

# PERSONAL BOUNDARIES WORKSHOP

**Educator Name:** Anne Van der Veer

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**Topic:** Personal Boundaries

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**Duration and Frequency:** Single workshop, 40 minutes (live) (possibly part 1 of 2-parter, with sexual consent?)

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**Format:**

- ✓ Synchronous - the workshop is presented live with students who are present
  - ✓ Asynchronous - the workshop lets students engage at their own pace and time  
(BLENDED)
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**Learning Objectives:**

Students will learn the definition of a boundary and types of boundaries; students will learn about why setting boundaries is healthy and important; students will learn a strategy for setting boundaries; students will practice identifying and advocating for their own boundaries by responding to common scenarios.

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**Class Overview:**

Prior to the class, students complete an activity on boundaries (Circles of Trust Activity), in which students respond to a series of prompts and decide with whom they would share that information or experience. The live class is presented via Google Slides, and begins with brief instructor and student introductions, followed by a short overview of the class and a check-in poll. The first activity is a presentation of definitions and concepts. The next activity is discussing the previously-completed Circles of Trust Activity. The following activity asks students to consider a set of scenarios, identify which boundaries may be crossed via live poll, and share potential responses to the scenario with the group. The final activity is a brief wrap-up, with review of the material, response to any additional questions and sharing resources and contact information. Following the class, students will have access to the Google Slides, as well as additional material to deepen their understanding.

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**Materials or platforms required:**

Google Classroom, Google Meet, YouTube, Poll Everywhere; Circles of Trust Activity PDF and Worksheet; Boundaries Worksheet PDF

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**Pre-workshop activities:**

1. Complete Circles of Trust Activity (PDF and Worksheet available in Google Classroom)
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**Activities:**

- A. Introduction and Icebreaker/Poll (5 minutes)
  - a. Brief instructor introduction
  - b. Brief overview of class activities
  - c. How are you feeling today? (Poll Everywhere)

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- B. Discussion About Topic (12 minutes)
  - a. Present slides on definitions/concepts: boundary, types of boundaries, why set personal boundaries, bodily autonomy, consent...
  - b. Discuss Circles of Trust Activity, encouraging students to reflect on the choices they made, what influences those choices, why it might be difficult to establish a boundary and how each student's Circles of Trust sheet likely looks a little different, based on personal values

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- C. Interactive Activity (16 minutes)
  - a. Review slide on how to set personal boundaries
  - b. Boundary Scenarios: present scenario 1
  - c. Students respond about which type of personal boundaries might be crossed via Poll Everywhere
  - d. Ask students to think about a possible response ("What could you do...")
  - e. Invite 1-2 students to share their response
  - f. Validate responses and share any additional information
  - g. Repeat as time allows with scenarios 2 and 3.

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- D. Wrap Up and Final Questions (7 minutes)
  - a. Review concepts
  - b. Solicit and answer any remaining questions
  - c. Provide contact information, resource sheet, and reminders for post-class activities

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**Post-class activities:**

- a. Watch "Teen Voices: Friendships and Boundaries" (subtitles in Spanish)  
<https://www.youtube.com/watch?v=yjzGxLq1Dqs>
  - b. Complete the self-guided worksheet on Boundaries
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