

# Is it OK?



**L.O: I understand how to respect my own and other people's bodies.**

# Why is it important?

Our Prophet said:

“A Muslim is someone from whose tongue and hand other people are safe.”  
(Sunan al-Nasa’i)

This means that we always use kind words and do kind things to other people. Our words and our actions should never hurt anyone or upset them.

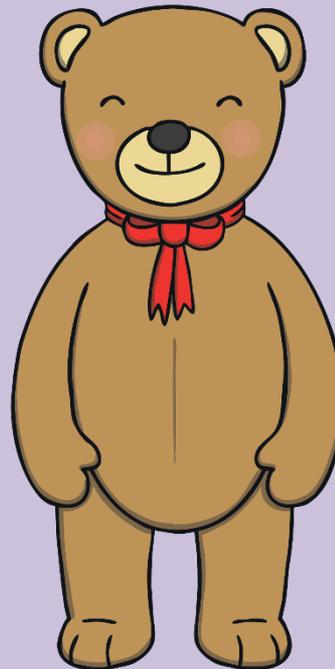
# The Big Questions

What is  
'consent'?

What are  
boundaries?

What are the  
rules for  
respecting  
others?

What do we  
do if the rules  
are broken?

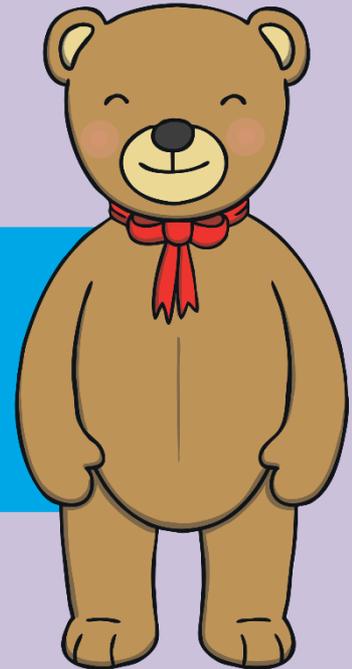


# The Circle of Respect

Let's sit in a circle and show respect for one another.

We can do this by sitting still and quietly, keeping our hands and our feet to ourselves and listening carefully to each other.

Let's play a naming game. As we go round the circle, suggest a name for this teddy bear that I have brought with me today.



# The Circle of Respect

Now we are creating a Circle of Friendship and Unity by holding hands. Before we do that what do you think we should do?



**We are going to ask for consent from the person next to us, before we hold their hand.**

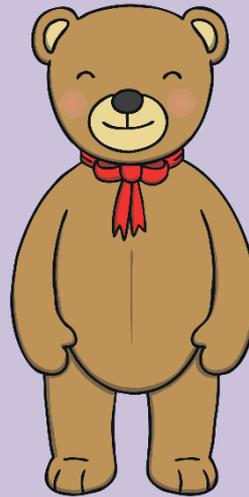
**Getting someone's consent means they give you permission to do it. It means they are saying it is OK with them and they do not mind.**

**If they do mind it is crossing a boundary.**

**Remember to be gentle, as that is another way of showing respect.**

# Ask Teddy

Who would like to come and pick a question card and ask Teddy if they can have permission to do something?



If you are chosen, come and read the question on the card aloud to Teddy, then listen carefully to what Teddy says. If Teddy says it is OK, then you can do the thing you have asked, but if Teddy says it is not OK, you mustn't do it, as Teddy hasn't given consent and it crosses a boundary.

Is It Ok, Ask Teddy Card?

Teddy, is it OK if I lift you up high?

[twinkl.com](http://twinkl.com)

Is It Ok, Ask Teddy Card?

Teddy, is it OK if I pass you to my friend?

[twinkl.com](http://twinkl.com)

Is It Ok, Ask Teddy Card?

Teddy, is it OK if I stroke your fur?

[twinkl.com](http://twinkl.com)

Is It Ok, Ask Teddy Card?

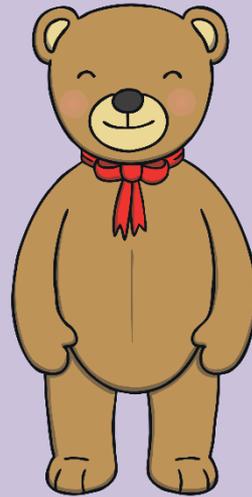
Teddy, is it OK if I give you a cuddle?

[twinkl.com](http://twinkl.com)

# Does this cross a boundary?

Reading  
someone else's  
diary

Your friends  
helping you



Reading a  
letter to  
someone

Someone taking  
your toys without  
your permission

# Is It OK?

It is really important that we respect others' boundaries and check with them before we do anything.



**Everyone is different. Some people like hugs, while others don't.**

**We always need to check that others are OK and happy.**

# Is It OK?

There is a great phrase to remember when it comes to respecting others' bodies...

**If everyone isn't having fun, everyone stops!**



How can you tell if someone is unhappy, or not having fun? What might they look like? What might they do? What might they say?

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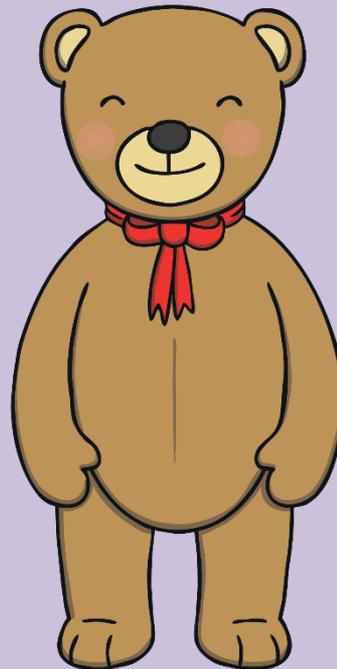
This means that we always use kind words and do kind things to other people. Our words and our actions should never hurt anyone or upset them.

# What have we learnt?

Explain  
what  
'consent' is?

Define  
boundaries.

Recall the rules  
for respecting  
others.



Describe what  
do we do if the  
rules are  
broken?