



SWEETEST CONSISTENT MUMS

Dear

I'm learning about consent and body autonomy, which means I'm the boss of my body.

I would love your support in helping me to learn this, so would you mind asking me to kiss, cuddle or tickle me? Please don't get upset if I say no.

It doesn't mean I don't love you. It's just that I don't feel like it now.

With your support, it will help me understand consent. It means that when I'm older, I will be able to make safe choices.

Lots of love,

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