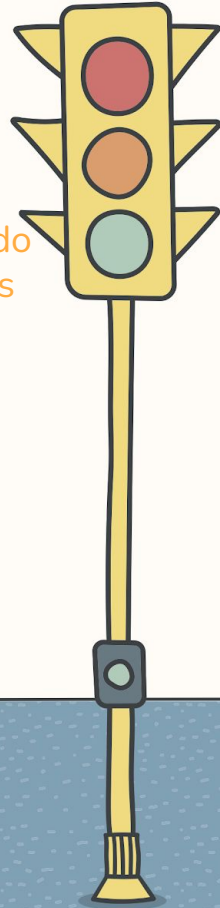
Every day we are asked to do lots of little things. (Clean up your room, do your homework, feed the dog, put your pens away etc.)

Sometimes we are asked to play a game, send a photo, do a dare, give someone a hug and MORE. It's a good practice before saying 'yes' to really think about how you are feeling and if you are just saying 'yes' because you are afraid or want to be cool.

You may get a funny feeling in your tummy or your heart starts to race. This could be a warning sign from your insular cortex (Sensitive Octopus) that something is off. If you feel time pressured you might just say 'yes' and not listen to the warning signals. So a helpful habit is to take on is using the Traffic Light system for pausing before answering. Have a look at the following slide and see how this can be done.

THINK:

Do I want to say yes and do I feel safe to say no? Is this something I am really ok with?



Breathe
Think
Act

BREATHE:

Notice how you are feeling (worried, nervous, excited, scared, uncomfortable etc)



ACT:

In a way that is true to you (in line with your values)



Let's say you do the traffic light process but you still feel too worried, shy, scared or awkward to say no.

Try some of these sentences out:

I'm not so sure, I'll decide later

Can I just have a moment to think about it?

I'll let you know later

I'm not a hugger, I give high fives though!

I need more time before I can answer you