

Relationships

Personal Boundaries



PERSONAL DEVELOPMENT EXPECTATIONS



RESPECT

Treat yourself and others with kindness.
Value different viewpoints.



PARTICIPATE

Listen actively, contribute thoughtfully and engage with the learning.



BE CURIOUS

Ask questions, explore ideas and challenge thinking respectfully.



PROTECT PRIVACY

Keep personal stories confidential.
Don't share information about others.



STAY SAFE

Speak to a trusted adult if something worries you about yourself or someone else.



BE OPEN-MINDED

Consider experiences, cultures and perspectives that are different from your own.



By the end of this lesson, you will know:

- What personal boundaries are and why they are important
- How physical, emotional and digital boundaries help protect privacy and support healthy relationships
- How to communicate boundaries respectfully

Let's discuss boundaries

- What makes these situations uncomfortable?
- What do they have in common?



A friend reads your messages without asking.



Someone hugs you when you don't want a hug.



A friend keeps asking why you're upset when you've said you don't want to talk.



Someone posts a photo of you online without permission

What are personal boundaries?

Physical Boundaries

- Personal space
- Touch and physical contact
- Belongings

Examples:

- Not wanting hugs
- Not wanting someone to borrow your things
- Wanting space when upset

Emotional Boundaries

- Privacy around feelings
- Choosing what personal information to share
- Respecting others' emotions

Examples:

- Not wanting to discuss something personal
- Asking for time alone
- Respecting when someone says they don't want to talk

Digital Boundaries

- Online privacy
- Passwords
- Photos and messages
- Social media behaviour

Examples:

- Not sharing passwords
- Asking before taking/posting photos
- Not reading someone's messages

Boundary detectives

Working with the person next to you or your row.

Read each scenario on your card and discuss the following questions:

1. Is this a physical, emotional or digital boundary?
2. How might the person feel?
3. Was the boundary crossed intentionally or accidentally?
4. What could the person say or do?
5. What should the other person do differently?

Be prepared to explain your reasoning.



Boundary Spectrum

I am going to read out a series of statements.

Using your mini whiteboards, I want you to write down whether you think it is 'always ok', 'sometimes ok' or 'never ok'.



Why are personal boundaries so important?

Personal boundaries help us:

- ✓ Feel safe and comfortable
- ✓ Protect our privacy
- ✓ Build healthy friendships and relationships
- ✓ Show respect for ourselves and others
- ✓ Feel in control of our bodies, feelings and personal information



What can happen when boundaries are not respected?

- ✘ People may feel uncomfortable, embarrassed or upset.
- ✘ Trust can be damaged.
- ✘ Friendships and relationships can become unhealthy.
- ✘ People may feel pressured to do things they don't want to do.
- ✘ Personal information or images may be shared without permission.
- ✘ Someone's mental wellbeing or self-esteem may be affected.



Asserting our boundaries respectfully

Being assertive means:

- Communicating clearly and honestly.
- Standing up for yourself respectfully.
- Saying what you need without being rude or aggressive.

Assertive	Aggressive
Expresses needs clearly	Demands or threatens
Respects self and others	Disrespects others
Sets boundaries	Forces others

Let's have a go

Role play these scenarios in your pair:





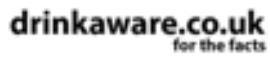
- A friend keeps asking to borrow your phone.
- Someone wants to post a photo of you on social media.
- A friend keeps asking why you're upset after you've said you don't want to talk about it.
- Someone keeps standing very close to you despite there being plenty of room.

What have we learned?



- Everyone has personal boundaries, and those boundaries may be different for different people.
- Understanding and communicating your boundaries can help you feel safe, respected and in control of your body, feelings and personal information.
- It is okay to say "**no**", ask for space, or choose not to share something personal. Setting boundaries is not rude – it is an important part of healthy relationships.
- Just as we want others to respect our boundaries, we must also respect the boundaries of others, even if we don't fully understand them.
- If someone repeatedly ignores your boundaries or makes you feel uncomfortable, speak to a trusted adult who can help and support you.

If you feel like you'd like to talk to someone after today's lesson

<p>You can talk to your tutor, Head of Year, a wellbeing ambassador or a trusted adult in school about anything you are struggling with.</p> <p>Designated Safeguarding Lead – Mrs Goymer</p>	
<p>For accurate information around health use www.nhs.uk</p>	
<p>For support around any issues affecting your wellbeing use www.childline.org.uk</p>	
<p>For information around drug use visit www.talktofrank.com</p>	
<p>For information around alcohol use visit www.drinkaware.co.uk</p>	
<p>For free and safe mental health support visit www.kooth.com</p>	