

High School Safe Environment “Boundaries – Part One”

Resources and Assessment Materials

Healthy vs. Unhealthy Relationships

Healthy	Unhealthy

List of warning signs for boundary crossing

- A person gives you alcohol or drugs.
- A person tries to get you alone or asks you to keep a secret, or threatens if you reveal this.
- A person tries to win you over with gifts, special praise or consideration.
- A person uses conditions to get you to do something you might want. For example, “If you want a good grade, you need to have sex with me.”
- A person tries to isolate you from your support system (like friends and family).
- A person is persistent in trying to talk you into what they want, despite you saying no.

Name _____

Refusal and Assertive Skills Practice

For each scenario below, write some thoughts on the appropriate assertive response to the situation. Refer to NO, GO, TELL as the action plan.

Your girl/boyfriend has been putting you down both in private and in public among friends. He makes fun of your mannerisms by exaggerating them and laughing, he makes negative comments about your looks and tells you that you are lucky you have him/her because no one else would want you. You recognize your emotional boundaries are being violated and you need to address this.

An assistant coach you admire seems to favor you over the others. He appears when you are alone in the locker area and has "accidentally" touched your breast and buttocks on a few occasions. You don't want to hurt his feelings and you know he has control over whether you start on the team or not. But his behavior is making you uncomfortable as you recognize that boundaries are being crossed. You need to deal with this.

Your employer calls you at home and talks about her personal life, gives you gifts. It is well known among the other employees that she favors you. It seems she is coming on to you, even though you are 15 years younger. One night she asks you, and only you, to work alone with her until late and promises to bring you home. This makes you uncomfortable, especially when she urges you to tell your parents you are going to a friend's house and will be home by your 1:00 a.m. curfew! You don't want to lose your job, but you know you need to address this.

Name _____

Self Reflection on Personal Boundaries

Take time to reflect your own personal boundaries. There are no right or wrong answers.

1. My physical boundaries are:

a.

b.

c.

d.

e.

2. My emotional boundaries are:

a.

b.

c.

d.

e.

Name _____

1 Corinthians 13 ~ Love is...

After reading and reflecting on the verses in 1 Corinthians 13, use the space below to create your own definition of what love is and what love looks like/feels like.

Love is always patient and kind; love is never jealous; love is not boastful or conceited,

it is never rude and never seeks its own advantage, it does not take offense or store up grievances.

Love does not rejoice at wrongdoing, but finds its joy in the truth.

It is always ready to make allowances, to trust, to hope and to endure whatever comes.

Love never comes to an end. But if there are prophecies, they will be done away with; if tongues, they will fall silent; and if knowledge, it will be done away with.

For we know only imperfectly, and we prophesy imperfectly;

but once perfection comes, all imperfect things will be done away with.

When I was a child, I used to talk like a child, and see things as a child does, and think like a child; but now that I have become an adult, I have finished with all childish ways.

Now we see only reflections in a mirror, mere riddles, but then we shall be seeing face to face. Now I can know only imperfectly; but then I shall know just as fully as I am myself known.

As it is, these remain: faith, hope and love, the three of them; and the greatest of them is love.

1 Corinthians 13:4-13

To me, love is...
