

# 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?



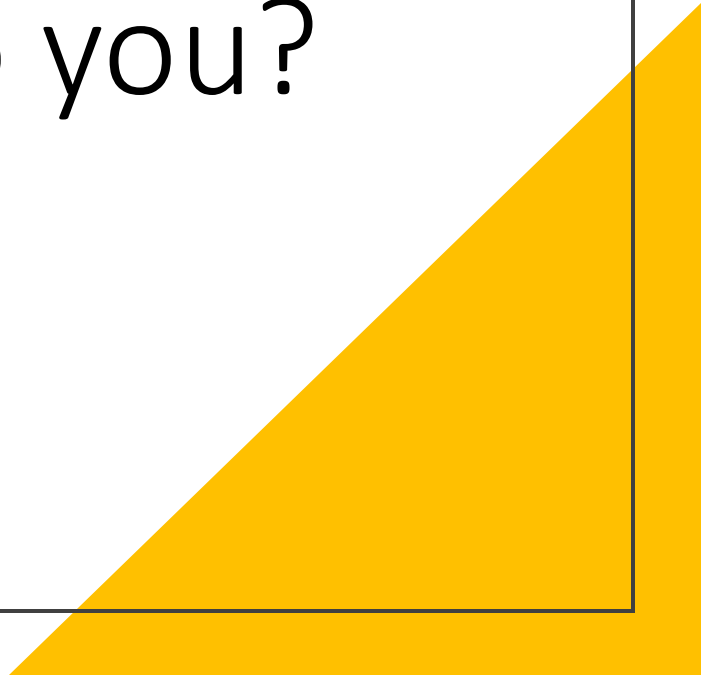
3 Minutes



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

***“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”***

## CLASS DISCUSSION

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?....."

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

At a party someone makes a move on you and tries to kiss you:  
"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?"