

RESPECT

CONSENT,
BOUNDARIES,
AND BEING
IN CHARGE
of

YOU

RACHEL BRIAN



wren
& rook



TO MY THREE CHILDREN, LOLA, MILO & ENZO,
WHO INSPIRE ME WITH THEIR FIERCE UNIQUENESS,
BRING SO MUCH LOVE INTO MY LIFE,
AND OCCASIONALLY EVEN MAKE THEIR OWN CHEESE PLATES.

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WELCOME!

THIS BOOK IS FOR YOU.



BTW — THESE ARE ALL YOU.



OK, NONE OF THEM LOOK EXACTLY LIKE YOU.
(I HEARD YOU HAVE A NOSE.) BUT LET'S SAY THEY'RE YOU...

WHAT THIS BOOK **CAN** DO:



WHAT IT **CAN'T** DO:



WHAT'S INSIDE:

STORIES!

SILLINESS!

IDEAS!

MINI COMICS!



THINGS YOU'LL FIND OUT:

WHAT'S CONSENT?



(SPOILER: IT MEANS TO AGREE.)

WAYS TO SET A BOUNDARY



UM...NO, NOT LIKE THAT.

HOW TO SUPPORT YOUR FRIENDS



DO YOU GET TO CHANGE YOUR MIND?



NO.
WAIT,
YES!

IS GETTING HURT BY PEOPLE/BADGERS OK?



I THINK NOT.

WHAT MAKES A FRIENDSHIP HEALTHY?



& more!



C'MON! I SEE CHAPTER 1!

chapter
1

YOU RULE

AW, THANKS!



CONSENT

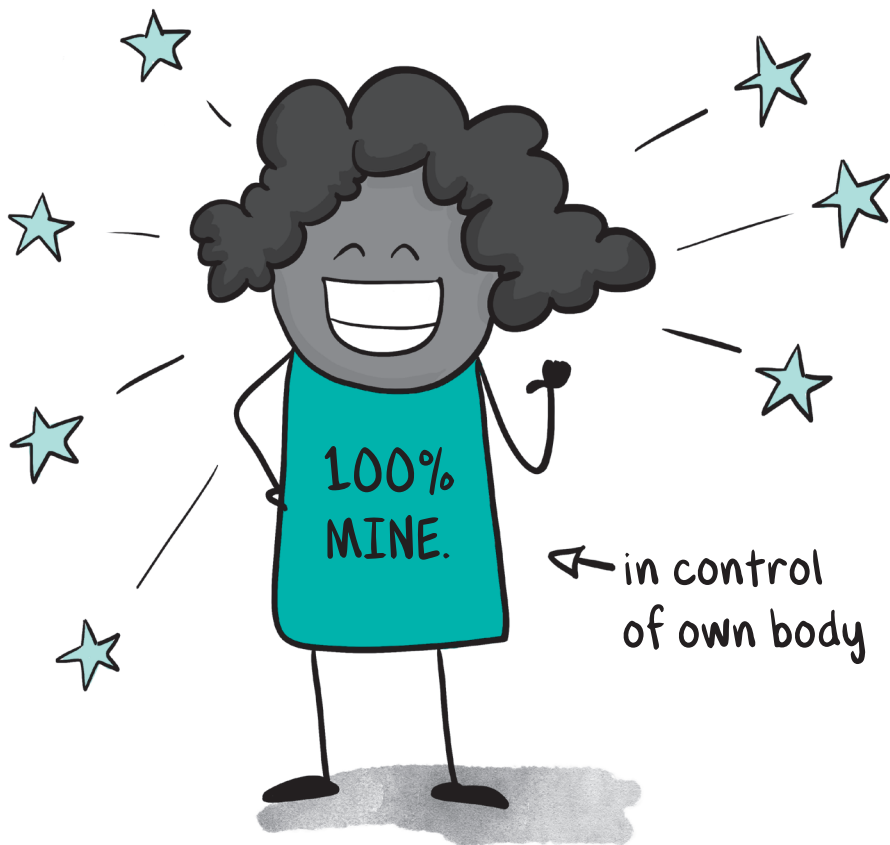
IT'S LIKE BEING THE RULER OF YOUR OWN COUNTRY.

POPULATION: **YOU.**



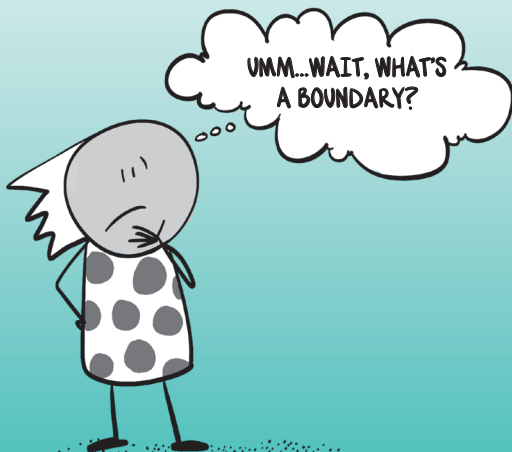
I hereby decree that I won't
be doing any snuggling today.

BEING THE RULER OF YOUR BODY MEANS:



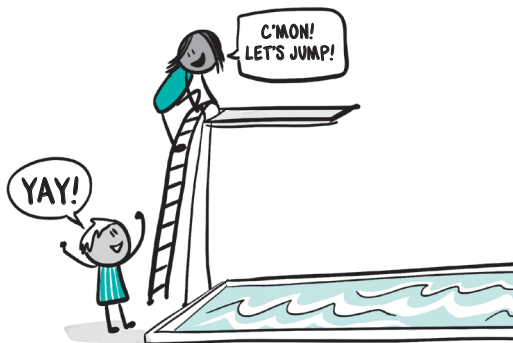
YOUR BODY IS YOURS.

AS A RULER...
YOU GET TO SET YOUR OWN
BOUNDARIES.



A BOUNDARY IS A LIMIT.

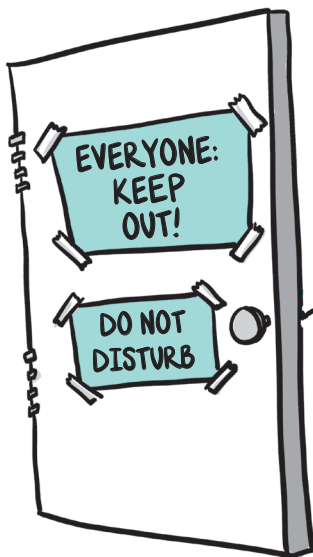
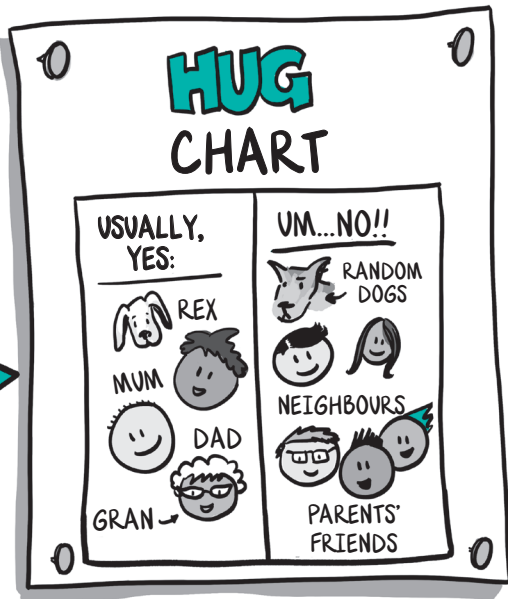
YOUR BOUNDARIES ARE LIKE A LINE BETWEEN WHAT YOU'RE COMFORTABLE WITH...



AND WHAT YOU ARE NOT COMFORTABLE WITH...



YOU MAY HAVE
DIFFERENT
BOUNDARIES
for
DIFFERENT
PEOPLE



AND TIMES WHEN
BOUNDARIES

CHANGE.

THERE ARE LOTS OF WAYS TO BE SOCIAL:

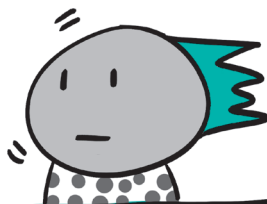


HIGH-FIVING!



HUGGING!

NODDING!

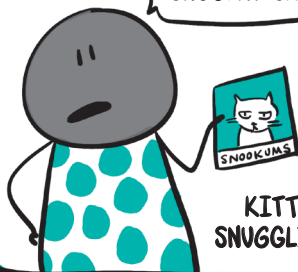


NO TOUCHING,
PLEASE.



WAVING!

I ONLY HUG
SNOOKUMS...



KITTY
SNUGGLING.

HMMM...

WHAT BOUNDARIES
SHOULD I HAVE?



IT'S UP TO
YOU.

OOOH...
NICE!



BODILY AUTONOMY

means

HAVING A CHOICE ABOUT WHAT YOU
DO WITH YOUR BODY.

I LIKE IT!
BUT CAN I
PRONOUNCE IT?



SO WHEN AUNT GLADYS SAYS:



COME HERE!
I WANT TO PINCH
& KISS THOSE
CHEEKS!

GUESS WHAT?

YOU STILL DECIDE.

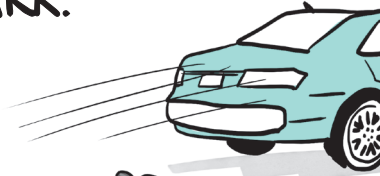


OK, SURE...

THERE ARE TIMES WHEN WE DO STUFF
TO KEEP OURSELVES OR OTHERS SAFE
& WE DON'T GET TO DECIDE.



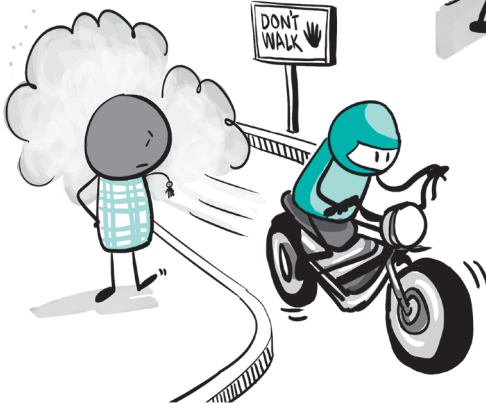
LIKE HOLDING
HANDS IN A
BUSY CAR PARK.



OR TAKING
MEDICINE
SO WE GET WELL.



← TRUSTED
ADULT



OR WAITING
FOR THE LIGHT
SO WE CAN
CROSS THE STREET.

BUT YOU STILL GET TO HAVE A SAY...

THAT'S TOO TIGHT — IT HURTS.

OOPS, SORRY.



I'M SCARED. I NEED TO TAKE A FEW DEEP BREATHS FIRST.

SURE! NO PROBLEM.



AT LEAST I CAN CHOOSE HOW I WAIT.

YAWN

DON'T WALK

