

Materials	My Boundaries card, pencil
Learning Outcome	Develop relationship skills by setting personal boundaries and noticing the boundaries of others.

Description

Explain to the child that boundaries are rules, guidelines, or limits that are set by a person to identify reasonable, safe, and permissible ways for other people to behave towards them. Discuss how for many children, adults have been supporting them with setting boundaries for themselves and for how they treat others. As the child gets older, it is important that they learn to set their own boundaries and also learn to respect other people's boundaries.

Share with the child that boundaries are an important component of healthy relationships with friends, family members, and other trusted people in your life. Everyone has different boundaries and this should be kept in mind as you interact with others. One person might enjoy getting a hug when being greeted while another person might back away or not reciprocate the hug. Another important component of healthy relationships is expressing when boundaries have been broken or violated.

Explain to the child that there are 4 types of boundaries:

- Material – refer to your belongings, time, and support
- Physical – refer to touching and personal space
- Mental – refer to your thoughts, values, opinions, and beliefs
- Emotional – refer to separating your feelings from other's feelings

Boundaries can be expressed using verbal or non-verbal forms of communication. Verbal communication includes talking or writing about feelings. Non-verbal communication includes facial expressions, body movements, posture, and eye contact. Review the scenarios below with the child and ask them to share which boundaries are being broken and how this could be expressed.

Scenario 1

Amir's friend keeps teasing him about some of the beliefs that he and his family share. His friend keeps saying that the beliefs are not real and Amir responds by looking away, lowering his head, and dropping his shoulders. How does this relate to Amir's boundaries and how else could he respond?

Scenario 2

The last two times that Waneek's friend has come to her house, she has taken Waneek's favourite sweatshirt and has worn it home without asking. Waneek tells her friend that she does not want her to wear her sweatshirt anymore. How does this relate to Waneek's boundaries and how else could she respond?

Scenario 3

Jamie's uncle insists on Jamie giving them a hug when they come to their house. As Jamie's uncle approaches them to give them a hug, Jamie backs away and their face shows a mix of anger and fear. How does this relate to Jamie's boundaries and how else could they respond?

Scenario 4

Mei has noticed that lately her friend keeps daring her to make an unsafe jump on her skateboard or trying to convince her to cross the road when a car is close. Mei just shakes her head knowing that this would be unsafe to do. How does this relate to Mei's boundaries and how else could she respond?

After completing the scenarios, invite the child to use the My Boundaries card below to set a limit for each type of boundary and share how they will express this boundary if someone breaks or violates it. Encourage the child to post the My Boundaries card where they can refer back to it as needed.

My Boundaries

Material

Boundary:

How I will express it:

Physical

Boundary:

How I will express it:

Mental

Boundary:

How I will express it:

Emotional

Boundary:

How I will express it:

Healthy Bodies Competencies



THINK

Students will develop cognitive skills and strategies that facilitate knowledge in regards, but not limited to: consent, boundaries, body awareness, and acceptance.



FEEL

Students will develop affective skills and strategies that facilitate the following, but are not limited to: healthy relationships, overall well-being, and personal choice.



ACT

Students will practice behaviour skills and strategies that facilitate the following, but are not limited to: personal hygiene health, accessing support resources, self-respect, and respecting the choices of others.



Reflection Questions

Reflection is important to support learning about healthy bodies. Consider asking the child the reflection questions below and discuss the answers together.

- *How can you use your personal boundaries to assess if your relationship with friends and family members is a healthy relationship?*
- *If you feel you have an unhealthy relationship with a friend or family member, what could you do to express this and whom could you talk to about how you feel?*