

# MY CHOICES & PERSONAL BOUNDARIES: MY PERSONAL BOUNDARIES



## Lesson Objectives:

- Children will revise their knowledge of Early Warning signs: the clues their bodies give them if they feel unsafe.
- Children will recognise their own boundaries of personal space and understand that if this is invaded it can cause them to feel unsafe.
- Children will consider different types of touch and how these may cause them to feel unsafe.
- Children will recognise that they do not all share the same personal boundaries.
- Children will practice how to say no and how to seek help.
- Supports key messages from the Protective behaviours Taking Care Programme.

## Key Messages:

As part of this lesson children will be reminded of Early Warning Signs and asked to consider what theirs might be.

Children will also explore the concept of personal space. We should always be mindful of other people's personal space as it can sometimes make people feel unsafe. We are all different and some people feel safer with more space than others.

Sometimes someone may sit too close, or stand too near and leave us feeling uncomfortable...

It can also depend on who that person is - for example we tend to feel more comfortable with people we know and like - rather than strangers or people we don't like.

Children will also think about different types of touches:

**comforting touches** - are when someone touches us to help us feel better when we are upset - like giving us a hug.

**Taking care touches** - are when someone touches us to help us feel better when we are poorly or looks after us for example puts a plaster on a cut

## Closing:

Remember your body belongs to you and no one should touch you in a way you don't like. But equally, just because something may feel nice to you - doesn't mean that everyone else will like it too. We need to listen if someone else tells us no or to stop and be aware that we don't all feel the same.

## Key Messages continued...

**Playful touches** - For example, when someone tickles us - or touches us as part of a fun game, when we have consented.

**Accidental Touch** - might be when someone touches us by mistake - for example the bump into us

**Hurtful Touch** - is when someone touches us in a way that causes pain.

Some answers might fit in more than one category - for example, there is a fine line between playful and hurtful - it depends if both people find the activity fun or not. We will remind the children to always consider - Is my fun, fun for everyone?

### Remember your body belongs to you:

*No one is allowed to touch your body - without your permission **especially your private parts**. The only time anyone is allowed to touch your privates is if we are asking for help - for example if we are sore or poorly or too little to wash ourselves properly... **but if anyone touches our privates parts, this should never be a secret.***

And finally what to do if someone touches them in a way they don't like.



- We can ask them to stop politely. "I need you to stop doing that I don't like it" (ask the children to repeat the phrase).
- We can tell them to STOP. Louder.... and louder (ask the children to shout stop louder and louder). Get the children to put their hand out in a stop motion too.
- If they don't listen we need to tell an adult we trust.
- If it is an adult - we can tell another adult.

## CARRYING ON THE CONVERSATION AT HOME:

Ask your child to explain what Early Warning Signs are, especially what their own individual ones may be and what they can do if they have them. You may already recognise them or be able to spot EWS that your child may have missed.

Practice with your child how they can say stop and NO when someone behaves or touches them in a way they don't like. The more children practice the more these behaviours will become second nature.

Talk to your child about their own family - what their personal boundaries may be - what touches people like or don't like - tickling is a great one for this - we all have our own ticklish bits! Remind them of any rules you may have at home regarding personal boundaries and private spaces - whether these be their big sister's bed room, or the bathroom...

### Useful Links:

- Check out our pages to explore how to talk to children about consent.
- There are also some fantastic books in our library too.