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# SWELLSITRHH GONSTENNO MTRR

Dear .....

I am learning about consent, and I need your help.

Consent is when someone agrees to do something with another person, and they have to agree to it freely and without being forced or threatened.

I need to know that when I am older, I will understand when someone is giving me their consent and when they are not.

It is very important that I learn about consent because I want to make sure everyone involved in any activity is happy and comfortable with what is happening.

Please don't force me into hugging or kissing you. I may want to hug or kiss you later on my own, but I need to be able to choose when that is.

I need to know that it is okay to say no to physical contact if I do not want it, including hugs, kisses, and any other type of physical contact.

I also need to know that it is okay to speak up if someone tries to touch me in a way I do not want them to, and I should not have to feel afraid or uncomfortable saying no or speaking up.

Thank you for helping me learn more about consent. I know it's important, and I want to make sure that I always respect other people's boundaries too.

Kind regards,

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