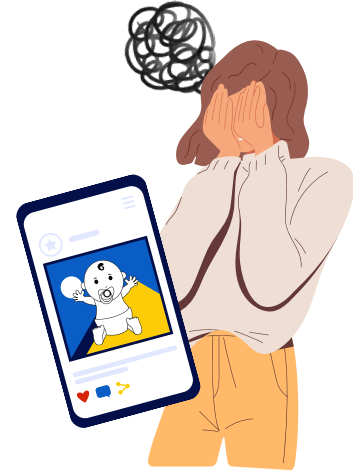


# UNDERSTANDING DIGITAL CONSENT

Shalini thought she could trust her uncle, but when he posted an embarrassing photo of her as a baby on social media without asking for her permission, she felt shocked and hurt. This incident made her realize how important it is to have control over what gets shared about her online. Today, we will be learning about digital consent and boundaries – what it means, why it matters, and how to navigate situations like Shalini’s.



## What is Digital Consent?

Digital consent means giving clear permission for someone to use, share, or interact with your personal information, images, or experiences online. It involves making a conscious and informed choice about what you’re comfortable with, and it applies to sharing things like photos, messages, or even your location. Digital consent can be updated at any time – if you no longer feel comfortable with something after you’ve said yes, you can still refuse! It’s essential to understand that consent must be actively given and cannot be forced or assumed.

## Myth-Busting on Consent

Read each statement and determine if it is True or False. Discuss your answers with a partner and share your thoughts on consent in digital spaces!

	True	False
Consent is only needed for physical interactions.	<input type="checkbox"/>	<input type="checkbox"/>
It's okay to share someone else's photo without asking if it's just for fun.	<input type="checkbox"/>	<input type="checkbox"/>
Consent can be withdrawn at any time.	<input type="checkbox"/>	<input type="checkbox"/>
Once consent is given, it applies indefinitely for all future situations.	<input type="checkbox"/>	<input type="checkbox"/>
An enthusiastic "yes" is required for consent, but silence is also consent.	<input type="checkbox"/>	<input type="checkbox"/>
Consent is only relevant in romantic or intimate relationships.	<input type="checkbox"/>	<input type="checkbox"/>


# UNDERSTANDING DIGITAL BOUNDARIES

## What are Boundaries?

Boundaries are your personal comfort rules that help you say "yes" or "no" to what others can do - like sharing your photos or stories. They can include how comfortable you feel sharing photos, joining group chats, or discussing certain topics, and they guide whether or not you will consent to these activities. Your boundaries can change over time, and it's important to communicate them clearly to others to maintain healthy digital relationships. Think about boundaries like a protective circle that surrounds you and keeps you safe and well!

## Understanding your boundaries

Using this color chart, you can discover your own boundaries by rating how comfortable you feel in different online situations. For each statement below, please mentally reflect on your comfort level regarding sharing in digital spaces. You can note your responses down, using this scale:

- |                                                                                                            |                                                                                                              |
|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
|  - Very comfortable     |  - Somewhat uncomfortable |
|  - Mostly comfortable   |  - Not at all comfortable |
|  - Somewhat comfortable |                                                                                                              |

Sharing personal photos (e.g., selfies, candid moments) on social media.



Participating in groups with people I don't know well.



My friend sharing stories about me without asking.



Talking openly with friends about my boundaries.



A family chat includes discussions about personal topics.



# COMMUNICATING CONSENT

## Communicating Consent

Understanding and communicating boundaries, though challenging, is key to respectful digital relationships! Here are some tips to help:

Be direct by expressing your feelings using "I" statements, like saying, "I feel uncomfortable with that."

Ask questions to encourage dialogue, like saying, "Are you okay with me sharing this?"

Control who can see your content or tag you by adjusting privacy settings on social media.

Practice active listening by paying attention to others' feelings and acknowledging their concerns.

Follow up with friends after sharing content to make sure they are still feeling comfortable!

Develop open communication about boundaries, fostering trust and respect.

Regularly check in with yourself and others about boundaries - they can change over time. It's OK to say 'What was fine before doesn't feel right for me now' and update your comfort levels.



A quick check goes a long way

## What would you do?

Your friend has posted a group photo and some candid shots from a recent school event, but you're uncomfortable with how you look in them.



How would you approach your friend to express your feelings about the post? What else can you do to ensure that your preferences are respected? Reflect on your thoughts and use the tips above to express yourself freely!

# ANSWER KEY

## MYTH-BUSTING ON CONSENT

Consent is only needed for physical interactions.



It's okay to share someone else's photo without asking if it's just for fun.



Consent can be withdrawn at any time.



Once consent is given, it applies indefinitely for all future situations.



An enthusiastic "yes" is required for consent, but silence is also consent.



Consent is only relevant in romantic or intimate relationships.

