

Boundaries
 Boundaries are limits you define for yourself that can be flexible or rigid and can change over time. What are some boundaries you have?

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Whistlewhileyouwork art 2020

Checking-In
 Think about how you feel physically, emotionally, psychologically financially, situationally

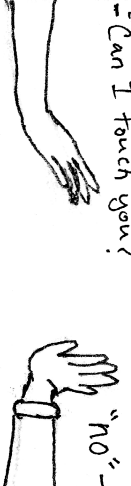
When
Considering

My
Body

Abuse
 What is abuse and how does it appear in dance?

no
 Practice getting rejected; Practice rejecting How can you express "no" (verbally and non-verbally)?

— "Can I touch you?"
 — "no"
 — "Thank you for your boundary."



Touch
 Draw your body. List or draw places on the body you don't want to be touched. Remember that this can change.

— "Can I touch your knee?"
 — "No, however you can touch the area just above it."

consent
 How would you like to be asked for consent?

How do you like to ask for consent?

Consent is on-going, not a one-time deal.