

Boundaries' Lesson Plan (Chapter 1, Module 4, Lesson 4)

Duration	Objective	Activity
5 mins	<ol style="list-style-type: none"> 1. Foster a sense of community where all know each other and feel comfortable in each other's presence 2. Establish guidelines for respectful and effective communication and collaboration within the group. 	<p>Introduce yourself and have students introduce themselves if they do not know each other. Start with a list of rules and have students add (large group activity).</p>
10 mins	<ol style="list-style-type: none"> 1. Define Boundaries and recognize their importance 2. Explain some ways to set boundaries in a healthy and respectful way 3. Recall some tips to set boundaries with adults 4. Explain the importance of recognizing and respecting the boundaries of others in building healthy relationships 	<p>Questions and discussion: Ask the pre-assessment questions. If youth cannot provide the answers, fill the gaps with a lecture/video.</p> <p>Pre-assessment questions:</p> <ul style="list-style-type: none"> • What does it mean to have a boundary? • Can you give an example of a boundary you might have with a friend? • How can you tell if someone is not respecting your boundary? • How can you set a boundary with someone? • Why is it important to respect other people's boundaries? • What can you do if someone is not respecting your boundary?
10 mins	Apply setting boundaries in different areas of life	Reflective pair work on setting boundaries
5 mins	Each student is able to state at least one thing they will take away from the lesson	Ask students “ what is one thing you learned today? How will you use what you learned? Ask everyone to name one thing. Show a video highlighting key concepts.

Materials Required: Flip Chart/Whiteboard/Blackboard + Pen/Marker