

DECISION MAKING & BOUNDARIES

Rights, Respect, Responsibility:

Fostering responsibility by respecting young people's rights to honest sexuality education.

LEARNING GOALS

- Define what a boundary is, with an emphasis on personal boundaries.
 - Demonstrate how to be clear about one's own and show respect for others' boundaries.
 - Demonstrate an understanding that no one has the right to violate someone else's boundaries, and that doing so may be against the law.
 - Name at least one resource to whom you can report sexual assault or rape.
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(REMEMBER:
IT'S OK TO FEEL
AWKWARD)

...IT'S ALSO OK TO ASK QUESTIONS!

WHAT ARE "BOUNDARIES"?

- A boundary is a limit placed on something.
 - It can be an actual physical boundary - like a "Do Not Enter" sign - 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.
 - 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.
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WHAT ARE SOME
EXAMPLES OF PERSONAL
BOUNDARIES?

COMMUNICATING ABOUT BOUNDARIES

- Great Aunt Marge giving hugs (don't want them)
- Touching body parts that we don't want to be touched
- Grandparents who demand kisses
- Peer pressuring friends to do things they don't feel comfortable doing
- Parents entering/going through stuff in your room
- Siblings taking your stuff
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- Giving us space when we're upset
- Headphones as universal symbol for "leave me alone"
- Respect personal space
- Don't like surprises
- NO MEANS NO
- Taking stuff without asking
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LET'S LOOK AT SOME SCENARIOS...

WHAT DO YOU NOTICE ABOUT OUR LISTS?

WHAT IS
SEXUAL
ASSAULT?



- INCLUDES:
- TOUCHING
 - INSERTING
 - SHOWING

amaze

SEXUAL ASSAULT

Yes means yes, everything
else means **no**.

The person who doesn't respect boundaries – the person who pushes it or assaults or rapes another person – is always responsible for what happens.

If someone says 'no,' you need to stop what you're doing.

If you don't like what someone is doing, say 'no'. If someone does sexually assault or rape another person, it is never the fault of the person who has been assaulted or raped.

The abuser or rapist is always in the wrong – it doesn't matter what the person who was raped was wearing, or whether they knew each other, were a couple or had done something sexual together before. No means no – every single time. **Even if someone is silent, they have not given consent.**

It's always best if you can talk with a parent/caregiver about something serious that's happened to you or someone you know. You can also always talk with another trusted adult, like someone here at school. But sometimes, people - both kids and adults - find it really hard to talk about sexual assault. That's why there's this hotline, which you can access by calling or going online. In the end, it doesn't matter who you talk with about this - what matters is that you tell someone so that it stops and so that person can't do it to anyone else.

