

# Understanding Boundaries

A Lesson Plan from Rights, Respect, Responsibility: A K-12 Curriculum

*Fostering respect and responsibility through age-appropriate sexuality education.*

**TARGET GRADE:** Grade 6

**TIME:** 50 Minutes

**MATERIALS NEEDED:**

White board or flipchart,  
markers  
White board or flipchart pad  
Masking

**ADVANCE PREPARATION FOR LESSON:**

- Print out a copy of the “National Sexual Assault and Prevention Hotline/Website” sheet, and cut into individual squares. Place these in an envelope.

**LEARNING OBJECTIVES:**

By the end of this lesson, students will be able to:

1. Define what a boundary is, with an emphasis on personal boundaries. [Knowledge]
2. Demonstrate how to be clear about one’s own and show respect for others’ boundaries. [Knowledge]
3. Demonstrate an understanding that no one has the right to violate someone else’s boundaries, and that doing so may be against the law. [Knowledge]
4. Name at least one resource to whom they can report sexual assault or rape. [Knowledge]

***Note to the Teacher:** The topic of this class can sometimes lead to a student discussing abuse or assault they have experienced, or that someone else in the class or school has experienced. If a student were to share an example during class, you will have to take action according to your school’s policies and state law. Please see our Teacher Background materials about how to manage this in the classroom were it to happen.*

**A NOTE ABOUT LANGUAGE:**

Language is really important and we’ve intentionally been very careful about our language throughout this curriculum. You may notice language throughout the curriculum that seems less familiar - using the pronoun “they” instead of “her” or “him”, using gender neutral names in scenarios and role-plays and referring to “someone with a vulva” vs. a girl or woman. This is intended to make the curriculum inclusive of all genders and gender identities. You will need to determine for yourself how much and how often you can do this in your own school and classroom, and should make adjustments accordingly.

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### PROCEDURE:

**STEP 1:** Ask the class whether they've ever heard the term "boundary" before. After they have responded, explain that a boundary is a limit placed on something. It can be an actual physical boundary – like if one were to come upon a sign that read, "Do Not Enter" – or a rule about how society works – like the law that says people can't drive cars or vote until they're a particular age.

Explain that today's lesson is going to focus on personal boundaries. These are the boundaries we set for ourselves relating to what we are and aren't comfortable with. Ask whether any students can provide examples of personal boundaries? Probe for: physical contact (hugging, kissing); keeping your personal space around you/not being crowded; language (when people use language that others find offensive, that also violates a

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Distribute the homework sheet, “What’s Your Advice?” and ask them to complete it and bring it to the next class. (3 minutes)

### RECOMMENDED ASSESSMENT OF LEARNING OBJECTIVES AT CONCLUSION OF LESSON:

The content messages of the learning objectives are provided in the teacher’s lecturette; the small group activity will help the teacher assess learning objectives one and two; three will be assessed by observation during the last discussion. The homework will provide an opportunity to assess individual understanding as they relate to objectives one and two.

### HOMEWORK:

The “My Personal Boundary Plan” and respond to the questions. **Explain that students will not be asked to turn in the homework because it includes information about setting their own personal boundaries and how they might communicate it. Instead, students will share whether or not they’ve done their homework via the honesty policy.**

## Worksheet: Setting and Respecting Boundaries

**Instructions:** *Please read each example and discuss in your groups how you think the characters should handle each situation. Elect one person to be the writer and have that person record your answers in the space provided.*

1. Amy and Jesse are one of the first couples in 7th grade. Amy loves that everyone knows

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## Homework: Your Personal Boundary Plan