



Ask First: Teaching Consent at Home

Consent means asking first and listening to the answer. Kids learn it best at home, through hugs, tickles, games, and pictures. This guide shows you how to teach it.

What consent means for kids

For a child, consent is simple. My body belongs to me, and your body belongs to you. We ask before we touch, and we listen to the answer.



Ask

"Can I give you a hug?"



Listen

Hear the yes, the no, or the "not now."

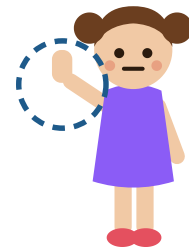


Respect

A no is okay. Nobody gets in trouble for it.

Why consent keeps kids safe

Kids who know their no matters are more likely to speak up when something feels wrong. Kids who learn to hear no learn to respect other people. And when adults always respect a child's no, it becomes easier to notice the one adult who doesn't.



Show it at home

Kids copy what they see. These small habits teach consent every day.



Ask before you hug or kiss your child.
"Can I have a hug?"



Stop tickling or wrestling the second your child says stop.



Never make your child hug or kiss a relative. Offer a high-five or a wave.



Ask your child before you take or post pictures of them.

How to talk about it

Short, calm talks work best. Use words that fit your child's age.

AGE	WHAT TO TEACH	WORDS YOU CAN USE
3 to 5	My body is mine. Stop means stop.	"If you say stop, I will stop. If a friend says stop, you stop too."
6 to 9	Ask first, and a no is okay.	"You can always say no thanks to a hug, even with family. You will not be in trouble."
10 to 12	Consent counts online too.	"Always ask before you take or share a picture of someone. And nobody should ask you for pictures."

Teach both sides

Saying no

Practice it out loud. "No thanks!" "Stop, please." "I don't like that." Cheer when your child uses them.

Hearing no

When a friend or sibling says stop, your child stops. Praise them for it: "You listened. That was respectful."

5 red flags to watch for

Watch for adults or older kids who don't respect your child's no. One flag alone may mean nothing. Several together mean it's time to pay close attention.

1

Keeps tickling or wrestling after your child says stop

2

Laughs at or ignores your child's no

3

Pushes for hugs, kisses, or lap sitting

4

Takes or asks for pictures after your child says no

5

Calls touching "just a game" or "our secret"

Remember: a safe adult stops the first time a child says stop.

Get help

If a child is in danger right now, call 911. These lines are free and confidential, and trained helpers can talk with you about what you are seeing.

WHO TO CALL	HOW TO REACH THEM
Childhelp Child Abuse Hotline, 24/7	Call 1-800-422-4453
RAINN Sexual Assault Hotline, 24/7	Call 1-800-656-4673 or text HOPE to 64673
Crisis Text Line, if you feel overwhelmed	Text HOME to 741741

Want to talk with someone about your family's options? A free, confidential call with the LS5 team is available at ls5survivorsalliance.com/resources or (800) 809-4949. Nothing moves forward unless you say so.

Family quiz: parent and child together

Read each question out loud. Decide together if it is true or false.

1. It's okay to keep tickling after someone says stop. True · False
2. You should ask before you hug a friend. True · False
3. You have to kiss a relative if they ask. True · False
4. You can say "No thanks" to a hug and give a high-five instead. True · False
5. If someone won't stop, you should keep it a secret. True · False

Answers: 1. False. 2. True. 3. False. 4. True. 5. False.

Our family promise



"I promise to teach what I learned today to my brother, sister, cousin, or friend. When I teach it, I remember it, and I help keep them safe too."

Child's name

Who I will teach

Parent's name

Date

This guide is for general information only. It is not legal or medical advice, and it does not create an attorney-client relationship. It may be considered attorney advertising. Hotline numbers were checked in October 2026. Sources: Darkness to Light (d2l.org), The Center for Child Protection (centerforchildprotection.org). Pair it with the Read-Along Book *Sammy and the Stop Sign*.