



# My Superpower

## The Power of Consent



Facebook: @HerWell  
Instagram: @herwell\_ministry  
Website: herwell.org





# This book belongs to the superhero:

---

Your name here



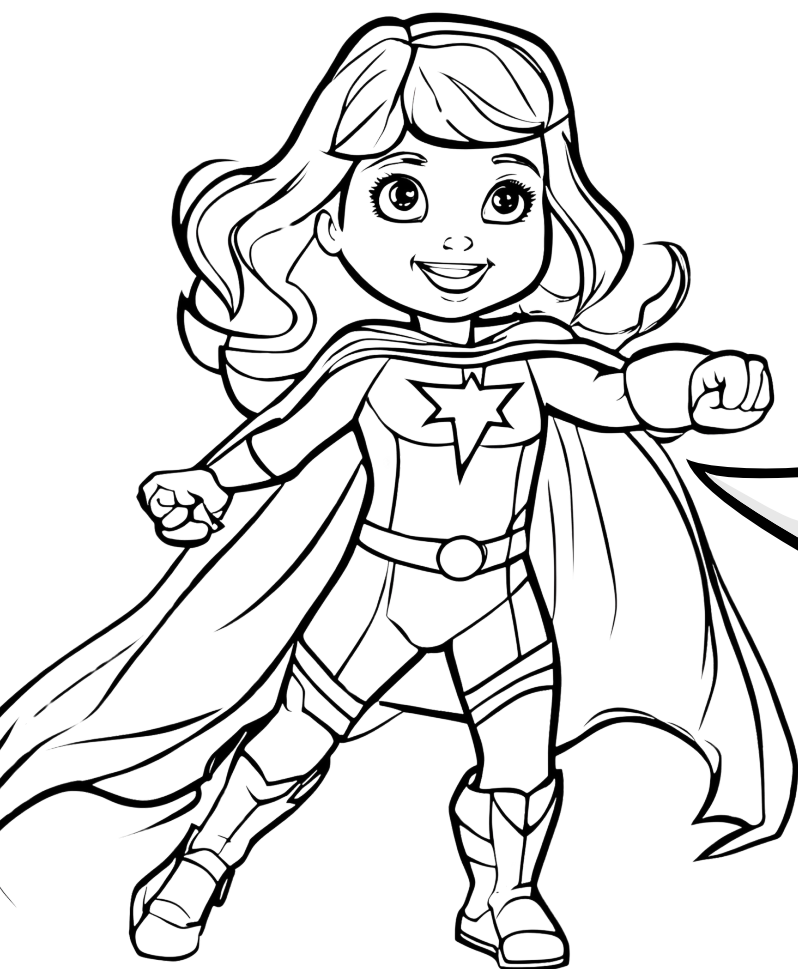
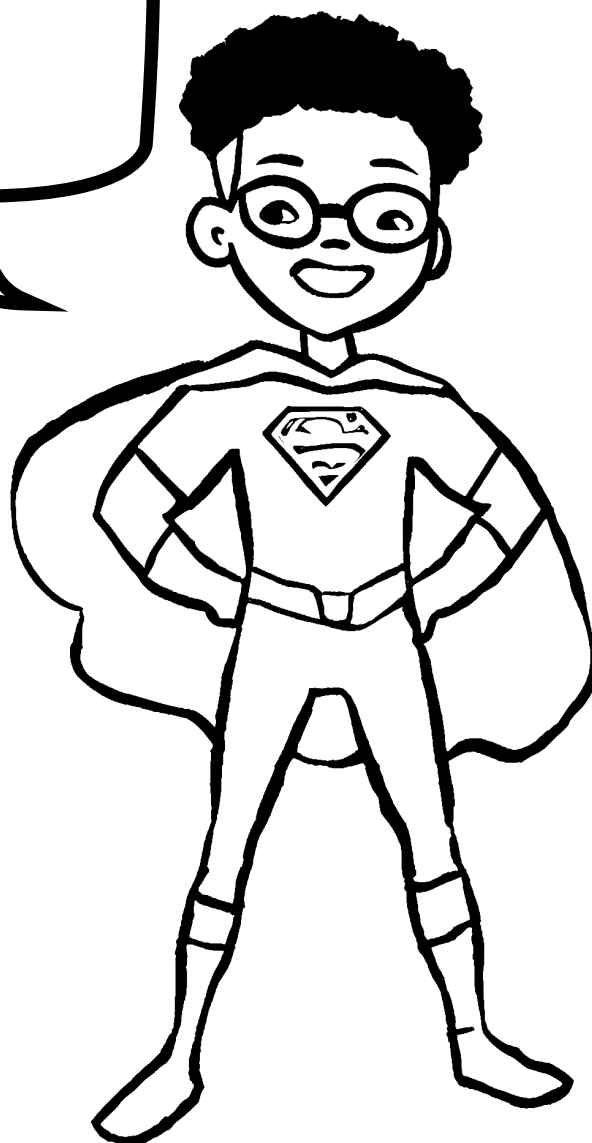
Did you know that you have a SUPERPOWER?  
You get to say, “Yes” or “No”!



Saying “Yes” gives your consent or means you agree and will go along with it.

Saying “No” means you don’t agree and don’t want to do it.

Saying “Yes” and “No” makes me feel strong. I speak up when I want to be heard! Body safety is important, so be wise and keep safe. Your body belongs to you.



I say “Yes” to a fist bump to encourage my friends. Even if we bump into each other during a game; these touches are okay with me as long as I feel comfortable and no one gets hurt.

Sometimes I simply don't want to be touched, then I say, "No! I don't want you to touch me!" When a person keeps on touching in a way that doesn't feel good, I say, "Stop!"



Stand up tall, take a deep breath, and stick up for yourself.

If you feel unsafe, worried, or scared, talk with a trusted adult.



They will help you decide what to do about it.

The power of consent  
makes me feel strong.  
Unwanted touches are  
never okay.



With our  
SUPERPOWERS, we  
stay safe and keep  
it that way!



# **My Superpower**

## **The Power of Consent**

### Definitions:

**Consent:** is willing, positive cooperation in an act or the expression of a desire to engage in an activity. True consent isn't coerced by force, threats or intimidation.

**Trusted Adult:** A trusted adult is a grownup who makes a young person feel safe and supported through their words and actions. Trusted adults can be parents, teachers, mentors, or coaches who love and respect the young person. They listen without judgment or expectations, and encourage positivity.



“My Superpower, The Power of Consent” is a book that introduces children to the concept of consent and provides topics for conversations for children and their caretakers. Consent is a word that may be difficult for children to understand and may require explanation.



511 Velasco Rd. Brookshire TX 77423  
281-934-8727  
501c Non-Profit Organization 86-1631718