



## Respect My Boundaries: Counselor/Teacher Facilitation Guide

Grades 3-5

**Note from The Victim Center:** Thank you so much for providing and facilitating this curriculum for your students. As you are aware, children are impacted by violence and trauma within their homes and among their family groups. The Victim Center is committed to providing youth with the words to assist them in identifying harm being done to them or other family members, as well as equipping them with the knowledge of to whom to report the harm. This facilitation guide will support you in the discussion of this important topic. The Victim Center looks forward to collaborating with you in the future for additional programs at your school.

**For each discussion section, you will play a video from the program webpage, and then use the discussion prompts provided to facilitate the lessons.**

### VIDEO 1: Introduction

*(Video ends with “We will come back to talk with one another, I will see you soon.”)*

**Counselor/Facilitator (C/F):** Show students the first image immediately following the introduction video.

**C/F:** What do you think about Miss Alisa’s question... Is it okay to help a stranger?

- Depends. Is there an adult around to watch what happens with the interaction?
- If an adult is available, go tell the adult that a stranger is asking for help. Otherwise, ignore the stranger. We have to follow our safety rule – especially if we have younger siblings or neighborhood friends watching us.

**C/F:** Let’s see what Miss Alisa has to say about that!

### VIDEO 2: Safety Rule #1

*(Video ends with “How do we stay safe around people we know. I will turn your attention back to your teacher or counselor and I will see you soon.”)*

**C/F:** Let’s answer Miss Alisa’s question. How do we make sure we stay safe around the people we do know - people like our friends and our family? Let’s say you are outside playing, near where you live, and your friend comes walking down the street and says, “Hey, I have a new video game, do you want to come over and play it?” How many of you would like to go play a new game at your friends’ place? Well, before you go with your friend, what do you need to do first?

- Go ask a parent/guardian/grown-up for permission to go!

**C/F:** What about if you are playing outside, near where you live, and a car pulls up and you see a family member in the car. Let's say that your grandma, auntie, or even an older sister is in the car. Your family member says, "Hey, jump in the car and let us go to the Kum & Go to get a slushie!" Before you jump in that car with your family member, what do you need to do first?

- Go ask a parent/guardian/grown-up for permission to go!

**C/F:** What if your mom and dad live in different places and you are spending time at Dad's place. Dad usually tells you when Mom is coming to pick you up, so you can be ready to go when she arrives. BUT, this time, Mom shows up and Dad never shared with you. Is it okay to leave with Mom before talking to Dad?

- No, it is so important I talk to Dad before leaving with Mom. Even though Mom is Mom, we need to make sure that Dad knows you are with Mom.

**C/F:** So, class, do you think it is important to ask permission to go somewhere with someone you know, such as a friend or family member?

- Yes!

**C/F:** Let's see what Miss Alisa has to share with us!

### **VIDEO 3: Safety Rule #2 & Intro to Safety Rule #3**

*(Video ends with "How would it make you feel if I came and stood right next to you? Teachers and counselors, I am going to hand it back to you. Students I will see you soon.")*

**C/F:** Wow! How would it make you feel if Miss Alisa was here, right now, in our classroom, and she decided to come stand really close to you?

- Awkward, annoyed, confused, anxious, nervous, weirded out, creeped out, etc.

**C/F:** Is it okay to be in people's space/bubble without their permission?

- NO!

**C/F:** What do we need to do if someone is standing in our space/bubble?

- Ask for permission/consent!
- Asking for permission is simple, and if you are told NO, don't worry about it, that person was speaking up for themselves and protecting their boundaries.

**C/F:** So, raise your hand if you like hugs. Here is something interesting I noticed... Not everyone in our group likes hugs. Why do you think that is?

- Because I am the owner of my body and I get to decide if I like these kinds of touches or not.

**C/F:** Absolutely! Just like I don't like hugs from people I don't know, you do not have to like a touch just because someone older than you says you have to. You are the owner of your body.

**C/F:** What should we do if we want to give a classmate a hug?

- We need to ask for permission to give that person a hug – before we give them a hug. They are the owner of their body, so they get to decide if they want a hug.

**C/F:** How would it make you feel if someone did something to you (like give you a hug) and you didn't want a hug or don't like hugs? What about if that person is a grown-up or someone in your family?

- Sad, mad, upset, weird, awkward, creeped out, uncomfortable, scared...

**C/F:** Huh, that is interesting... If someone gave you a hug and you didn't like it, it would make you feel some of the same ways if Miss Alisa came and stood really close to you. Want to know why? It is because your boundaries have been crossed!

- You are the owner of your body and the space that surrounds your body, and no one is allowed to touch your body or be in your bubble without your permission.

**C/F:** What if the person who is touching you is a grown-up, older than you, bigger than you, or maybe a family member? Is it still okay to tell them to stop?

- Yes! Just because someone is older, bigger or a family member, do not mean they get to touch you. You are the owner of your body.

**C/F:** We have talked about hugs and someone giving you a hug without permission would feel yucky. What are some other touches you do not like?

- Hugs, tickles, hits, kicks, punches, slaps, pinching, biting, pulling hair, squeezing hands around neck, etc.

**C/F:** These sound like touches that hurt. Some of them hurt really bad, so bad that it might make you cry. Do you think all touches that you do not like hurt?

- No....Sometimes when people are in our space/bubble or crossing our boundaries, we may feel awkward, scared, frustrated, claustrophobic, anxious, creeped out, etc.

**C/F:** What do you think Miss Alisa would say about boundary crossings? Let's see.

#### **VIDEO 4: Touches Don't Like/Areas Covered by Swim Suit/Safe Grown-Ups**

*(Video ends with "Who are those safe grown ups? With your teacher or counselors, share the name of at least one person who is a safe grown up for you.")*

**C/F:** Can everyone share the name of a safe grown-up in their lives?

- *Go around the room and have each student share the name of one safe grown-up in their life. Continue to remind the students of grownups in their family AND grownups at school, church, sport teams, etc whom they feel safe with and who would know what to do if the student would come to them to share this type of boundary-crossing.*

**C/F:** What if the person who tried to see/touch areas that are covered by a swimsuit to you to keep it a secret. Should you still tell a safe grown up?

- YES! We are ALWAYS going to tell a safe grown-up and keep telling a safe grown-up until these types of touches STOP happening.

**C/F:** What if the person who tried to see/touch areas that are covered by a swimsuit tells you if you do not keep it a secret, they are going to hurt you or someone else in your family? What do you do?

- Tell a safe grown-up! These types of situations are not ones to keep secret or not speak about. These are serious crimes.

**C/F:** I think we have covered all three of our safety rules...Let's see if Miss Alisa has anything else to share with us!

### **VIDEO 5: Safety Rule Recap/Wrap Up**

*(Video ends with "Thank you for your time and thank for your attention. You will receive a list of safety rules from your teacher or counselor. Please take this list to the grown ups who live with you. Share these and read them to those grown ups you live with.")*

**Thank you so much for taking the time to share this information with your students. Please take a moment to complete the program survey. It is five (5) short questions. Thank you!**

Link to survey: <https://forms.gle/y8F8tixqja97ZmKx8>