

TITLE – ASSERTIVENESS AND CONSENT – PAGE 13 IN BOOKLET

DATE:



In today's lesson we will:

Demonstrate
effective ways to
communicate personal
boundaries and show
respect for the boundaries
of others

Explain that no one has the
right to touch anyone else
in a sexual manner if they
do not want to be touched.



TODAY'S
BIG
QUESTION

What does the term boundary mean?
Can some boundaries be non-physical?



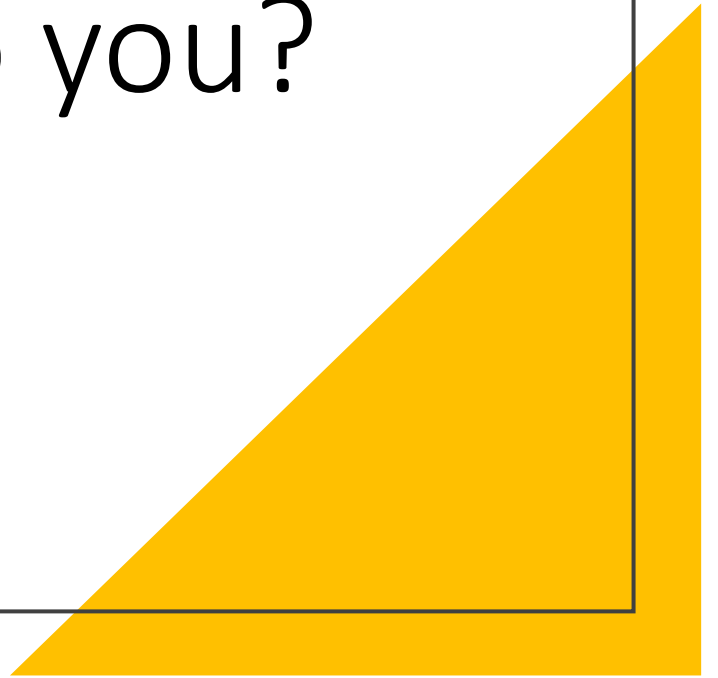
3 Minutes



DISCUSSION
QUESTIONS FOR
TODAY

USE THE SPACE AT
THE BOTTOM
OF PAGE 13 TO
WRITE DOWN YOUR
IDEAS

What does personal space mean to you?



Physical Boundaries



What physical boundaries do you have?

Has anyone ever had someone not respect their physical boundaries? How did it feel?

For example: an adult family member expects a hug or a kiss and you don't feel like hugging or kissing that person yet are expected to

For example: an older sibling person being told they need to share their stuff with a younger sibling when they don't want to

As you grow older why is it important to set clear boundaries with others?

Think about future relationships you might have with other people.

A SIMPLE WAY TO DEVELOP THE SKILL OF ASSERTIVENESS
RECORD THIS ON PAGE 15 OF YOUR BOOKLET TO HELP YOU REMEMBER

UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

A FRIEND COMES OVER TO WHERE YOU ARE AND JUST TAKES YOUR PHONE TO START LOOKING AT THE MESSAGE YOU WERE WRITING...

U – SPEAK CLEARLY AND CONFIDENTLY

D - "You've just taken my phone without asking me and you're now looking at a private message, that's not okay"

E - "I actually feel really furious with you right now as you've disregarded my privacy"

A - " Can I have my phone back, and next time if you are interested just ask me rather than assuming it's okay"

L - "that way I can choose if I want to include you in the situation or not"



Think of a moment when someone did something you didn't like...

(Friend, News, School, Family, Crime, Conflict, Politicians etc.)

Come up with 5 of your own STOP and START phrases
(Think of a range of topics)

RECORD THESE ON PAGE 14 OF YOUR BOOKLET

Examples:

- ✓ STOP schools not teaching about the real issues that impact young people like FGM and START supporting schools that are teaching all young people about how to stay safe from exploitation
- ✓ STOP complaining about all the poverty in the world and doing nothing
START donating more time to support causes and charities that are trying to alleviate poverty
- ✓ STOP trying to put me down because of the way I look and START respecting me and my life choices I make

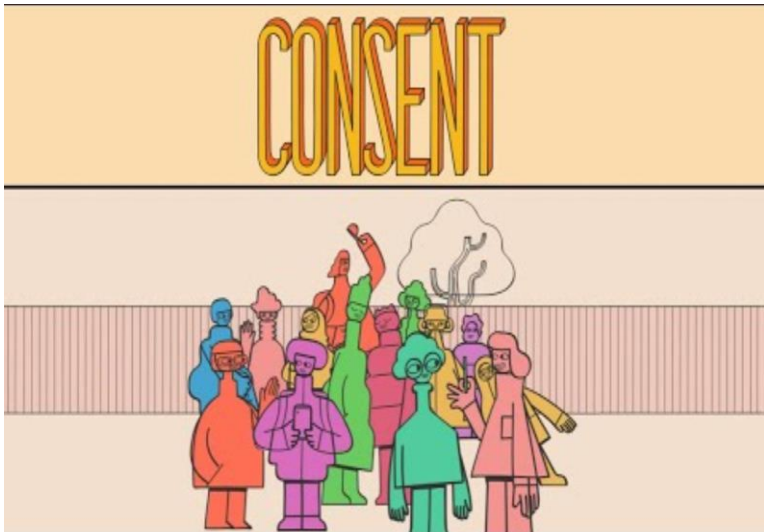


THE LAW EXPLAINED

CLASS DISCUSSION

“Consent is an agreement which is given willingly and freely without exploitation, threat or fear, and by a person who has the capacity to give their agreement”

Which three words are the most important part of this definition?



[CLICK HERE TO LEARN ABOUT CONSENT](#)

When have you given consent to someone to do something?

As you get older and possibly get intimate with someone why is it important for young people to understand what the definition of consent is?

THE RIGHT WAY TO COMMUNICATE WITH SOMEONE ABOUT WHAT YOU WANT

PASSIVE



ASSERTIVE



AGGRESSIVE



DO THIS
ACTIVITY AS
A CLASS,
WRITING
WHAT YOU
THINK ON
THE MAIN
BOARD

Well-respected &
Comfortable

Too nice

Manipulative

Explosive

Well-defined clear
boundaries

Firm with
what you
want

“Door mats”

Deliver messages
clearly

Arrogant and
oblivious

Weak
boundaries

Powerless

Ignore what has
happened

Threatening
behaviour

Denial of
what’s
happening

Self-aware and
self-confident

USE MINI-WHITE BOARDS FOR THIS ACTIVITY

ASSERTIVE - negotiating relationships

After each statement you will complete the sentence.

RULES:

- WRITE DOWN WHAT YOU WOULD SAY/ DO IN EACH SITUATION
- ENSURE YOU ARE ASSERTIVE (NOT PASSIVE OR AGGRESSIVE)
- REMEMBER THIS IS A SKILL - IF YOU PRACTICE IT YOU WILL GET BETTER.

At school someone says to you:
Will you go out with my mate?
"No because

I....."

REMEMBER BEING ASSERTIVE INCLUDES

- Being calm
- Being strong
- Positive body language
- Saying exactly what is wrong

UDEAL strategy to being assertive

- ✓ **U**se a reasonable voice
- ✓ **D**escribe the problem
- ✓ **E**xpress how you feel
- ✓ **A**sk for a specific change
- ✓ **L**ist the improvements

ASSERTIVE - negotiating relationships

At school someone says to you: Can I take your mobile number?

"No because I....."

Someone on an empty bus moves seats to sit next to you

"Excuse me"

A stranger offers you a lift outside of school...

"No because I....."

You feel your teacher has put you in detention unfairly

"Miss / Sir"

ASSERTIVE - negotiating relationships

You don't fancy the person you are going out with any more and you want to finish it
"What do you say?....."

At a party someone makes a move on you and tries to kiss you:
"No because I....."

You are kissing someone you are going out with and they touch your bum..
"No because I....."

You are kissing someone you are going out with and they try to put their hands between your legs
"No because I....."

REFLECTION POINT

ON PAGE 15 YOU HAVE SPACE TO WRITE A RESPONSE
TO THE QUESTION:

"WHY DO YOU THINK IT IS IMPORTANT TO BE
ASSERTIVE IN YOUR LIFE?"