

Lesson 3 for Grades 3, 4 & 5 Boundaries: You Have Rights!

ACTIVITY OPTION #5: Practice Makes Perfect: Strengthening Our Boundaries

Instructions: For Part I, brainstorm the phrases and insert them into the boxes provided. For Part 2, read each scenario below and decide how you will respond. When you're done, return to the lesson for a discussion with the Lesson Leader.

I. Brainstorm "Boundary Safety Phrases": What are some safety words and phrases we can say when we are uncomfortable, or need to insert a boundary in our interactions with adults or other youth?

II. How would you respond in the following scenarios regarding your boundaries?

1. What if an adult wants to take you to a room or place where no one else is located?
 - a. Should you go with him?
 - b. What if it's someone you know?
 - c. What if it's another kid?

2. What if you're uncomfortable with something that an adult is doing?
 - a. Is it OK to talk about it with a safe adult, even though the person who is making you uncomfortable is also an adult?
 - b. What if my safe adult is the person who is making me feel uncomfortable?

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3. What if my safe adult is the person who is making me feel uncomfortable?
4. Is it OK to say “no” to an adult when it has to do with your safety?
5. What if someone you know wants a kiss, but you don’t want to give a kiss?
6. What if you’d like to give a hug to someone you do know, but they don’t want to be hugged?
 - a. Is it OK if they don’t want to be hugged?
7. What if you’d like to give a hug to someone who you’re not sure of whether they want a hug or not?
 - a. What should you do first?
8. What if a stranger stops you in the street and asks you to help them, or even to help find a puppy or kitten?
 - a. What if it’s someone that doesn’t look like a stranger, and who you kinda know, but don’t know well?
9. What if your friend is calling someone else names and calling them stupid?
 - a. Is that OK?
 - b. What should you do?
 - c. What can you say?
10. When Grandma and Grandpa come, do you have to give them a kiss?
 - a. Is there another action you could do to greet them that might make you more comfortable?
11. What if someone tries to pull your pants down?
 - a. Is that OK?
 - b. What should you do?
12. What if something bad happens to you, and you forget to use one of the boundary safety phrases?
 - a. Are you still allowed to tell a safe adult?
13. What if you have a question about something someone did, or feel confused about what happened?
 - a. Who should you talk to about it?
 - b. What if the person who did it said that no one will believe you?
 - c. What if they threaten to hurt something or someone you love?

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14. What if you like something at first like holding hands with someone, and then don't like it anymore later?
 - a. Is it OK to say no?

15. If someone is tickling you and you don't like it, should it stop right away?
 - a. What could you say?

16. What if your best friend is sad because of something regarding their safety and needs help, but doesn't want you to talk to anybody about what is making them sad and asks you to keep a secret?
 - a. Should you keep a secret?

17. If you're pushing someone and they're laughing, but suddenly say to stop, what do you do?
 - a. What if you're the one who said stop, and someone doesn't listen to you?