BOOKCHOWK / RELATIONSHIPS & SEXUAL AWARENESS

Better Conversations

Boundaries, Consent & Respect for Adults

Listen clearly. Ask respectfully. Leave room for choice.

SMALL STEPS.
USEFUL CHOICES.

- 10 practical lessons
- Fictional everyday examples
- 7-day action planner
- 4 printable worksheets

SanjAI Matta

Books for life, learning & creativity.

A useful place to begin.

First edition / October 2026 / English / Adult readers

Who this is for

For adults aged 18 and over. This is non-graphic education about communication, boundaries and sexual consent, not therapy or legal advice. It does not teach persuasion or promise a relationship outcome. Do not use joint exercises with someone whose behaviour makes you afraid; independent safety support is more appropriate.

How to use the ideas

The examples are fictional and the planning exercises are original. Read the lessons, choose a relevant action and record your own decision. A seven-day planner is a way to organise practice, not a guarantee of a personal, health or relationship outcome.

About the guidance

Public sources, where used, were checked on 13 October 2026. Lesson references point to the links on page 26. These sources have not reviewed or endorsed the publication. Clinical or legal questions need an appropriately qualified professional. Read the scope of this book before choosing an exercise.

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Read. Choose. Try. Review.

A small practice is enough to make a clear next decision.

Read before using a planner

The ten lessons give context, a fictional worked example, three actions and a writing prompt. Read a relevant lesson before making a choice. You do not need to do every action on the same day.

Choose for your real circumstances

Adapt the organiser to your time, responsibilities, access and preferences. Keep professional instructions when they apply. Choose only activities that are suitable and safe for your circumstances.

Keep a brief record

Write enough to remember what you tried, what happened and what you want to change. A tracker is information, not a grade. You can leave a field blank when it is not relevant.

01
READ

02
CHOOSE

03
TRY

04
REVIEW

Print only what you need

The workbook uses A4 portrait pages. Print at 100% or use Fit if your printer clips an edge. Worksheets are on pages 22-25. You can also read on screen and write in your own notebook.

Ten lessons. One useful week.

Use the page numbers to find a lesson or printable tool.

01 Choose understanding as the purpose 5

02 Ask whether now is a good time 6

03 Listen, then check your understanding 7

04 Make a request that leaves a choice 8

05 State a boundary about your choices 9

06 Receive a no without a campaign 10

07 Keep intimate consent clear and ongoing 11

08 Ask before sharing private things 12

09 Repair a mistake with a concrete change 13

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Pages 15-21 / Seven-day planner

Pages 22-25 / Printable worksheets

Page 26 / Sources and further reading

Page 27 / Your weekly review

Page 28 / Keep what is useful

Choose understanding as the purpose

A conversation is not a contest

A useful conversation can clarify a need, understand a difference or agree on a practical next step. It does not have to end with the other person accepting your preferred answer. Start by naming the purpose you can explain without turning it into a verdict about someone else's character.

Use a specific situation rather than a sweeping label. 'We have not agreed who will handle the appointment' creates a different starting point from 'you never help'. You can describe an event honestly while leaving room to hear what the other person experienced.

This workbook's practice scripts are examples, not magic phrases. They may help you organise your words, but they do not guarantee cooperation. Relationships need room for both people to make choices. If intimidation or fear is present, stop treating the issue as merely poor wording and read the safety guidance instead of preparing a joint exercise.

IN EVERYDAY LIFE

Maya wants to discuss a household appointment. She writes that the purpose is to agree who will arrange it and by when. That gives the conversation a clearer task than beginning with a complaint about everything the partner has ever missed.

YOUR THREE ACTIONS

1. Name a specific purpose.
2. Describe a situation without a character label.
3. Check that a joint conversation feels safe.

My useful purpose for one conversation:

References: 1; original exercises / Links on page 26.

Ask whether now is a good time

Attention is a shared resource

A person may be willing to talk but unable to give attention in the moment. Ask about timing before beginning a demanding topic. You can name what you want to discuss and offer a practical alternative rather than delivering the whole argument while someone is rushing.

A timing request is not a demand for unlimited access. The other person can say that the moment is unsuitable. If the issue matters, try to agree on a time to return to it, while keeping the request realistic. Repeated avoidance may need a separate discussion, but chasing the person through every room rarely makes attention more voluntary.

Prepare your own side too. Put away avoidable distractions and choose one main topic. A short conversation with a clear purpose may be easier to follow than combining several unresolved issues. If a conversation becomes unsafe, you do not need to keep the agreed appointment simply because it is written in a planner.

IN EVERYDAY LIFE

Rohan asks, 'Could we discuss the weekend plan after dinner, or is tomorrow better?' His partner chooses tomorrow. They agree on the topic and time without treating the request as permission to interrupt every task that evening.

YOUR THREE ACTIONS

1. Name the topic before asking for time.
2. Offer a workable alternative.
3. Prepare one topic and remove a distraction.

My timing request and a suitable alternative:

References: Original practice exercise / Links on page 26.

Sources and further reading.

Public guidance checked on 13 October 2026. Links may change.

[1] NHS: Healthy relationships and mental wellbeing

https://www.nhs.uk/every-mind-matters/lifes-challenges/maintaining-healthy-relationships-and-mental-wellbeing/

[2] Government of Canada: Sexual violence and consent

https://www.canada.ca/en/women-gender-equality/campaigns/gender-based-violence-its-not-just/sexual-violence-and-consent.html

[3] NHS: Domestic violence and abuse

https://www.nhs.uk/live-well/getting-help-for-domestic-violence/

[4] Government of India: Emergency response 112

https://www.mha.gov.in/en/commoncontent/emergency-response-support-system-erss

[5] AASECT: Consent and sexual violence statement

https://www.aasect.org/aasect-position-statement-consent-and-sexual-violence

General facts are paraphrased. Examples, scripts, organisers and worksheets are original. Source organisations have not endorsed this book. International sources are used for general health or consent education, not as statements of Indian legal rules. Emergency numbers in the text are labelled by location.