

My Body, My Boundaries

HEALTH & SAFETY



Overview

Students create age-appropriate videos about personal boundaries, consent, and body autonomy, empowering children to understand and communicate their boundaries.

Steps for Teachers

1. Discuss the concept of personal space and boundaries
2. Introduce the idea that everyone has the right to say no to unwanted touch
3. Students learn about trusted adults they can talk to
4. Students write scripts showing boundary-setting in everyday situations
5. Students create scenarios about asking permission and respecting 'no'
6. Students record their video with positive, empowering messages
7. Discuss how to get help if boundaries aren't respected

Example

A student demonstrates consent. Character 1 sees friend: 'I want to give you a hug!' Character 2: 'I don't feel like a hug today.' Character 1: 'That's okay! How about a high-five instead?' Character 2: 'Sure!' Narrator: 'Everyone gets to decide about their own body. Always ask first, and respect the answer. If someone doesn't respect YOUR boundaries, tell a trusted adult like a parent, teacher, or counselor.'

Grading Rubric

Criteria	Excellent	Proficient	Developing
Boundary Concepts	Clearly explains personal boundaries and consent	Shows understanding of boundaries	Boundary concept is unclear
Empowering Message	Makes viewers feel confident about their rights	Includes empowering elements	Message isn't empowering
Help-Seeking	Clearly identifies trusted adults and how to get help	Mentions getting adult help	Doesn't address what to do if boundaries are violated
Age Appropriateness	Content is perfectly appropriate for children	Generally appropriate	Too vague or inappropriate for audience