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## CALM

Learning Activity

# Communicating Boundaries in Relationships

## Learning Outcomes

*General Outcome 1: Personal Choices*

*Students will apply an understanding of the emotional/psychological, intellectual, social, spiritual and physical dimensions of health — and the dynamic interplay of these factors — in managing personal well-being.*

*Specific Outcome P11:*

*Examine the relationship between commitment and intimacy in all its levels.*

# Communicating Boundaries In Relationships

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## Practicing Boundaries

In pairs, read the scenario and take turns saying out loud how you could respond, including clear boundaries.

### The scenario

Your partner wants to text all day, even during school and family time. You like them, but it's starting to feel like it's too much.

Your friend wants to hang out every day after school, but you want to spend time with other friends.

Your partner says, "If we really love each other, we'd have sex by now." You're not ready and feel pressured.

You have been hanging out with someone who wants to officially date. You want to keep it casual and undefined.

Your partner keeps trying to hold your hand or kiss you in the hallways at school. You prefer to keep things private.

Your partner asks you to send a nude photo and says, "It's just for me. If you trust me, you would." You are worried about privacy.

You found out your friend showed a screenshot of your private text to someone else, thinking it was funny. This broke your trust.

## Group Discussion

Talk about these reflection questions in your group:

- How did it feel to speak about a boundary out loud?
- What made it easier or harder?
- What kinds of responses made you feel respected?
- How can you tell when a boundary is being crossed?



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