



## **Grade 8 session 1 | Lesson Plan & Handouts**

### **How People Violate Boundaries**

**Time estimate:** 1 session of 45 minutes or this session may be combined with sessions 2 and 3 into one long session with breaks

**Session one objective:** Learn basic boundary violations

**Supplies needed:** *Boundaries, A Guide for Teens* (copy of book for presenter)  
*How do People Violate Boundaries* (Handout 8-1, page 4 of this material) one copy for each student

*Note: Teacher should read over the grade 7 lesson plans, **Boundaries for Good Relationships in God's Plan**, before teaching this lesson and chapters 4-7 of the book, **Boundaries, a Guide for Teens** by Rev. Val J. Peter and Tom Dowd.*

**Prayer:** Loving God, open our minds and hearts to you. Help us discover your loving plan for each of our lives – a plan to grow, to learn, to give, to receive and to love in relationships with all our brothers and sisters. Help us to know and live this plan which will lead us to happiness with you forever.

**Review:** Last year, during your annual safe environment training, you learned about personal boundaries and your boundary circle, the types of personal boundaries, the value of healthy boundaries, and some rules for creating good boundaries in our lives. You learned that you want to create boundaries that are strong enough to help you find safe, good people for relationships at the various levels in your lives. You also talked about developing healthy boundaries to enable you to become the kind of person that you yearn to be and the kind of people God yearns for you to be.

This year we will learn about boundary violations, that is, how boundaries are broken, including some tactics used in a process called grooming.

All of us suffer from the effects of original sin. People do not always obey God's plan for relationships. People can break the Ten Commandments, the laws of a country, state or city, or even the rules that parents, teachers and coaches create for our good. People can misunderstand what good boundaries are or they can violate the rules for good boundaries.

### **Lecture: Boundaries – Broken, Violated and more**

Problems can develop along the way with our boundaries. Sometimes as we develop our boundaries, they are too open or closed. If your boundaries are:

- **Too closed or rigid**—You never share personal thoughts and emotions with others.
- **Too open or loose**—You share too much information, especially private thoughts, feelings, and experiences with others who are not appropriately in the close boundary circle.

Both situations are unhealthy. If your boundaries are too closed, you shut yourself off from others. Ultimately you will be hurting yourself and those who truly want to care for you. Some ways of doing this are:

- Always saying “NO” to requests that require you to get close to someone
- Sharing little or nothing about yourself with family or close friends
- Never identifying your wants, needs and feelings or talking about them
- Never making friends
- Never letting trusted adults help you
- Never asking for help, even when needed
- Isolating yourself from family and classmates

If your boundaries are too loose or open, you may end up hurt by others. Some ways this could happen this include:

- Sharing too much personal information about yourself with acquaintances or strangers
- Taking responsibility for others' feelings
- Believing everything you hear
- Always doing what others say, never disagreeing or saying “NO”
- Doing anything to avoid conflict
- Displaying inappropriate affection
- Sitting or standing too close to another
- Saying or doing sexually suggestive things in front of others, including jokes, noises or comments
- Being tricked into being abused and not seeking help

Especially with boundaries that are too open, violations are bound to occur. They can range from the simple to extreme. *Hand out **How Do People Violate Boundaries** (Handout 8-1, page 4 of this material) worksheet to each student. Read together part one.*

We do not always need to be physical with another person for a boundary violation to occur. Many of us use a computer or telephone to communicate with our family, friends, and acquaintances. We are all familiar with emailing, texting, instant messaging, **Facebook, My Space**, etc. Boundary violations can occur through any of these means of communication. The items listed with an asterisk are some examples of violations that can occur in an email, text message, etc.

*Ask the students to complete part two and three. After all students have completed at least part two, read through the questions in part three together. Ask students to offer their answers.*

**Summary:** Today we learned about some boundary violations. The next time that we come together we will learn more about violations. Take home your handout on the boundary violations and keep it in a place where you can read it again.

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***End of lesson plan for session one. Handouts on following pages.***

## How Do People Violate Boundaries?

### Part one – Read the list below of boundary violations.

1. Interrupting a conversation when you are speaking with someone else.
2. Taking one of your possessions.
3. Teasing or making fun of you that hurts you.\*
4. Asking very personal questions that are inappropriate.\*
5. Gossiping about you.\*
6. Always hanging around you. Making you feel uncomfortable by invading your private space.
7. Excessive phoning, texting, instant messaging, emailing\*
8. Saying\* or doing things in front of you that are offensive or vulgar.
9. Always trying to sit or be next to you. Sitting on your lap.
10. Using inappropriate language\* or touching.
11. Physically, emotionally, or sexually abusing you.
12. Forcing you to do something sexual.

\* These boundary violations can occur using technology.

### Part two – Follow these instructions:

- a) Place a check mark next to any statement listed above that has happened to you.
- b) Underline any statement that you have done to another.

### Part three

1. How does violating others' boundaries hurt them? Explain.
  
2. How does violating someone else's boundaries affect you? Explain.
  
3. What can you do to make amends for the boundaries of others that you have violated?
  
4. If someone is constantly violating your boundaries, what should you do?

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### Part three

1. How does violating others' boundaries hurt them? Explain.  
*Breaking someone's boundary shows disrespect and can harm the person emotionally and/or physically.*
2. How does violating someone else's boundaries affect you? Explain.  
*May make me less sensitive and caring towards others. Makes it difficult for me to learn good boundaries for myself. Is sinful and hurtful to others, so could make me distant from God, guilty and ashamed.*
3. What can you do to make amends for the boundaries of others that you have violated?  
*Ask for forgiveness from God and from the person I harmed. Learn more about boundaries and keep them.*
4. If someone is constantly violating your boundaries, what should you do?  
*Talk to a trusted adult. Recognize that it is not a healthy relationship. End the relationship.*