
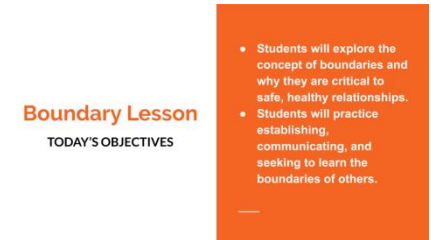

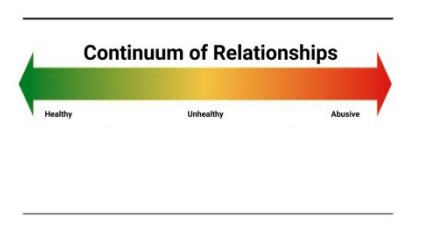
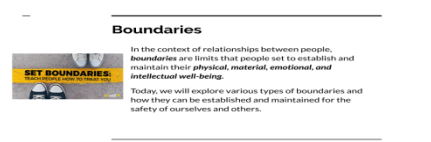



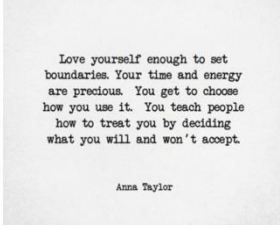


**Erin's Law: Boundaries, Respect, & Safety**  
**Sheldon High School – March 6, 2020**  
**Slide & Discussion Notes**

1		<p><b>Time: 10:31 = Start</b></p>
2		<p><b>Time: 10:31-10:31</b></p> <p>On the next slides, we will return to the concept of relationship continuum that we explored in the first presentation of the year. There is a general prompt which may lead to an active discussion about the ways that relationships can move from healthy to abusive on the continuum.</p>
3		<p><b>Time: 10:31-10:32</b></p> <p>Discuss briefly as a way to introduce the concept of boundaries.</p>
4		<p><b>Time: 10:32-10:33</b></p> <p>SCRIPT: “In the last session, we looked at relationship scenarios and the ways they were either healthy, unhealthy, or abusive. We also explored the ways that relationships can move along the continuum. Sometimes healthy relationships become unhealthy and/or abusive. People can also work to be healthier in their relationships through awareness, communication, and using internal and external resources. People can learn skills and get support from friends, family, teachers, counselors, and law enforcement. “</p>
5		<p><b>Time: 10:33-10:33</b></p>

<p>6</p>	 <p>What does researcher and author Brené Brown have to say about the importance of boundaries?</p>	<p><b>Time: 10:33-10:35</b></p> <p>This video is 2 minutes long. Ask students to listen for Brene's ideas about boundaries and health. After the film, please facilitate a response to the prompt.</p>				
<p>7</p>	<p style="text-align: center;"><b>Four Types of Boundaries</b></p> <table border="0" style="width: 100%;"> <tr> <td style="width: 25%; vertical-align: top;"> <p><b>Physical</b></p> <p>These boundaries refer to your body and the bodies of other people.</p> <p>In healthy relationships, these are always respected.</p> <p>Assault and unwanted touch are physical boundary violations and are unethical and often illegal.</p> </td> <td style="width: 25%; vertical-align: top;"> <p><b>Material</b></p> <p>These are boundaries related to possessions and the right people have to the respect and protection of their property.</p> <p>In healthy relationships, these are always respected.</p> <p>Theft and the vandalism are examples of material boundary violations. Both are illegal.</p> </td> <td style="width: 25%; vertical-align: top;"> <p><b>Emotional</b></p> <p>These are boundaries related to respect for the feelings of each person.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's feelings are examples of emotional boundary violations.</p> </td> <td style="width: 25%; vertical-align: top;"> <p><b>Intellectual</b></p> <p>These are boundaries which relate to respect for people's ideas.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's ideas and opinions violates boundaries.</p> </td> </tr> </table>	<p><b>Physical</b></p> <p>These boundaries refer to your body and the bodies of other people.</p> <p>In healthy relationships, these are always respected.</p> <p>Assault and unwanted touch are physical boundary violations and are unethical and often illegal.</p>	<p><b>Material</b></p> <p>These are boundaries related to possessions and the right people have to the respect and protection of their property.</p> <p>In healthy relationships, these are always respected.</p> <p>Theft and the vandalism are examples of material boundary violations. Both are illegal.</p>	<p><b>Emotional</b></p> <p>These are boundaries related to respect for the feelings of each person.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's feelings are examples of emotional boundary violations.</p>	<p><b>Intellectual</b></p> <p>These are boundaries which relate to respect for people's ideas.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's ideas and opinions violates boundaries.</p>	<p><b>Time: 10:35-10:36</b></p> <p>Students may note there are other types of boundaries. For example, "time." This is only one way to categorize boundaries. There are many other equally valid ways to categorize boundaries.</p>
<p><b>Physical</b></p> <p>These boundaries refer to your body and the bodies of other people.</p> <p>In healthy relationships, these are always respected.</p> <p>Assault and unwanted touch are physical boundary violations and are unethical and often illegal.</p>	<p><b>Material</b></p> <p>These are boundaries related to possessions and the right people have to the respect and protection of their property.</p> <p>In healthy relationships, these are always respected.</p> <p>Theft and the vandalism are examples of material boundary violations. Both are illegal.</p>	<p><b>Emotional</b></p> <p>These are boundaries related to respect for the feelings of each person.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's feelings are examples of emotional boundary violations.</p>	<p><b>Intellectual</b></p> <p>These are boundaries which relate to respect for people's ideas.</p> <p>In healthy relationships, these are always respected.</p> <p>Belittling, criticizing, or invalidating other people's ideas and opinions violates boundaries.</p>			
<p>8</p>	<p><b>Applying the concept of physical, material, emotional, and intellectual boundaries:</b></p> <p>Working with partners around you, which type of boundary is being violated in the scenarios to the right?</p> <div style="background-color: #f4a460; padding: 5px; margin-top: 10px;"> <p>A manager at a fast-food chain tries to get your name and number, and you don't want to share them.</p> <p>While on a date with someone you have a crush on, they want to kiss you before you're ready.</p> <p>A manager talking to you during your class and taking things without asking you.</p> <p>Your teacher wants you to make your presentation after school, but you have a soccer game and can't do so.</p> <p>A friend is criticizing you for not being a better person. While they mean to support you, their comments are making you feel worse about yourself.</p> <p>A friend doesn't tell you your grades unless you ask them on Facebook and Instagram.</p> <p>You order the food and your partner is going through your phone and reading your texts without asking.</p> </div>	<p><b>Time: 10:36-10:39</b></p> <p>Please distribute the partner worksheet and ask partners to process these scenarios. The intention of this slide is for students to understand that boundaries are a part of many realms of life. The purpose for having students categorize these is to affirm that boundaries can and should exist in all of these realms. Students will have multiple answers to these.</p>				
<p>9</p>	<p style="text-align: center;"><b>Why is it important to set boundaries for yourself and seek to learn the boundaries of others?</b></p> <ul style="list-style-type: none"> <li>• To practice self-care and self-respect</li> <li>• To communicate your needs in a relationship</li> <li>• To make time and space for positive interactions</li> <li>• To fully understand and respect the needs of others</li> </ul>	<p><b>Time: 10:39-10:40</b></p>				
<p>10</p>	<p><b>Establishing Boundaries</b></p> <p>Using the scenarios you were given, choose one and identify what your boundaries would be in the scenario?</p> <div style="background-color: #f4a460; padding: 5px; margin-top: 10px;"> <ul style="list-style-type: none"> <li>• Clearly identify your boundary</li> <li>• Understand and be ready to explain why it matters</li> </ul> </div>	<p><b>Time: 10:40-10:43</b></p>				
<p>11</p>	<p><b>Communicate Boundaries</b></p> <p>Please create a statement about how you would communicate your boundary to another person in this situation.</p> <div style="background-color: #f4a460; padding: 5px; margin-top: 10px;"> <p><b>STEPS:</b></p> <ul style="list-style-type: none"> <li>• Be straightforward</li> <li>• Don't apologize or give long explanations</li> <li>• Don't make it a personal attack</li> <li>• Trust your intuition: If you feel it crosses your boundaries, it does.</li> <li>• Work to understand the boundaries of others: Ask people!</li> </ul> </div>	<p><b>Time: 10:43-10:45</b></p>				

<p>12</p>	<p style="text-align: center;"><b>Continuum of Relationships &amp; Boundaries</b></p>  <p>Establishing and communicating our boundaries is important for everyone's health. It is a part of how we can work to keep relationships from becoming unhealthy or abusive. In intimate relationships, understanding and practicing consent is the way we honor boundaries and maintain the health of our community.</p>	<p><b>Time: 10:45-10:46</b></p>
<p>13</p>	<p style="text-align: center;"><b>COMPONENTS OF CONSENT:</b></p> <p style="text-align: center;">Freely Given Reversible Informed Enthusiastic Specific</p>	<p><b>Time: 10:46-10:47</b></p>
<p>14</p>	<p style="text-align: center;"><b>Ways to ask for consent:</b></p> <p><i>Would you like to do this?</i>                      <i>How does this feel?</i> Do you want to continue? Is this o.k. with you?                      Do you want me to slow down? May I _____?                      Are you comfortable? Do you want me to... Do you want to...? <i>Do you like it when I...?</i>                      <b>Should I keep going?</b></p>	<p><b>Time: 10:47-10:48</b></p> <p>Go over the examples and solicit other ideas. Remind students that silence as an answer does not mean yes. We should all look for an enthusiastic yes within our relationships. And, be prepared to accept that our partners may have different boundaries than than our own. Honoring their boundaries is a sign of a healthy, respectful relationship. Pressuring another person, making them feel guilty, ignoring their boundaries, or implying they owe you, is not.</p>
<p>15</p>	<p>Antioch College was one of the first schools to actively discuss consent as a community. The following New York Times video explores their groundbreaking work in this area.</p>  <p>As you watch, please be ready to respond to the following:</p> <ul style="list-style-type: none"> <li>• What motivated the students of Antioch College?</li> <li>• What have the responses been to their work over time?</li> <li>• How does their work on consent relate to boundaries?</li> </ul>	<p><b>Time: 10:48-10:59</b></p> <p>This video is 9:54 long. It explores pioneering work in the area of consent and illuminates how slowly progress has been made. Some of the content will be evocative for students. There is a segment of the film which shows a Saturday Night Live skit in which there were jokes made about Antioch College's policy on consent. During the debrief, please note that the policies of Antioch College were designed to prevent date rape. Focus the discussion with the prompts above.</p>
<p>16</p>	<p style="text-align: center;"><b>Consent is not only about setting boundaries. Consent is about learning the boundaries of others and seeking to know them.</b></p>	<p><b>Time: 10:59-10:59</b></p> <p>Use this slide to sum up the video discussion. Then turn to addressing boundary violations, reviewing reporting concepts.</p>

<p>17</p>	<p><b>Addressing Boundary Violations</b></p> <p><b>First Step:</b> Clearly identify the boundary that was violated</p> <p><b>Second Step:</b> Evaluate the best way to have this addressed:</p> <ul style="list-style-type: none"> <li>• Can you communicate directly with the individual or group using assertive communication?</li> <li>• Do you require the assistance of other people like an adult (counselor, teacher, parent, law enforcement, etc.?)</li> </ul> <p><b>Third Step:</b> Act to uphold and protect your boundaries. If you need help, please reach out. Help can be from a family member, friend, school administrator, or law enforcement. This is about your dignity and the dignity of others.</p>	<p><b>Time: 10:59-11:00</b></p> <p>Remind students of their community of support.</p>
<p>18</p>	 <p>Love yourself enough to set boundaries. Your time and energy are precious. You get to choose how you use it. You teach people how to treat you by deciding what you will and won't accept.</p> <p>Anna Taylor</p>	<p><b>Time: 11:00-11:00</b></p>
<p>19</p>	<p><b>Student Feedback</b></p> <p>Have a question or comment? Or do you need additional support? Share your feedback using the code here.</p>  <p><a href="https://bit.ly/2T0N0U">https://bit.ly/2T0N0U</a></p>	<p><b>Time: 11:00-11:01</b></p>