

# Let's Talk about Boundaries!

4<sup>th</sup> Grade Boundaries Lesson

# Questions This Lesson Will Answer

- What are personal boundaries?
- How do you respect other people's boundaries?
- What is mutual respect?

# Boundaries

- Have you heard of boundaries?
- What are boundaries?

# What are boundaries?

- Boundaries are limits you set for yourself.
- It's about doing things you are comfortable with!
- It's also about respecting other people's boundaries.

# Examples of Boundaries

- How close people can be to our bodies
- What body parts are OK to touch
- What activities we want to participate in
- What information to share
- The words and phrases we use

# Get Ready

- We're about to watch a video about boundaries.
- While watching, pay attention to the different boundaries the characters have.

Video <https://vimeo.com/620213674/b435429375?scrlybrkr=3848aa34>

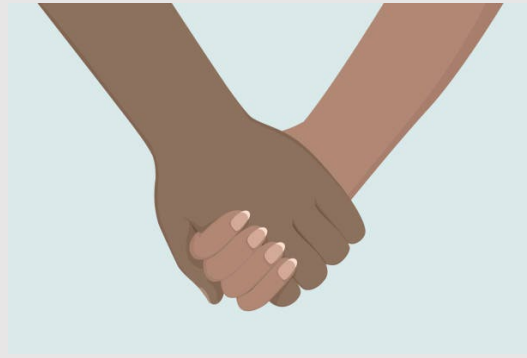


**BOUNDARIES**

# Reflection

- What did you think of the video?
- What boundaries did you notice?





Boundaries

# Physical Boundaries

- Everyone has physical boundaries.
- It's the invisible space around a person's body, like a bubble.
- No one should go inside another person's bubble unless they say it's OK!



# Communication Boundaries

- Some people like to talk about most everything.
- Some people like to keep more things to themselves.

# How to Understand Someone's Boundaries

## **Listen**

- Listen to their words

## **Watch**

- Pay attention to their body language
  - Do they seem unsure?
  - Is their body still?
  - Do they seem excited?

## **Respect**

- Respect their response

Let's do some  
examples!

How might you feel in the  
following situations?

# Mutual Respect

- It's important to respect other people's boundaries
- Treat others the way **they** want to be treated
- It's your responsibility to not cross someone's boundaries

# Everyone is Different

- You might have different boundaries for different people
- Sometimes your boundaries change
- You might want to do something one day, and not do it the next
- You might change your boundaries with someone once you become more comfortable with them.

# What if you cross someone's boundaries?

- We've all crossed somebody's boundaries, probably without even knowing it
- It's OK to make mistakes
- If you cross somebody's boundaries, you can apologize
- Remember to respect their boundary the next time



Activity



# Trusted Adults

- A trusted adult is someone you can talk to about things that are important to you
- You might talk to a trusted adult about something that made you feel scared
- A trusted adult is someone who would help you solve a problem, get help, and work to make you safe
- Can you think of a trusted adult in your life? Maybe several?

# Remember

- Personal boundaries are important because they set limits for how you'd like to be treated
- Boundaries are meant to be respected
- Everyone's boundaries are different – don't assume!
- If someone crosses your boundaries, you can let them know or talk to a trusted adult
- If you cross someone's boundaries, apologize and do better next time

- Slides created by Harborview Abuse & Trauma Center for Seattle Public Schools
- Boundary content provided by Advocates for Youth

Credits

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THE END