



## **Year 2: Boundaries and Bullying Grades 4-5**

**Preparation:** **Review** complete lesson before beginning instruction.

**Preview** the videos, this might take more than one viewing and will support discussion of the main points in this lesson plan.

**What you will need:** Copies of Student Worksheets and Take-Home Activity, Five Body Safety Rules Poster (2), and Measuring Personal Boundary Ruler and Sticker Kit (one kit per student).

### **Activities and Timeline:**

**Activity #1: Warm – up Activity Optional (5 minutes)**

**Activity #2: VIRTUS® Introductory Video “Empowering God’s Children” Discussion” (10 minutes)**

**Activity #3: Measuring My Personal Boundaries Activity (20 minutes)**

**Activity #4: Cyberbullies are No Fun! And Discussion (Grades 4-6) (15 minutes)**

<https://www.youtube.com/watch?v=peDosNN7I3w>

**Closing Prayer / Take Home Activity (5 minutes)**

### **Overview of Lesson Plan:**

**Principle:** Help children respect their bodies by identifying and understanding personal boundaries. Give children information to protect their boundaries if someone crosses their boundaries making them feel uncomfortable, scared or confused.

**Catechism:** **#2288** Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, taking into account the needs of others and the common good.

**#2252** Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.

**Goal:** To assist parents/guardians in teaching their children to identify, establish, and protect their personal boundaries. To respect their boundaries and the boundaries of others and be empowered protect themselves from any situations that make them feel uncomfortable, scared or confused.

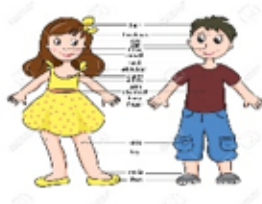
### **Objectives:**

- Know the definition of personal boundaries
- Know how to identify and protect their personal boundary
- Understand the Safety Rules for protecting personal boundary.
  1. It’s My Body!
  2. Say “No!” when someone tries to touch you in an unsafe or uncomfortable manner / way
  3. Say “No” and “Get Away”
  4. Tell a Parent or Safe Adult
  5. It’s Never My Fault!
- Know what bullying is and how to respond to bullying.
- Technology Component: Discuss why cyberbullying violates personal boundaries. Understand that cyberbullying is harmful and should be reported to a parent/guardian, or other safe adult.

**ACTIVITY #1: Warm-Up Activity Optional (5 minutes)**

Matching The Safety Rules  
Warm-up Activity

Directions: Draw a line to connect the picture in the left-hand column with the correct sentence in the right-hand column.



It's My Body No One Has The Right To Touch My Body

Tell A Parent/Guardian or Safe Adult

It Is Never My Fault

Say No and Get Away

**ACTIVITY #2: VIRTUS® Introductory Video “Empowering God’s Children” K – 5 / Discussion (10 minutes)**

The “Empowering God’s Children” video introduces the topic of personal boundaries and boundary safety. The video defines personal boundaries, explains: why boundaries are important; and teaches the students’ the need to respect their own boundaries and the boundaries of others. The video also empowers the children to know what to do and who to tell if someone makes them feel uncomfortable, scared or confused.

**Teacher:** Remember some of the words that were defined in the video. Let’s review the vocabulary in the video and give some examples of the meanings to make sure we all understand.

**Personal Boundaries**— personal boundaries are like having an imaginary circle or bubble around you. This imaginary circle/bubble is your limit that lets you know how close or far away others should be from you to help you feel safe. We all have personal boundaries and so we want our boundaries to be respected and therefore we should always respect the boundaries of others. How does it feel when an adult or even another child crosses your boundary and gets too close to you? What are some of the things you can say to them about being “too close.” What did the children in the video say? (No, stop that, leave me alone and tell a safe adult.”), yes these are the Safety Rules.

**Private Body Parts** – In the video some children were drawing body parts. Remember? They drew lips, ears, and what else? Do you remember? (wait for responses?). All of your body is private, sometimes we think of those parts covered by a bathing suit as only the private part of our body, well it is true that those parts are private. But what about the rest of your body, whose body is it? Right, it is your body, your personal private body and all of it belongs to you, so, not just those parts covered by a bathing suit, but your whole body is private. Because your whole body is private, no one has the right to touch you in any way that makes you feel uncomfortable, scared, or confused. If this ever happens to you it is important to again remember The **Safety Rules**: “NO, STOP THAT, LEAVE ME ALONE, RUN AWAY, AND TELL A SAFE ADULT.”)-

**Safe Adult**— people who will not hurt you, they keep you healthy and safe and they never make you feel uncomfortable, scared or confused. Who are some of the “safe adults” you know? Tell us some of the things they do that make you feel safe when you are with them? Are safe adults only those people in your family? Who are safe adults that are not in your family? (Children might mention a teacher, friend’s mom, policeman, etc.) Well then, did the video say all adults are safe? That is right the video told us that most adults are safe and will not hurt you.

**Special Safe Adults**- The video named a particular group of people as “Special Safe Adults. Who were these people? Why did the video say they were “special?” Yes, there are some people who help you keep you healthy and may see or touch your private parts, but only to keep you clean and healthy, like your doctor or nurse. Can you name some others?

**ACTIVITY #3: Measuring My Personal Boundaries Activity (20 minutes)**

This activity will help the students be aware of their own personal boundaries. It will help them understand and visualize their own personal “bubble” by measuring how close different people can come to them without them feeling uncomfortable, scared or confused and it will help them to know when to say “Stop!”

**Instructions:**

1. Distribute a tape measure and stickers to each student and have the student print their name on back of the tape measure where it says “God Loves Me and Wants Me to Be Safe! Name: \_\_\_\_\_”
2. Arrange students in two rows facing each other and divide them into pairs. One side will be the “A” part of the pair and the other side will be the “B” part of the pair.
3. Have “A” give “B” their stickers. Now tell “A” to unfold the tape measure and hold the 1-inch end (“Closest”) in front of them and give “B” the 36-inch end (“Far Away”)

[Use the end of the measuring tape that says “Closest” for anyone you would permit to come close enough to you to give them a hug, or a kiss. Use the “Far Away” sticker for anyone you do not want to come close to you at all.]

Have student “B” remove the sticker that says “**Parent**” and slowly move toward student “A” along the measuring tape until student “A” says **Stop!** Have student “B” then place the “**Parent**” sticker on the tape to show the distance. [A parent or guardian will usually be the closest sticker on the tape]



- After the sticker has been placed on the tape, repeat the above step with each of the remaining 7 stickers

<b>Teacher</b>	Think of your own teacher at school and how close you want them to come to you?
<b>Bully</b>	Someone who keeps doing or saying mean or hurtful things to you.
<b>Doctor</b>	A doctor sometimes needs to come “Closest”, like when you get a shot or they listens to your heart. Who’s usually in the room with you when you go to the doctor?
<b>Stranger</b>	Someone you do not know. Some strangers might harm you, be careful. Don’t ever go with a stranger even if they have a cute little puppy.
<b>Classmate</b>	Someone in your class that you don’t know well.
<b>Neighbor</b>	How close do you want your neighbor to come to you.
<b>Friend</b>	A friend can be anywhere on the tape they can even come close enough for you to give each other a “High Five”!

Once the exercise has been completed for the “As” switch roles and repeat the exercise above with the “Bs” Get rid of this header

**ACTIVITY #4: Cyberbullies are No Fun! / Discussion (15 minutes)**

**Teacher:** Now we are going to learn about another way that someone can cross your personal boundaries, it's called "bullying." I think all of you have heard the word "bullying" before. What do you think bullying means? How do you think a person who is being bullied feels? Do you think God wants people to bully other people? Bullying is when someone says or does something on purpose that is hurtful, and they keep doing it, even when you tell them to "stop." Bullying can be done in person, but it can also happen online, in a text or in a chat room, when this type of bullying happens it is called cyber-bullying (Make sure the students see that bullying is when someone repeatedly does these hurtful things.). How can you stop someone from bullying you? Yes, by remembering and using the Safety Rules: SAY NO, STOP THAT, LEAVE ME ALONE, RUN AWAY, AND TELL A SAFE ADULT. Okay, now we are going to see a video about bullying and cyber-bully. Watch and listen closely because the video will help you learn about bullying and what to do if you are ever bullied, in person or online. (Play video)

**Activity #5:** Cyberbullies are No Fun! / Class Discussion  
<https://www.youtube.com/watch?v=peDosNN7I3w>

After the class has watched the video have the class discuss the following:

- What did Alex do to protect the little kids from Big Mike's bullying?
- Which is more harmful bullying or cyber-bullying?
- What are the two times that Alex was a courageous "super hero?"
  - Protecting the little kids by telling the teacher what was happening on the playground
  - When he told his parents and principal he was being cyber-bullied
- What proof did Alex take to the principal to show that Big Mike was cyber-bullying him?
  - He saved the mean text, emails, website posting and showed them to his parents
- What consequences did Big Mike pay for bullying?
- How did bullying and cyber-bullying make Alex feel?
- Have you ever had to be courageous like Alex?

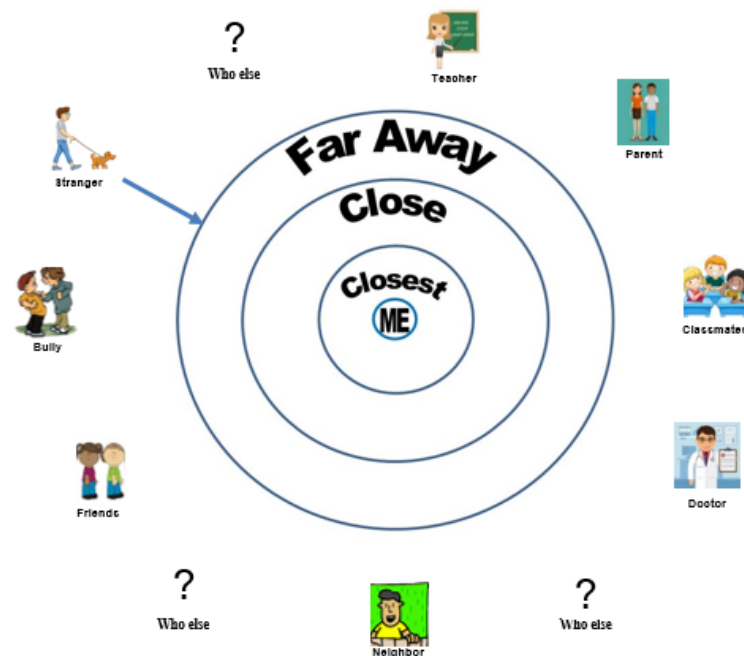
## Closing Prayer / Take Home Activity

### Take Home Activity

#### Personal Boundaries and the Safety Rules.

**Background:** Today your child learned about personal boundaries and how to protect themselves when any one crosses their boundaries and make them feel uncomfortable, scared, or confused. They also learned how to be empowered by following the Safety Rules: "NO, STOP THAT, LEAVE ME ALONE, RUN AWAY, AND TELL A SAFE ADULT." Finally, they participated in a "measuring- tape activity." To help them visualize their own personal boundaries.

This take-home activity will help you understand and reinforce what your child learned about personal boundaries and setting limits. Have your child show you their measuring tape and tell you how close or how far away they wanted different people to be from their personal boundary. On the worksheet below have, your child to draw an arrow from the person pictured on the outside to the circle that shows where they put that person on their measuring tape. There are three blank spaces on the worksheet to help you and your child discuss "who else" they come in contact with on a regular basis, and where they think those people should be placed in the circle.



#### Five Body Safety Rules

Your child also learned the following Safety Rules: "It's my Body!" "No one has the right to touch my body in any way", "Say No and Get Away", "Tell a Parent or Safe Adult", "It's Never my Fault!" These rules will empower them to know what to do if anyone crosses their personal boundaries and makes them feel uncomfortable, scared, or confused.

#### End the lesson with a prayer

"God wants us to be safe and healthy. God even gives us a Guardian Angel to watch over us. When we think about the Safety Rules and personal boundaries, we can ask our Guardian Angel to help us remember the rules. So, let us pray together for our Guardian Angel to watch over us and keep us safe."

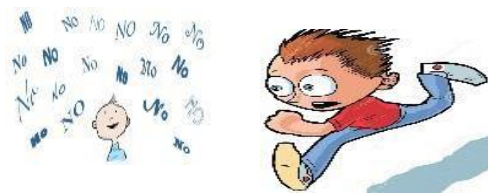
Angel of God, My guardian dear,  
To whom God's love entrusts me here.  
Ever this day be at my side.  
To light, to guard, to rule, to guide.  
Amen.

## Matching the Safety Rules Warm-up Activity

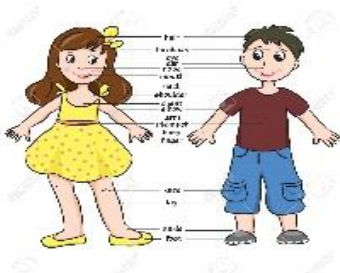
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It's My Body No One Has The Right To Touch  
My Body



Tell A Parent/Guardian or Safe Adult



It Is Never My Fault



Say No and Get Away

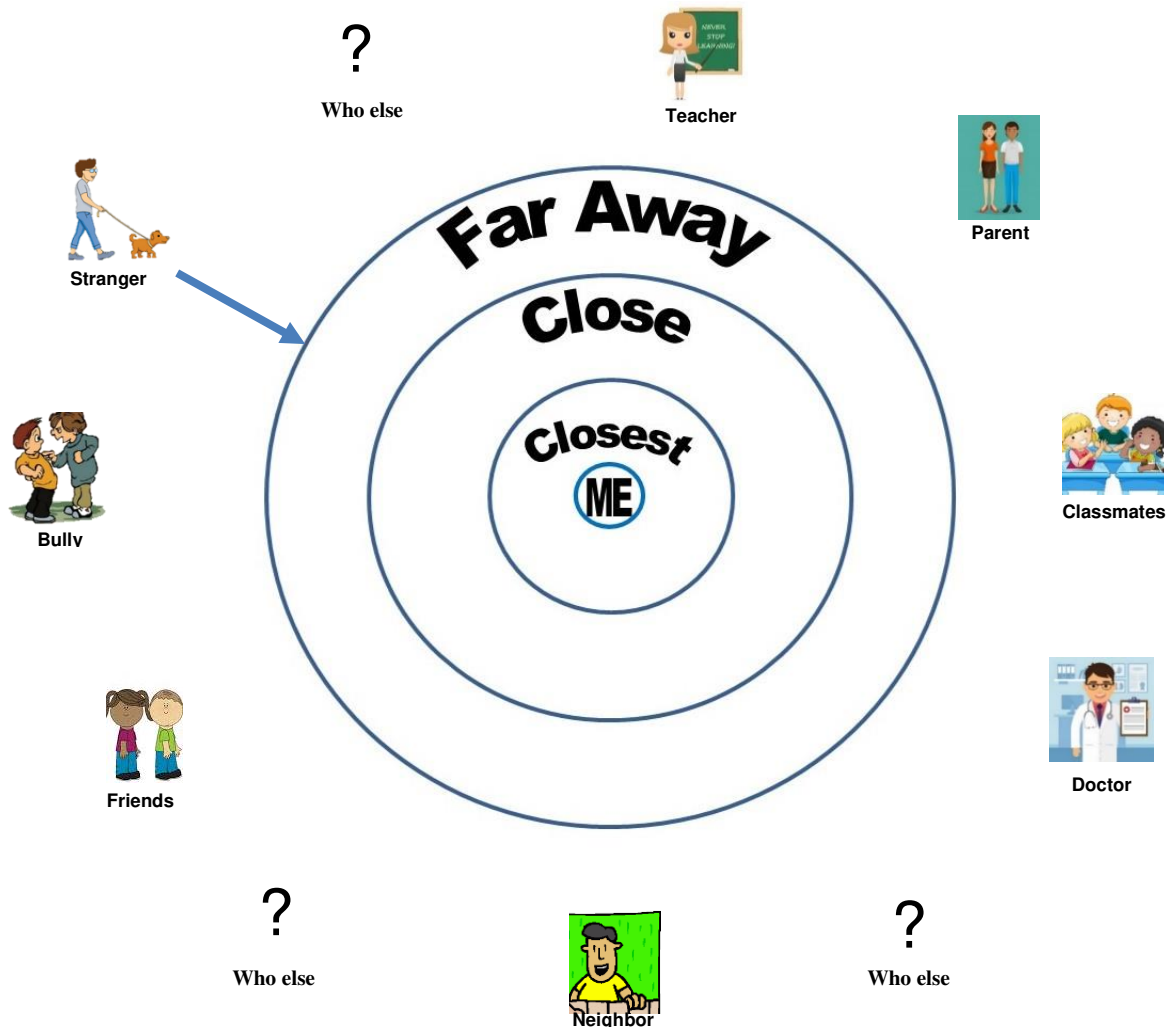


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