

QuaverReady 3-5 Lesson Outline

Setting Personal Boundaries

4th Grade - Quaver Plus / Personal Safety

SUMMARY PURPOSE OBJECTIVES KEYWORDS STANDARDS TECH TIPS

1. Setting Personal Boundaries

Topic Discussion

Setting Personal Boundaries

Select Random or a box and test your knowledge.

?	?	?
?	?	?

Sentence Stem OFF Student Selector Random

2. Topic Discussion - Setting Personal Bou...

Topic Discussion

Setting Personal Boundaries

How can setting personal boundaries help keep you safe?

Sentence Stem OFF Student Selector Random

2. Topic Discussion - Setting Personal Bou...

Topic Discussion

Setting Personal Boundaries

Who is an adult you can talk to about personal boundaries?

Sentence Stem OFF Student Selector Random

2. Topic Discussion - Setting Personal Bou...

Lesson Mindset

Setting Personal Boundaries

Press the Play Button to hear the phrase from the story.

A personal boundary is a rule you set to keep yourself safe and comfortable.

TIMER 60 Start Story Phrase Scatter Rebuild Blanks Boundaries Paraphrase Analyze

3. Lesson Mindset - Setting Personal Bou...

Personal Boundaries

Listen to the definitions and discuss.

Boundaries

- Boundary:** A line that marks the limits of something.
- Personal Boundary:** The amount of space you need physically and emotionally to feel comfortable and safe.

Boundaries Physical Emotional

4. Personal Boundaries

Personal Boundaries

Click each icon and discuss.

Physical

Body Boundaries	Secrets
Privacy	Speaking Up

Boundaries Physical Emotional

4. Personal Boundaries

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Personal Boundaries

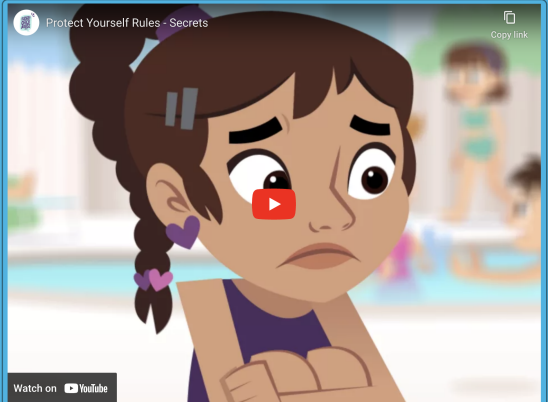
Secrets

- 1 There are safe secrets and unsafe secrets.
- 2 Secrets are only safe when they are fun.



4. Personal Boundaries

Protect Yourself Rules - Secrets



Watch on YouTube

5. Secrets

Personal Boundaries

Speaking Up

- 1 Say "No!" or "Stop!"
- 2 Tell an adult you trust.



4. Personal Boundaries

Protect Yourself Rules - Tell



Watch on YouTube

6. Tell

Saying No

Select the circles to explore what to do when a boundary is broken.

Step 1
It is always okay to say **NO.**

Step 2
Get away from the person who broke the boundary if you can.

Step 3
Immediately tell an adult you trust.

Steps Discussion Action

7. Saying No