SAFE ENVIRONMENT LESSON PLAN ~ “BOUNDARIES – PART TWO”

OBJECTIVES

The High School student will
1. List three reasons why boundaries are important in relationships.
2. Identify attributes of a healthy relationship.
3. Define temperance and how we live out the virtue of temperance as a high school student.
4. Define chastity and how we live out the virtue of chastity as a high school student.
5. Name three healthy boundaries for dating relationships.

OVERVIEW OF CONTENT

PART ONE ~ SETTING APPROPRIATE BOUNDARIES

This section of the lesson addresses ideas such as:
- Listing why boundaries are important in relationships
- Describing appropriate physical and emotional boundaries
- Defining what a healthy relationship looks like

PART TWO ~ VIRTUOUS LIVING

This section of the lesson addresses ideas such as:
- Defining what the virtue of temperance is and how we live it out in our daily lives
- Defining what the virtue of chastity is and how we live it out in our daily lives

PART THREE ~ BOUNDARIES IN DATING

This section of the lesson addresses ideas such as:
- Listing tangible, basic boundaries for dating relationships
- Reiterating that boundaries help to protect ourselves and others

ASSESSMENT

Ask student to complete
- Inappropriate vs. Appropriate Boundaries (Resource A)
- Boundaries in Dating (Resource B)
- Temperance in My Daily Life (Resource C)