

TOPIC OVERVIEW

You will be learning about how to keep yourselves safe in friendships and relationships. You will discover the importance of setting boundaries for yourself. You will identify safe and unsafe feelings, and understand how to seek help when you need it.

Boundaries sound like...



Understanding my own feelings

What makes me feel safe and secure?

What could happen to make me feel unsafe?

When might I need to put boundaries in place?

What should I do if my boundaries are not respected?

Who can I turn to for advice?

Key Vocabulary

Advice – ideas that you can suggest to others, to help them feel better and manage difficult situations.

Boundaries – limits you put upon a relationship so that you feel safe, secure and respected.

Consent – where you agree to something.

Respected – where someone listens to, and sticks to your boundaries.

Unsafe feelings – where you might feel uncomfortable, frustrated or angry in your relationships with other people, either adults or children.

