

Kit and Arlo Find a Way



Consent word and meaning matching activity

Name: _____

Draw a line from the word (on the right) to the matching meaning (on the left).

Empathy

Generosity

Coercion

Reciprocity

Body Autonomy

Pleasure

Decision

Self-determination

Respectful Relationships

Powerful

The feeling of enjoyment.

Being able to make your own choices and control your own life.

The right and understanding that your body is your own.

The ability to understand and share the feelings of another person.

Wanting to do something nice for somebody who has been kind to you or the practice of exchanging things with others for mutual benefit.

Persuading someone to do something by using force or threats.

A relationship that is positive, safe, trusting and comfortable, and is made up of mutual respect, good communication and feeling valued.

Having or exerting great power, force, influence or authority. Being powerful can be positive.

The quality of being kind, understanding and not selfish, wanting to share with and give to others.

The result of making up our mind.

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Fill the blanks: A story of friendship and empathy

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Fill in the blanks with words from the list – the first letter is done for you. Cross them off the list as you go. Each word is used once only. The sentences in bold are from the book.

We can have a picnic in the backyard,' said Vanya. She stood at the door. 'Coming?'

Vanya w _ _ _ _ Kit to go and have a picnic but Kit doesn't appear to be very p _ _ _ _ _ _ or e _ _ _ _ _ _ about that.

'Are you okay?' said Vanya. Kit's shoulders drooped. Vanya took the wooden spoon out of Kit's hand. 'Kit, seriously.' She t _ _ _ _ _ _ Kit's arm. 'You're not e _ _ _ _ _ _ this, are you? "Sorry," said Kit. 'I can't concentrate right now. I just...'You're still thinking about Arlo. 'Vanya took Kit by the hand and led her to the couch.

When we are making d _ _ _ _ _ _ _ _ about wanting to s _ _ _ _ _ an activity with f _ _ _ _ _ , it is super p _ _ _ _ _ _ to create a s _ _ _ s _ _ _ _ for them to be able to c _ _ _ _ _ _ _ _ :
v _ _ _ _ _ _ (speak freely) or non-verbally (s _ _ _ _ their feelings).

'Coming,' she said, with as much enthusiasm as she could muster. Kit felt heavy as she followed Vanya to her kitchen. She was tired of doing what other people wanted. Her friends and her teachers pulled at her with their own wants and needs and it was exhausting. While they were cooking, Kit stirred the ingredients slowly and put too much cloves into the mixture. The smell made her queasy. She was quiet... she was too upset to cook or to eat. She just needed to talk about her big problem.

We should always pay a _ _ _ _ _ _ _ _ and be fully aware that we have the other person's c _ _ _ _ _ consent, or non-consent, to play or do something, so that it is m _ _ _ _ _ _ _ _ enjoyable. Remember, even if we might be d _ _ _ _ _ _ _ _ _ _ _ _ _ _ – all people want and deserve to be treated with k _ _ _ _ _ _ _ _ , especially if they don't feel the same about something as you do.

Attention
Clear
Communicate
Decisions
Disappointed
Disrespect
Empathy
Enjoying
Excited
Feeling
Friendships
Help
Human connection
Kindness
Mutually
Pleasurable
Positive
Powerful
Safe Space
Share
Show
Support
Touched
Value
Verbally
Wants

Kit and Arlo Find a Way



Fill the blanks: A story of friendship and empathy

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Vanya took Kit by the hand and led her to the couch. They sat together while Kit talked about the way Arlo moving in next door made her feel. Vanya listened and said, 'That's awful, Kit,' and, 'that must make you feel so stressed out.'

It is also very powerful to be a friend who can put themselves in the shoes of another person and be able to really try to imagine what they might be feeling & thinking. This is called empathy. Vanya is being empathetic here. If we value other people's feelings, we would never want to do anything that might hurt, upset, disappoint or make them feel bad. We also get the benefits of having deeper connections and friendships – which feels awesome.

'Can we stop him?' said Vanya, narrowing her eyes to think. She held a pointer finger in the air and her words rushed out. 'We can tell him the house is haunted!'

When you have empathy for others, you can imagine what it might be like for them and it means you can help them and stand up for them. By imagining how they are feeling, you can offer help and support.

When Kit finished telling Vanya about her worries, she felt lighter. Arlo was still moving in next door, but Kit could see there was nothing she could do about it. And she felt like Vanya understood how she felt. She was not alone with her problem anymore. 'We could finish making those pestinos now,' Kit suggested.

'Are you sure you want to?' said Vanya. The idea of cooking sparked a good feeling in Kit now. 'I'm sure,' she said. 'I'm hungry.'

Exercising or showing empathy in friendships is essential to having good, fun, enjoyable and positive shared experiences together.