It's Ok to Say No

MOLLY POTTER

ILLUSTRATED BY
SARAH JENNINGS

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This book is dedicated to Andrea Clark who is one of the kindest, gentlest people I know, and whose empathy and listening capabilities I have yet to see matched!

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It's OK to Say No

This book is all about **asking for**, **giving** and **not giving** permission, which is usually called consent. It will help you understand...

- what consent is and how to ask for it
- how to say 'yes' or 'no' when someone wants to do something that involves you
- how to show respect when doing things that affect others
- what to do when someone doesn't ask you for permission.

Consent is very important when learning how to respect yourself and others, and this book will help you understand why it's so important.

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How do you know if you're feeling comfortable or uncomfortable?

To understand consent, let's first explore the difference between feeling **comfortable** and **uncomfortable**. This helps us decide how happy we are to do or not do something.

There are usually **clues** that can help us know how comfortable we feel. Let's take a look at these clues...

It's good to know...

Feeling comfortable is a sign that we're happy with the situation we're in.

What is giving consent?

Giving consent means making it clear that you are **comfortable** with what someone else wants to do. You can give consent when **all** of the following things are true...

You give permission for something to happen that is likely to affect you.

You feel fully happy with what you've said 'yes' to.

You're not just saying 'yes' because someone else is happy to do it.

You've no doubt that it's something you're happy to do.