

Introduction to Boundaries and Consent

Welcome to our lesson on understanding boundaries and consent! This is an important topic that will help you learn how to respect others and keep yourself safe.

In this lesson, we will explore what boundaries are, why they are important, and how to communicate your feelings and needs effectively.

What are Boundaries?

Boundaries are like a magic circle around our body that keeps us safe. It's like a bubble that we can control who comes in and out.

Just like how you have your own special space in your room, you also have your own personal space that you can control.

Why are Boundaries Important?

Boundaries are important because they help us feel safe and comfortable around others.

When we respect someone's boundaries, we are showing them that we care about their feelings and needs. It's like saying, "I respect you and your space, and I want to make sure you feel comfortable around me."

Asking for Permission

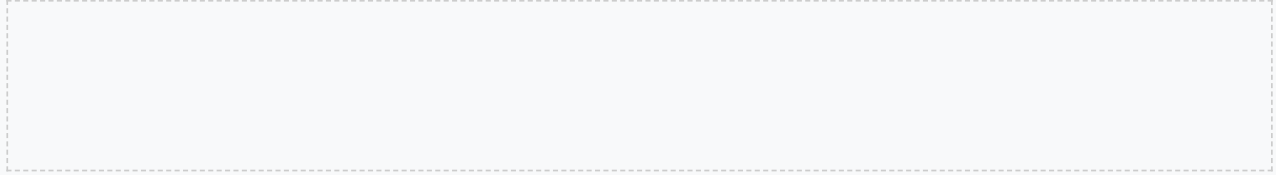
Before we touch or hug someone, we need to ask for permission. This is like asking if we can come into their bubble.

We can say, "May I give you a hug?" or "May I hold your hand?" This shows that we respect their boundaries and care about their feelings.

Communicating Feelings and Needs

It's essential to communicate our feelings and needs effectively. We can use "I" statements to express how we feel.

For example, "I feel happy when you respect my boundaries" or "I feel uncomfortable when you touch me without asking." This helps others understand how we feel and what we need.

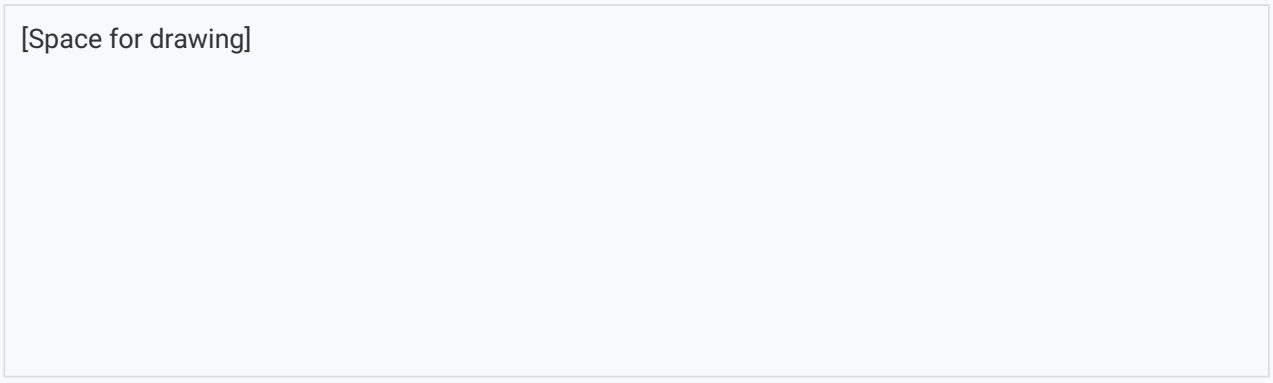


Activity 1: Boundary Drawing

Draw a picture of yourself with a bubble around you. Inside the bubble, draw things that make you feel safe and happy.

Outside the bubble, draw things that make you feel uncomfortable or scared.

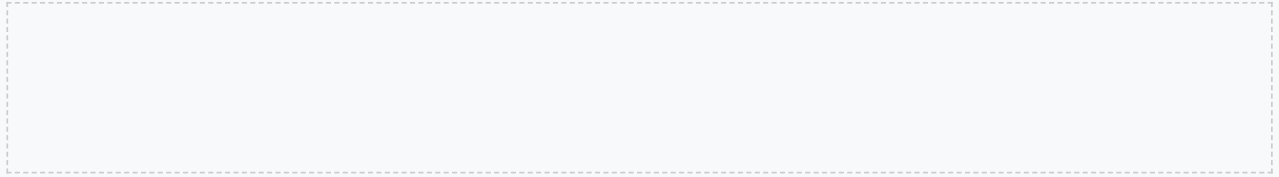
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Activity 2: Consent Charades

Act out different scenarios where you need to ask for permission or respect someone's boundaries.

For example, you can act out asking a friend if you can borrow their toy or asking a parent if you can have a hug.

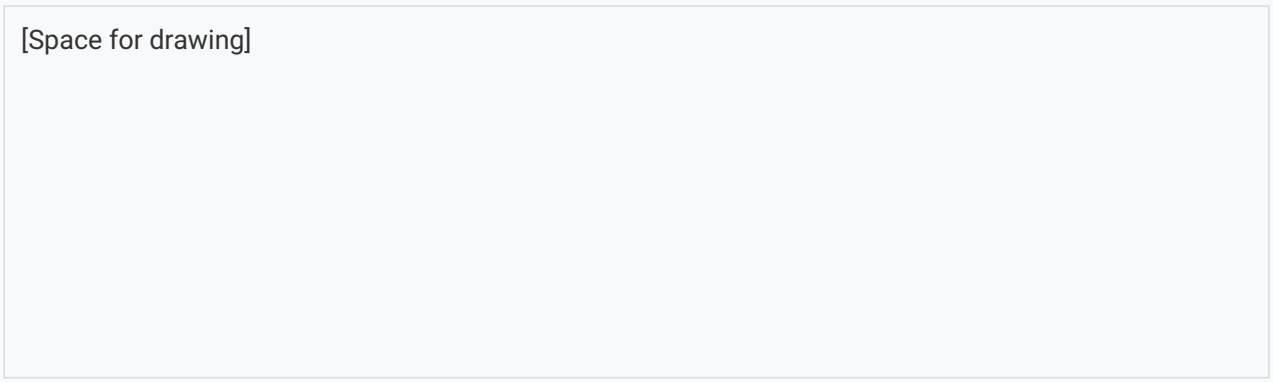


Activity 3: Feeling Faces

Draw different faces that show how you feel when someone respects your boundaries or doesn't respect your boundaries.

Write a sentence or two about each face and how it makes you feel.

[Space for drawing]



Activity 4: Boundary Scenarios

Read the following scenarios and decide what you would do in each situation:

- Your friend wants to borrow your favorite toy without asking.
- Someone wants to give you a hug, but you don't want to be hugged.
- You want to play with a friend, but they don't want to play with you.

What would you do in each situation? Write a sentence or two about what you would do and why.

Conclusion

Remember, boundaries are like a magic circle around our body that keeps us safe.

We need to respect others' boundaries and communicate our feelings and needs effectively. By doing so, we can build strong and healthy relationships with others.

Glossary

Here are some important words to remember:

- **Boundary:** A limit or a rule that helps keep us safe and respectful.
- **Consent:** When someone agrees to something, like a hug or a touch.
- **Personal space:** The area around our body that we feel comfortable with.

Additional Resources

For more information and activities on boundaries and consent, please visit our website or talk to your teacher.

