

# MIDDLE/SENIOR HIGH SCHOOL PERSONAL BOUNDARIES

This program encourages students to focus on their own personal boundaries and boundaries of others. Students will be given opportunities to practice problem solving skills.

**TIME REQUIRED:** 40-45 minutes, one class period

## **OBJECTIVES:**

Students will learn:

- To define personal boundaries
- To consider where their personal boundaries lie
- To express their boundaries
- To respect the boundaries of others

## **OUTLINE:**

1. The students will begin by defining boundaries
2. Show *Boundary Violations of Thought and Feeling*
3. Introduce phrases: I feel, when you, would you please
4. Do recognizing boundaries activity
5. Wrap-up with *Signs of Healthy Boundaries* clip

## **MATERIALS:**

DVD of boundaries clips  
Boundary activity and visuals

## **FACILITIES:**

Individual classroom  
Ability to play a DVD  
White board or chalkboard