

## 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)